



Scheme of Examination and Syllabus for
Post Graduate Programme
M.A. Yoga (2 years, Semester System)

2- Year (semester-I to IV)

Ordinance governing PG Programme as per NEP, 2020

Scheme for Affiliated Colleges

(Post Graduate Diploma and Master degree in <discipline/subject>programme)

SEMESTER SYSTEM

Under Learning Outcome Based Curriculum Framework-Choice Based Credit System

(LOCF-CBCS) as per NEP-2020

To be implemented w.e.f. Academic Session 2025-26

M.A. Yoga



Department of Yoga Science

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



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
Scheme for Affiliated Colleges
M.A. Yoga

Semester-I								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG101T	Fundamentals of Yoga	4	4	30	70	100	3
	P25YOG102T	Principles of Hathpradipika & Gherand Samhita	4	4	30	70	100	3
	P25YOG103T	Yogic Diet and Nutrition	4	4	30	70	100	3
	P25YOG104T	Human Anatomy & Physiology of Yogic Practices	4	4	30	70	100	3
Practicum	P25YOG105P	Yoga Practical-I Lab	3	6	25	50	75	3
	P25YOG106P	Yoga Practical-II Lab	3	6	25	50	75	3
VAC	To be opted from the pool of VAC		2	2	15	35	50	2

Semester-II								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG201T	Patanjal Yogsutra	4	4	30	70	100	3
	P25YOG202T	Shrimad Bhagwad Geeta and Samkhya Karika	4	4	30	70	100	3
	P25YOG203T	Alternate Therapy	4	4	30	70	100	3
Practicum	P25YOG204P	Yoga Practical- III Lab	3	6	25	50	75	3
	P25YOG205P	Yoga Therapy and Lesson Plan Lab	3	6	25	50	75	3
Seminar	P25YOG201S	Seminar	2			50	50	
Internship	P25YOG201I	Internship	4			100	100	

Semester-III								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG301T	Principles of Upanishads	4	4	30	70	100	3
	P25YOG302T	Research Methodology and Statistics in Yoga	4	4	30	70	100	3
	P25YOG303T	Introduction of Naturopathy	4	4	30	70	100	3
Discipline Elective Courses (DEC)*	P25YOG311T	Introduction to Yogic Texts	4	4	30	70	100	3
	P25YOG312T	Application of Yoga	4	4	30	70	100	3
Practicum	P25YOG304P	Yoga Practical-IV Lab	3	6	25	50	75	3
	P25YOG305P	Yoga Practical-V Lab	3	6	25	50	75	3
			2	2	15	35	50	2

*Discipline Elective Courses (DEC) Select any One

Semester-IV								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG401T	Yoga Therapy	4	4	30	70	100	3
	P25YOG402T	Indian Yogis and their Teachings	4	4	30	70	100	3
	P25YOG403T	Yoga Upanishads	4	4	30	70	100	3
*Discipline Elective Courses (DEC)	P25YOG411T	Yagya Therapy and Panchgavya	4	4	30	70	100	3
	P25YOG412T	Marma Therapy	4	4	30	70	100	3
Practicum	P25YOG404P	Yoga Practical-VI Lab	3	6	25	50	75	3
	P25YOG405P	Yoga Practical-VII Lab	3	6	25	50	75	3
			2	2	15	35	50	2

*Discipline Elective Courses (DEC) Select any One

Semester-I
MA YOGA
Discipline Specific Courses (DSC)
Fundamentals of Yoga

Paper Code: P25YOG101T

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: To provide a comprehensive understanding of the origin, evolution, and philosophical foundations of Yoga. It introduces students to both Vedic and non-Vedic traditions, yogic streams, and their significance for personal well-being and global harmony, while addressing common misconceptions and emphasizing Yoga's relevance in contemporary society.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: General Introduction to Yoga

- Brief introduction to origin of Yoga. History and Development of Yoga.
- Etymology and Definitions of Yoga.
- Aim and Objectives of Yoga.
- Importance of Yoga.
- Misconceptions about Yoga.
- Need of Yoga for society and World peace.

इकाई-1: योग का सामान्य परिचय

- योग की उत्पत्ति का संक्षिप्त परिचय।
- योग का इतिहास और विकास।
- योग की व्युत्पत्ति और परिभाषाएँ।
- योग के उद्देश्य और लक्ष्य। योग का महत्व।
- योग के बारे में गलत धारणाएँ।
- समाज और विश्व शांति के लिए योग की आवश्यकता।

Unit-2: Foundations of Yoga and Yoga Traditions

- General introduction to Vedas and Upanishads.
- Concept of Yoga in Ayurveda.
- General introduction to Shad- Darshana.
- Concept of Yoga in Bhagvad Gita.
- Concept of Yoga in Narada Bhakti Sutra.
- Concept of Yoga in Sufism.

इकाई-2: योग और योग परंपराओं की नींव

- वेदों और उपनिषदों का सामान्य परिचय।
- आयुर्वेद में योग की अवधारणा।

- षड-दर्शन का सामान्य परिचय।
- भगवद गीता में योग की अवधारणा।
- नारद भक्ति सूत्र में योग की अवधारणा।
- सूफीवाद में योग की अवधारणा।

Unit-3: Non-Vedic Schools of Indian Philosophy

- Jainism: Introduction to Jainism. Anekantavada (Syadvada. Concept of Tri-Ratnas.
- Concept of Kayotsarga (Preksha- Dhyana).
- Concept of Yoga in Jaina Darshana.
- Buddhism: Introduction to Buddhism. Concept of Arya-Satya or Four Noble Truths.
- Arya-Ashtangik Marga or Noble-eight-fold-path (Baudha-Yoga).
- Charvak: Origin and history.

इकाई-3: भारतीय दर्शन के गैर-वैदिक स्कूल

- जैन धर्म: जैन धर्म का परिचय. अनेकान्तवाद (स्याद्वाद। त्रि-रत्नों की अवधारणा।
- कायोत्सर्ग (प्रेक्षा-ध्यान) की अवधारणा।
- जैन दर्शन में योग की अवधारणा।
- बौद्ध धर्म: बौद्ध धर्म का परिचय. आर्य-सत्य या चार आर्य सत्य की अवधारणा।
- आर्य-अष्टांगिक मार्ग या नोबल-आठ गुना मार्ग (बौद्ध-योग)।
- चार्वाक : उत्पत्ति और इतिहास.

Unit-4: Yogic Streams

- Concept of Jnana Yoga.
- Concept of Bhakti Yoga.
- Concept of Karma Yoga.
- Concept of Hatha Yoga.
- Concept of Ashtanga Yoga.
- Concept of Naad Yoga.

इकाई-4: योगिक धाराएँ

- ज्ञान योग की अवधारणा।
- भक्ति योग की अवधारणा।
- कर्म योग की अवधारणा।
- हठ योग की अवधारणा।
- अष्टांग योग की अवधारणा।
- नाद योग की अवधारणा।

Reference Books:

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.
2. Arya Somveer : Yogasaar. Kitab Mahal Publisher Delhi, 2022.
3. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009.
4. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta.
5. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.

Course Outcomes (COs):

1. **CO1:** The students will be able to recall the historical development, key concepts, and foundational practices of Hatha Yoga and Gheranda Samhita. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the principles, types, and benefits of Shatkriya, Mudra, Bandha, and Pranayama as presented in classical yogic texts. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply selected Asanas, Shatkriyas, and Pranayama techniques as per the teachings of Hatha Pradipika and Gheranda Samhita. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze success and failure factors in Hatha Yoga practice and categorize yogic techniques based on their function and effect. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to create a personalized Hatha Yoga routine incorporating Asana, Pranayama, Mudra, and Meditation for holistic health. **(RBT Level: L6 – Create)**

Semester-I
MA YOGA
Discipline Specific Courses (DSC)
Principles of Hathpradipika & Gherand Samhita

Paper Code: P25YOG102T

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: To enable learners to understand, analyze, and apply the fundamental principles, practices, and philosophies of Hathpradipika and Gherand Samhita for holistic well-being and spiritual development.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Orientation of Hatha Pradipika- I

- Introduction of Hatha Yoga.
- HathaYoga parampara.
- Place of Hatha Yoga Practice.
- Success and failure elements of Hatha Yoga.
- Asanas.
- Mitahara, Pathya and Apathya.

इकाई-1: हठ प्रदीपिका का अभिमुखीकरण- I

- हठ योग का परिचय.
- हठयोग परम्परा.
- हठ योग अभ्यास का स्थान.
- हठ योग की सफलता और असफलता के तत्त्व.
- आसन.
- मिताहारा, पथ्य और अपथ्य।

Unit-2: Orientation of Hatha Pradipika- II

- Shatkriya- Dhauti, Basti, Neti, Nauli, Trataka, Kapalbhathi.
- Types, methods and benefits of Kumbhaka (Pranayama).
- Mudras & Bandhas.
- Nadanusandhana.

इकाई-2: हठ प्रदीपिका का अभिमुखीकरण-II

- षट्क्रिया- धौति, बस्ती, नेति, नौलि, त्राटक, कपालभाति।
- कुम्भक (प्राणायाम) के प्रकार, विधि और लाभ।
- मुद्राएं और बंध.
- नादानुसंधान।

Unit-3: Orientation to Gheranda Samhita- I

- Introduction to Gheranda Samhita.
- Concept of Ghata & Ghatasth Yoga.
- Shatkarmas and their classification.
- Asanas (32 asanas).

इकाई-3: घेरण्ड संहिता का अभिमुखीकरण- I

- घेरण्ड संहिता का परिचय।
- घट एवं घटस्थ योग की अवधारणा।
- षट्कर्म एवं उनका वर्गीकरण।
- आसन (32 आसन)।

Unit-4: Orientation to Gheranda Samhita- II

- Concept of Mudra and Bandha.
- Concept of Pranayama & its prerequisites.
- Concept of Dhyana.
- Concept of Samadhi.

इकाई-4: घेरण्ड संहिता का अभिमुखीकरण -II

- मुद्रा और बंध की अवधारणा।
- प्राणायाम की अवधारणा और उसकी पूर्वापेक्षाएँ।
- ध्यान की अवधारणा।
- समाधि की अवधारणा।

Reference Books:

1. K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai.
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger.
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)

Course Outcomes:

1. **CO1:** The students will be able to recall the historical background, key terminologies, and fundamental techniques of Hatha Yoga and Gheranda Samhita. **(RBT Level: L1 – Remembering)**
2. **CO2:** The students will be able to explain the concepts, procedures, and benefits of Shatkriyas, Mudras, Bandhas, and Pranayama as described in classical texts. **(RBT Level: L2 – Understanding)**
3. **CO3:** The students will be able to demonstrate selected Asanas, Shatkriyas, and Pranayama techniques accurately according to Hatha Pradipika and Gheranda Samhita. **(RBT Level: L3 – Applying)**
4. **CO4:** The students will be able to differentiate and analyze the success and failure factors of Hatha Yoga practices and classify Shatkarmas and Asanas based on their functional characteristics. **(RBT Level: L4 – Analyzing)**
5. **CO5:** The students will be able to evaluate the effectiveness of specific Hatha Yoga practices and Mudras in enhancing physical health and mental peace, with justification for daily implementation. **(RBT Level: L5 – Evaluating)**

Semester-I
MA YOGA
Discipline Specific Courses (DSC)
Yogic Diet and Nutrition

Paper Code: P25YOG103T

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: To provide comprehensive knowledge of yogic, Ayurvedic, and modern concepts of diet and nutrition and to enable students to analyze and apply suitable dietary practices for health, well-being, and lifestyle management.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Yogic Concept of Diet and Nutrition

- General introduction of Ahara (Diet).
- Concept of Mitahara.
- Concepts of Diet according to Gherand Samhita & Hath Pradipika.
- Concepts of Diet according to Bhagvad Gita- Rajasika, Tamasika & Satavik food

यूनिट-1: आहार और पोषण की योगिक अवधारणा

- आहार (आहार) का सामान्य परिचय।
- मिताहार की अवधारणा।
- घेरंड संहिता और हठ प्रदीपिका के अनुसार आहार की अवधारणाएँ।
- भगवद गीता के अनुसार आहार की अवधारणाएँ- राजसिक, तामसिक और सात्विक भोजन

Unit-2: Basic Concepts and Component of Food and Nutrition

- Concept and functions of food and their classification.
- Concept of nutrition.
- Macro nutrients, Micro nutrients.
- Fats soluble nutrients, Water soluble nutrients. Significance of carbohydrate, proteins, fats, vitamins, minerals and water in the body.

यूनिट-2: भोजन और पोषण की मूल अवधारणाएँ और घटक

- भोजन की अवधारणा और कार्य तथा उनका वर्गीकरण।
- पोषण की अवधारणा।
- मैक्रो पोषक तत्व, सूक्ष्म पोषक तत्व।
- वसा में घुलनशील पोषक तत्व, जल में घुलनशील पोषक तत्व। शरीर में कार्बोहाइड्रेट, प्रोटीन, वसा, विटामिन, खनिज और जल का महत्व।

Unit-3: Ayurvedic Diet

- Concept of Diet in Ayurveda.
- Diet according to the body constituents (Prakriti)- Vata, Pitta & Kapha.
- Antioxidants and their role.
- Concept of Bhavas and Bhavanas with its relevance in Health and well-being.

यूनिट-3: आयुर्वेदिक आहार

- आयुर्वेद में आहार की अवधारणा।
- शरीर के घटकों (प्रकृति) के अनुसार आहार - वात, पित्त और कफ।
- एंटीऑक्सीडेंट और उनकी भूमिका।
- स्वास्थ्य और कल्याण में इसकी प्रासंगिकता के साथ भावों और भावनाओं की अवधारणा।

Unit-4: The Raw Vegan Diet

- An Introduction, source of the raw vegan diet, their health benefits and importance.
- Age-wise diet plan.
- Diet for sports person

यूनिट-4: कच्चा शाकाहारी आहार

- परिचय, कच्चे शाकाहारी आहार का स्रोत, उनके स्वास्थ्य लाभ और महत्व।
- आयु-अनुसार आहार योजना।
- खिलाड़ियों के लिए आहार

Suggested Readings:

1. Eating Wisely and Well, Ramesh Bijlani, Rupa Publication India Pvt. Ltd, 2012.
2. Human Nutrition and Dietetics, Stanley Davidson & others, The English Language Book Society & Churchill Livingstone, Revised Edition.
3. Arya Dr Somveer : Hathapradipika, Raghav publication New Delhi 2022
4. The Ayurvedic Diet, Dennis Thompson, New age books, New Delhi 2001.

Course Outcomes:

1. **CO1:** The students will be able to recall the classifications and types of food as explained in yogic scriptures like the Bhagavad Gita, Hatha Pradipika, and Gheranda Samhita. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the roles and importance of macronutrients and micronutrients—such as carbohydrates, proteins, fats, vitamins, minerals, and water—in maintaining bodily functions. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the principles of Mitahara, Ayurvedic diet based on Vata, Pitta, Kapha doshas, and age-specific nutritional needs to formulate balanced diet plans. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to differentiate among Sattvic, Rajasic, and Tamasic foods and analyze their effects on both physical health and mental well-being. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to design customized dietary plans, including raw vegan or sports-specific diets, by considering nutritional requirements, age groups, and individual constitutions (Prakriti). **(RBT Level: L6 – Create)**

Semester-I
MA YOGA
Discipline Specific Courses (DSC)
Human Anatomy and Physiology of Yogic Practices

Paper Code: P25YOG104T

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 To provide scientific understanding of human body systems and the effects of yogic practices on physiological health and well-being.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-I Anatomy and Physiology; शारीर रचना और क्रिया विज्ञान;

- Brief introduction of Anatomy and Physiology of Human Body.
- Introduction to cell and Tissue, types of Muscle,
- The arrangement of bones and skeleton,
- functions of skeleton, Ribs and Vertebral column and the extremities,
- Joints of the body and their types.
- Effect of Yoga training on Muscles and skeleton.
- मानव शरीर की शारीरिक रचना और शरीरक्रिया विज्ञान का संक्षिप्त परिचय।
- कोशिका और ऊतक का परिचय, मांसपेशियों के प्रकार,
- हड्डियों और कंकाल की व्यवस्था,
- कंकाल के कार्य, पसलियाँ और कशेरुका दण्ड तथा अंग,
- शरीर के जोड़ और उनके प्रकार।
- मांसपेशियों और कंकाल पर योग प्रशिक्षण का प्रभाव।

UNIT-II Cardiovascular System; हृदय प्रणाली

- Cardiovascular System: Blood, Blood Circulation,
- Anatomy of Heart,
- Stroke Volume,
- Cardiac output,
- Heart rate,
- Factors affecting Heart rate,
- Effect of yogic training on cardiovascular system.
- हृदय प्रणाली: रक्त, रक्त परिसंचरण,
- हृदय की शारीरिक रचना,
- स्ट्रोक वॉल्यूम,
- कार्डियक आउटपुट,
- हृदय गति,

- हृदय गति को प्रभावित करने वाले कारक,
- हृदय प्रणाली पर योगिक प्रशिक्षण का प्रभाव।

UNIT-III Respiratory System श्वसन तंत्र

- Mechanism of breathing,
- Respiratory Muscles,
- Pulmonary ventilation,
- Alveolar ventilation,
- Mechanics of respiration,
- Ventilation at rest and during exercise.
- Principles of gas exchange,
- Oxygen & carbon-dioxide transport,
- Lung volumes and Lung Capacity.
- Effect of yogic training on respiratory system.
- श्वास लेने की क्रियाविधि,
- श्वसन पेशियाँ,
- फुफुसीय श्वसन,
- वायुकोशीय श्वसन,
- श्वसन क्रियाविधि,
- विश्राम और व्यायाम के दौरान श्वसन।
- गैस विनिमय के सिद्धांत,
- ऑक्सीजन और कार्बन डाइऑक्साइड परिवहन,
- फेफड़ों का आयतन और फेफड़ों की क्षमता।
- श्वसन तंत्र पर योगिक प्रशिक्षण का प्रभाव।

UNIT-IV Digestive system, Excretory system: पाचन तंत्र, उत्सर्जन तंत्र:

- Digestive system: Structure and functions of Digestive system,
- Anatomy and physiology of Digestive organs, Metabolism.
- Excretory system: Structure and function of kidneys and the Skin.
- Effect of yogic training on digestive system and excretory system.
- पाचन तंत्र: पाचन तंत्र की संरचना और कार्य,
- पाचन अंगों की शारीरिक रचना और शरीर क्रिया विज्ञान, चयापचय।
- उत्सर्जन तंत्र: गुर्दे और त्वचा की संरचना और कार्य।
- पाचन तंत्र और उत्सर्जन तंत्र पर योगिक प्रशिक्षण का प्रभाव।

REFERENCES:

1. Amrit Kumar, R Moses (1995) Introduction to Exercise Physiology, Poompuhar Pathippagam, Chennai (Tamil Nadu)
2. Beotra Alka (2011) Drug Education Handbook on Drug Abuse in Sports, 8th Edition, National Drug Testing Laboratory, New Delhi.
3. Beotra Alka (2000) Drug Education Handbook on Drug Abuse in Sports, Sports Authority of India, New Delhi.
4. Clarke, D H (1975) Exercise Physiology, Prentice Hall Inc., Englewood Cliffs, New Jersey, USA.
5. David L Costill (2004) Physiology of Sports and Exercise, 6th Edition Human Kinetics Publishers, Champaign, IL 61825-5076, USA

6. Fox E L and Mathews D K (1981) The Physiological basis of Physical Education and Athletics. Sanders College Publishing, Philadelphia, USA

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the basic anatomical structures and physiological functions of major human body systems such as skeletal, muscular, cardiovascular, respiratory, digestive, and excretory systems, along with key concepts in Yoga physiology. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain how different systems of the human body operate and how yogic practices such as Asana, Pranayama, and Kriyas influence these physiological processes. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply their understanding of human anatomy and physiology to select and implement specific yogic techniques aimed at improving the function of various body systems. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the interconnection between different physiological systems and examine how dysfunction in one may affect others, using yoga as a tool for holistic assessment and intervention. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the therapeutic role of yogic practices in maintaining health and managing disorders related to the cardiovascular, respiratory, digestive, and excretory systems. **(RBT Level: L5 – Evaluate).**

Semester-I
MA YOGA
Practicum
Yoga Practical-I Lab

Paper Code: P25YOG105P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Prayers and Mantra प्रार्थना और मंत्र
2. Shuksham Vyayama and Sthula Vyayama शुक्ल व्यायाम और स्थूल व्यायाम
3. Shatkarmas षट्कर्म
 - Dhauti (Kunjla) धौती (कुंजल)
 - Neti (Sutra & Jala) नेति (सूत्र और जल)
 - Kapalabhati (Vaatkram) कपालभाति (वात्क्रम)
4. Asana (Yogic Postures) आसन (योगिक मुद्राएं)
 - Standing Postures: Tadasana, Triyak-Tadasana, Padahastanasana, Ardha Chakrasana, Trikonasana, Parivritta Trikonasana, Parshvakonasana
 - Sitting Postures: Paschimottanasana, Vajrasana, Ardhamatasyendrasana, Vakrasana, Akarndhanurasana, Gaumukhasana, Ushtrasana, Janu Sirasana.
 - Prone Postures: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.
 - Supine Postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana.
 - Balancing Postures: Vrikshasana, Garudasana, Natarajasana.
 - **खड़े होकर किए जाने वाले आसन:** ताड़ासन, त्रिक-ताड़ासन, पादहस्तानासन, अर्ध चक्रासन, त्रिकोणासन, परिवृत्त त्रिकोणासन, पार्श्वकोणासन
 - **बैठने के आसन:** पश्चिमोत्तानासन, वज्रासन, अर्धमत्स्येन्द्रासन, वक्रासन, आकर्णधनुरासन, गौमुखासन, उष्ट्रासन, जानु शीर्षासन।
 - **पेट के बल लेटकर किए जाने वाले आसन:** भुजंगासन, शलभासन, धनुरासन, मकरासन।
 - **पीठ के बल लेटकर किए जाने वाले आसन:** हलासन, चक्रासन, सर्वांगासन, मत्स्यासन, शवासन, सेतुबन्धासन।
 - **संतुलन के आसन:** वृक्षासन, गरुडासन, नटराजासन।
5. Pranayama, Dhyana; प्राणायाम, ध्यान;
 - Breathing- Chest & Abdomen श्वास - छाती और पेट
 - Bhastrika भस्त्रिका

- Naadishuddhi नाडीशुद्धि
- Om Meditation ॐ ध्यान

6. Viva-Voce मौखिक परीक्षा

Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
2. Yada Dr. Dharambir : Yoga Away of life, Ronak publication delhi, 2023
3. B.K.S. Iyenger: light on Pranayama, Aquarian/ Thorsons, 1992.

Course Outcomes

1. **CO1:** The students will be able to recall the names, sequence, and classifications of yogic practices such as Asanas, Shatkarmas, Pranayamas, and Meditation techniques. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the purpose, techniques, and physiological benefits of selected yogic practices like Neti, Kapalbhathi, and Om meditation. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to demonstrate the correct performance of fundamental Shatkarmas, Asanas, and Pranayamas, maintaining proper alignment, breathing, and safety considerations. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to differentiate among various types of Asanas (e.g., standing, sitting, balancing) and assess their suitability based on individual conditions and health needs. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to develop a personalized and balanced daily Yoga routine that integrates prayer, physical postures, breathwork, and meditation for achieving holistic wellness. **(RBT Level: L6 – Create).**

Semester-I
MA YOGA
Practicum
Yoga Practical-II Lab

Paper Code: P25YOG106P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Prayers and Mantra प्रार्थना और मंत्र
2. Asanas आसन
 - Standing Postures: Garudasana, Natarajasana, Ardhabaddhapadhasana, Katichakrasana, Hastauttanasana, Parsvatrikonasana.
 - Sitting Postures: Siddhasana, Simhasana, Janushirsasana, Suptavajrasana, Kapotasana, Rajkapotasana, Suptavajrasana, Kukutasana, Mandukasana, Swastikasana, Marjariasana, Baddhapadmasana, Akarandhanurasana. Shirshasana,
 - Prone Postures: Bhujangasana, Vipreetnaukasana, Poorna Dhanurasana. Vipareetakarini, Sarvangasana, Halasana.
 - Supine Postures: Karnapadasana, Chakrasana, Markatasana.
 - Balancing Postures: Bakasana, Mayurasana, Utthitpadmasana, Vatayasana.
 - खड़े होकर किए जाने वाले आसन : गरुडासन, नटराजासन, अर्धबद्धपादहस्तासन, कटिचक्रासन, हस्तउत्तनासन, पार्श्वत्रिकोणासन।
 - बैठकर किए जाने वाले आसन : सिद्धासन, सिंहासन, जानुशीर्षासन, सुप्तवज्रासन, कपोतासन, राजकपोतासन,
 - सुप्तवज्रासन, कुकुटासन, मंडूकासन, स्वस्तिकासन, मार्जरीआसन, बद्धपद्मासन, आकरधनुरासन, शीर्षासन।
 - पेट के बल लेटकर किए जाने वाले आसन : भुजंगासन, विपरीतनौकासन, पूर्ण धनुरासन।
 - पीठ के बल लेटकर किए जाने वाले आसन : कर्णपीडासन, चक्रासन, मर्कटासन, विपरीतकारिणी, सर्वांगासन, हलासन।
 - संतुलन के आसन : बकासन, मयूरासन, उत्थितपद्मासन, वातायासन।
 - Pranayama प्राणायाम
 - Sheetali,
 - Sheetkari,
 - Chandrabhedhi,
 - शीतली,
 - शीतकारी,
 - चंद्रभेदी,
3. Mudra & Bandha मुद्रा और बंध
 - Mudra: Vipreetkarni, Yogmudra, Mahamudra, Mahaved, Ashwini, Khechari.
 - Bandha: Jalandhar Bandha, Uddiyana Bandha.
 - मुद्रा: विपरीतकर्णी, योगमुद्रा, महामुद्रा, महावेद, अश्विनी, खेचरी।
 - बंध: जालंधर बंध, उड्डीयान बंध।

4. Dhyana ध्यान
 - Preksha Meditation प्रेक्षा ध्यान
 - Yoga Nidra योग निद्रा
5. Viva-Voce मौखिक परीक्षा

Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
2. Yada Dr. Dharambir : Yoga Away of life, Ronak publication delhi, 2023
3. B.K.S. Iyenger: light on Pranayama, Aquarian/ Thorsons, 1992.

Course Outcomes

1. CO1: The students will be able to recall the names, sequence, and classification of yogic practices including Asanas, Shatkarmas, Pranayamas, and Meditation techniques. (RBT Level: L1 – Remember)
2. CO2: The students will be able to explain the purpose, technique, and physiological benefits of selected yogic practices such as Neti, Kapalbhathi, and Om Meditation. (RBT Level: L2 – Understand)
3. CO3: The students will be able to demonstrate proper performance of fundamental Shatkarmas, Asanas, and Pranayamas with emphasis on alignment, breathing, and safety.(RBT Level: L3 – Apply)
4. CO4: The students will be able to differentiate between various types of Asanas (e.g., standing, sitting, balancing) and assess their appropriateness according to individual needs and health conditions. (RBT Level: L4 – Analyze)
5. CO5: The students will be able to develop a balanced daily Yoga routine integrating prayer, physical postures, breathwork, and meditation for promoting holistic well-being. (RBT Level: L6 – Create)

Semester-II
MA YOGA
Discipline Specific Courses (DSC)
Patanjal Yogsutra

Paper Code: P25YOG201T

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: To enable students to comprehend and apply the philosophical principles of Patanjali's Yoga Sutras with reference to the four chapters—Samadhi Pada, Sadhana Pada, Vibhooti Pada, and Kaivalya Pada—for self-discipline, mental clarity, and spiritual growth.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Samadhi Pada

- Meaning, definition and purpose of Yoga.
- Chitta and its various stages(Chitta-Bhumis).
- Concepts of vrittis.
- Chitta- Prasadana.
- Concept of Samadhi: Samprajnata and Asamprajnata.
- Concept of Ishwar and its qualities.
- Obstacles and its removal.

इकाई-1: समाधि पाद

- योग का अर्थ, परिभाषा और उद्देश्य।
- चित्त और इसके विभिन्न चरण (चित्त-भूमियाँ)।
- वृत्तियों की अवधारणाएँ।
- चित्त-प्रसादन।
- समाधि की अवधारणा: संप्रज्ञात और असम्प्रज्ञात।
- ईश्वर की अवधारणा और उसके गुण।
- बाधाएँ और उनका निवारण।

Unit-2: Sadhana Pada

- Concept of Kriya Yoga and Kleshas.
- Concept of Dukhavada : heya, hetu, hana & hanopaya.
- Ashtanga Yoga : Yama, Niyama, Asana, Pranayama & Pratyahara.

इकाई-2: साधना पाद

- क्रिया योग की अवधारणा और पंच क्लेश.
- दुखावदा की अवधारणा: हेय, हेतु, हाना और हनोपया।
- अष्टांग योग: यम, नियम, आसन, प्राणायाम और प्रत्याहार।

Unit-3: Vibhooti Pada

- Concept of Sanyama.
- Concept of Dharna.
- Concept of Dhyana.
- Concept of Samadhi.
- Concept of Parinama.
- Concept and kind of Vibhooties/Siddhis.

इकाई-3: विभूति पाद

- संयम की अवधारणा।
- धारणा की अवधारणा।
- ध्यान की अवधारणा।
- समाधि की अवधारणा।
- परिणाम की अवधारणा।
- विभूतियों/सिद्धियों की अवधारणा और प्रकार।

Unit-4: Kaivalya Pada

- Four type of Karmas.
- Concept of Vasana.
- Vivek Khyati Nirupanam.
- Concept of Kaivalya.

इकाई-4: कैवल्य पाद

- चार प्रकार के कर्म.
- वासना की अवधारणा.
- विवेक ख्याति निरूपणम्।
- कैवल्य की अवधारणा.

Reference Books:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994).
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi.
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994.
4. Arya Dr Somveer; Yogadarshan, Chaukhambha publication Delhi, 2021
5. Swami Anant Bharati: Patanjali Yoga Shastra- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi.

Course Outcomes:

1. **CO1:** The students will be able to recall the key concepts and definitions from the four Padas of Patanjali's Yoga Sutras, including Chitta, Vrittis, Kleshas, and Samadhi. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the philosophical understanding of Chitta Bhumis, Chitta Prasadana, Ishwar, Kriya Yoga, and the concept of Kaivalya. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the principles of Ashtanga Yoga—Yama, Niyama, Asana, Pranayama, and Pratyahara—for cultivating self-discipline and enhancing mental clarity. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the integrated progression of Dharana, Dhyana, and Samadhi (Sanyama) and their collective role in attaining higher states of consciousness. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the transformative significance of Vivek Khyati and Kaivalya in the pursuit of Yogic liberation and self-realization. **(RBT Level: L5 – Evaluate)**

Semester –II
MA YOGA
Discipline Specific Courses (DSC)
Shrimad Bhagwad Geeta and Samkhya Karika

Paper Code: P25YOG202T

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.**

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Introduction to Bhagavad Gita,

- General Introduction to Bhagavad Gita
- History of Bhagavad Geeta
- Definitions of Yoga, their relevance & Scope
- Importance of Bhagavad Geeta in modern time
- भगवद् गीता का सामान्य परिचय
- भगवद् गीता का इतिहास
- योग की परिभाषाएँ, उनकी प्रासंगिकता और दायरा
- आधुनिक समय में भगवद् गीता का महत्व

Unit-2: Essentials of Bhagavad Gita

- Samkhya and Gyan Yoga
- Karma Yoga
- Bhakti Yoga

Concept of

- Atmaswarupa,
- Stithaprajna
- Trividha sraddha
- Dharma
- सांख्य और ज्ञान योग
- कर्म योग
- भक्ति योग

अवधारणा

- आत्मस्वरूप,
- स्थितप्रज्ञ
- त्रिविध श्रद्धा
- धर्म

Unit-3: Introduction to Samkhya darshan-I

- General Introduction to Samkhya karika
- Nature of Dukha
- Introduction to 25 elements
- Praman- Vivechan
- Satkaryavada
- Vyakta-Avyakta
- Causes of Failure
- सांख्य कारिका का सामान्य परिचय
- दुखा का स्वभाव
- 25 तत्वों का परिचय
- प्रमाण—विवेचन
- सत्कार्यवाद
- व्यक्त—अव्यक्त
- विफलता के कारण

Unit-4: Introduction to Samkhya darshan-II

- Nature of Gunas
- Purasha Vivechana
- Buddhi k Lakshana and Dharma
- Ahamkara se Sarg Privritti
- Trayodash karana ewam Sukshma sharir
- Mukti vivechana
- गुणों की प्रकृति
- पुरुष विवेचन
- बुद्धि के लक्षण और धर्म
- अहंकार से सर्ग प्रवृत्ति
- त्रयोदश करण एवं सूक्ष्म शरीर
- मुक्ति विवेचन

Reference books:

1. Sadhak sanjeevani- Swami Ramsukha Das, Geeta Press, Gorakhpur
2. Bhagavad Geeta- Geeta Press, Gorakhpur
3. Shrimad Bhagavad Geeta Yathartharopa, Swami Prabhupada, Iskcon Temple
4. Samkhaya Karika—Ishwar Krishna. Chokhamba Publication, Delhi
5. Samkhaya Karika- Ishwar Krishna, Motilal Banarasi Das, Delhi
6. सांख्यतत्त्वकौमुदि: वाचस्पति मिश्र
7. सांख्यप्रवचन भाष्य: विज्ञानभिक्षु
8. सांख्यकारिका: ईश्वरकृष्ण
9. श्रीमद्भगवतगीता: महर्षि वेदव्यास
10. श्रीमद्भगवतगीता: आचार्य भांकर
11. श्रीमद्भगवतगीता: लोकमान्य तिलक
12. श्रीमद्भगवतगीता: सत्यव्रत सिद्धान्तालंकार।

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the historical background, structure, and fundamental concepts and definitions related to the Bhagavad Gita and Samkhya philosophy.
(RBT Level: L1 – Remember)

2. **CO2:** The students will be able to explain the philosophical essence of the Gita such as Karma Yoga, Bhakti Yoga, Jnana Yoga, and central ideas like Atmaswarupa, Trividha Shraddha, and Dharma. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the teachings of the Bhagavad Gita to address contemporary ethical, personal, and professional life situations. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the metaphysical framework of Samkhya philosophy, including concepts like Satkaryavada, 25 Tattvas, Gunas, and Purusha–Prakriti Vivechana, assessing their significance in Indian philosophical thought. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the practical relevance and liberating potential (Mukti Vivechana) of Bhagavad Gita and Samkhya Darshan in the modern context. **(RBT Level: L5 – Evaluate)**

Semester-II
MA YOGA
Discipline Specific Courses (DSC)
ALTERNATE THERAPY

Paper Code: P25YOG203T

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; To introduce students to traditional and modern alternative healing systems like Naturopathy, Acupressure, Magnetic Therapy, Swara Yoga, Pranic Healing, and Yajna Therapy, focusing on their principles, methods, and applications in holistic health and disease management.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT&1; Alternative medicine, Naturopathy; oSdfYid fpfdRlk] izkd` frd fpfdRlk

- Meaning, objective importance of alternative medicine,
- Various types, benefits and limitations,
- Meaning of various alternative medical methods,
- Concept, history, meaning, definition, principles, basic elements of naturopathy.
- Types of naturopathy,
- Water therapy,
- Soil therapy,
- Sun therapy,
- Diet therapy,
- Fasting therapy, effects of all therapies on the body, methods, their effects on various diseases.
- वैकल्पिक चिकित्सा का अर्थ, उद्देश्य महत्व,
- विभिन्न प्रकार, लाभ व सीमायें,
- विभिन्न वैकल्पिक चिकित्सा पद्धतियों का अर्थ,
- प्राकृतिक चिकित्सा की अवधारणा, इतिहास, अर्थ, परिभाषा, सिद्धांत, मूल तत्व
- प्राकृतिक चिकित्सा के प्रकार,
- जल चिकित्सा
- मृदा चिकित्सा,

- सूर्य चिकित्सा,
- आहार चिकित्सा,
- उपवास चिकित्सा सभी चिकित्साओं का शरीर पर प्रभाव, विधि, विभिन्न रोगों में इनका प्रभाव।

UNIT-2 Acupressure, Magnetic therapy; एक्यूप्रेशर, चुम्बकीय चिकित्सा

- History, meaning, definition, principles of acupressure
- Methods of treatment by acupressure, benefits, limitations, theoretical form,
- Different instruments of acupressure, branches of acupressure,
- Treatment of various diseases by acupressure, benefits, precautions
- Various diseases, diabetes, constipation, blood pressure, asthma, back pain.
- Concept and history of acupressure and magnetic therapy,
- Principles and types, equipments used,
- Treatment of various diseases by them.
- एक्यूप्रेशर का इतिहास, अर्थ, परिभाषा, सिद्धांत
- एक्यूप्रेशर द्वारा उपचार की विधियां, लाभ सीमाएं, सैद्धांतिक स्वरूप,
- एक्यूप्रेशर के विभिन्न उपकरण एक्यूप्रेशर की शाखाएं,
- एक्यूप्रेशर द्वारा विभिन्न रोगों का उपचार, लाभ, सावधानियां
- विभिन्न रोग, मधुमेह, कब्ज, रक्त चाप, अस्थमा, कमर दर्द।
- एक्यूप्रेशर व चुम्बकीय चिकित्सा की अवधारणा व इतिहास,
- सिद्धांत व प्रकार, प्रयोग होने वाले उपकरण,
- विभिन्न रोगों में इनके द्वारा चिकित्सा।

UNIT-3: Swara Yoga Chikitsa, स्वरयोग चिकित्सा

- Concept, meaning, origin, types of Swara Yoga therapy
- Concept of Swarodaya Vigyan,
- Concept of vocal practice, history, existence of vocal science,
- Usefulness of Swara Yoga,
- Medical field of Swara Yoga,
- Various fields of Swara Yoga,
- Principle of Swara identification,
- Experimental method, Methods of changing Swara as per wish,
- Swara Yoga described in Shiv Swarodaya,
- Disease treatment principles in Swara Chikitsa system.
- स्वरयोग चिकित्सा की अवधारणा, अर्थ, उत्पत्ति, स्वर के प्रकार
- स्वरोदय विज्ञान की अवधारणा,
- स्वर साधना की अवधारणा स्वर विज्ञान का इतिहास, अस्तित्व,
- स्वर योग की उपयोगिता,
- स्वरयोग का चिकित्सा क्षेत्र,
- स्वर योग के विभिन्न क्षेत्र,
- स्वर पहचान का सिद्धांत,
- प्रयोगात्मक विधि, इच्छानुसार स्वर परिवर्तन की विधियां,
- शिव स्वरोदय में वर्णित स्वर योग,
- स्वर चिकित्सा पद्धति में रोग उपचारीय सिद्धांत।

UNIT-4: Prana Chikitsa, Yagna Chikitsa. प्राण चिकित्सा, यज्ञ चिकित्सा

- Meaning of Prana Chikitsa, its history, specialties, principles, procedures, diseases, preventive breathing exercises,
- Treatments and objectives of Pranic Healing. Treatment of diseases of various systems (digestive, cardiac, urinary, nervous, endocrine).
- Concept, types, treatment, benefits and precautions of Yagna Chikitsa.
- प्राण चिकित्सा का अर्थ, इतिहास, विशेषता, सिद्धांत, प्रक्रिया, रोग, निवारक श्वास क्रियायें,
- प्राणिक हीलिंग के उपचार, उद्देश्य विभिन्न तंत्रों (पाचक, हृदय, मूत्र, स्नायु, अंतः स्रावी) के रोगों में उपचार।
- यज्ञ चिकित्सा की अवधारणा, प्रकार, रोगापचार, लाभ व सावधानियां।

सन्दर्भ ग्रन्थः

1. एक्स्प्रेस— अतर सिंह
2. एक्स्प्रेस— डा० एल. एन कोठारी
3. मिरेकल्स प्राणिक हीलिंग— मास्टर निकाझो उसूई
4. स्वर चिकित्सा— डा० राके
5. स्वर योग विज्ञान— डा० राके
6. एडवांस प्राणिक हीलिंग— मा० निकाओं उसूई
7. यज्ञ चिकित्सा— बाह्य वर्चस
8. यज्ञ का ज्ञान—विज्ञान— पं० श्री राम भार्मा
9. चुम्बक चिकित्सा— डा० एस.के. भार्मा
10. वैकल्पिक चिकित्सा पद्धति— डा० राजकुमार फभी
11. योग व वैकल्पिक चिकित्सा—डा० पियूष त्रिवेदी

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the definitions, principles, types, and historical development of various alternative therapies including Naturopathy, Acupressure, Swara Yoga, and Pranic Healing. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the conceptual framework, objectives, and practical applications of therapies such as Water Therapy, Sun Therapy, Fasting, Magnet Therapy, Swara Yoga, Pranic Healing, and Yajna Therapy. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the learned therapeutic procedures to manage common ailments such as diabetes, asthma, constipation, blood pressure, and back pain. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the physiological and psychological effects of various alternative therapies on different body systems (e.g., digestive, cardiovascular, nervous), and identify their strengths and limitations. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the relevance and effectiveness of holistic healing approaches like Pranic Chikitsa and Yajna Chikitsa in modern healthcare contexts. **(RBT Level: L5 – Evaluate)**

Semester-II
MA YOGA
Practicum
YOGA Practical-III Lab

Paper Code: P25YOG204P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

I SELECTED KRIYAS चयनित क्रियाएँ

1. त्राटक,
2. सूत्रनेति
3. वस्त्र धौति
4. कपालभाति- व्युत्क्रम
5. मध्यमनौली
 1. Trataka
 2. Sutraneti
 3. Vastra Dhauti
 4. Kapalbhathi- Vyutkram
 5. Madhyamanauli

II PRANAYAMAS

- a. **Hathiyoga:** Bhastrika, Bhramari & Pranayama
- b. **Yoga Sutra:** Bahya-Abhyanta Vishayakshepi and Pranayama described in 1st semester practical

III ASANAS

1. Bhadrasana
2. Uttitha Padmasana
14. Suptavajarasana
15. Ashwatthasana

- | | |
|-------------------------|-------------------------------|
| 3. Badha Padmasana | 16. Garudasan |
| 4. Padangushthasan | 17. Garbhasana |
| 5. Yogamudrasana | 18. Hastapadangushthasan |
| 6. Padam Bakasan | 19. Karnapeedasan |
| 7. Tolangulasana | 20. Kurmasana |
| 8. Mayurasana | 21. Natrajasana |
| 9. Sarvang Asana | 22. Shirshasan |
| 10. Kukutasana | 23. Ugrasana |
| 11. Ardhamatsyendrasana | 24. Padangushthnasasprashasan |
| 12. Garbhasana | 25. Shawasana |
| 13. Matsyendrasana | |
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- | | |
|-------------------------|----------------------------|
| 1. भद्रासन | 14. सुप्तवज्रासन |
| 2. उत्तिथ पद्मासन | 15. अश्वत्थासन |
| 3. बद्ध पद्मासन | 16. गरुडासन |
| 4. पादंगुष्ठासन | 17. गर्भासन |
| 5. योगमुद्रासन | 18. हस्तपादंगुष्ठासन |
| 6. पदम बकासन | 19. कर्णपीडासन |
| 7. तोलांगुलासन | 20. कुर्मासन |
| 8. मयूरासन | 21. नटराजासन |
| 9. सर्वांग आसन | 22. शीर्षासन |
| 10. कुकुटासन | 23. उग्रासन |
| 11. अर्धमत्स्येन्द्रासन | 24. पादंगुष्ठनासास्प्रशासन |
| 12. गर्भासन | 25. शवासन |
| 13. मत्स्येन्द्रासन | |

IV MUDRAS & BANDHAS मुद्राएँ और बंध

- Shaktichalini Mudra, and Mudras & Bandhas as described in 1st semester practical
- शक्तिचालिनी मुद्रा, और प्रथम सेमेस्टर के प्रायोगिक अभ्यास में वर्णित मुद्राएँ और बंध

V. MEDITATION & YOG NIDRA (20 Minutes) ध्यान और योग निद्रा (20 मिनट) 05 Marks

VI. VIVA-VOICE

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the names, types, and basic techniques of Kriyas, Pranayamas, Asanas, Mudras, and Bandhas practiced in the curriculum. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to demonstrate understanding of the physiological and psychological benefits of various yogic practices such as Trataka, Kapalabhati, Madhyama Nauli, Bhastrika, and Yoga Nidra. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to perform advanced Asanas, Pranayamas, and Kriyas with correct sequence and technique as described in the classical Hatha Yoga texts. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the role of Mudras, Bandhas, and meditative practices in energy regulation and inner awareness development. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate and select suitable yogic techniques for personal health goals and therapeutic needs through practical experience and viva-voce. **(RBT Level: L5 – Evaluate)**

Semester-II
MA YOGA
Practicum
Yoga Therapy and Lesson Plan Lab

Paper Code: P25YOG205P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Yoga Teaching and Lesson Plan : Each student will prepare a note book of at least ten teaching lesson plan on different yogic Practices (At least 5 Asanas, 1 Sudhikriya, 1 Pranayama, 1 Mudra, 1 Bandh and 1 Yognidra) and will take teaching class in accordance with the lesson plan prepared under the guidance of subject teachers.

योग शिक्षण व पाठ योजना: प्रत्येक छात्र को विभिन्न योगाभ्यासों पर आधारित कम से कम दस पाठ योजनाओं (Lesson Plans) की एक नोटबुक तैयार करनी होगी। इसमें कम से कम 5 आसन, 1 शुद्धिक्रिया, 1 प्राणायाम, 1 मुद्रा, 1 बंध तथा 1 योगनिद्रा अवश्य शामिल हों। छात्र अपनी तैयार की गई पाठ योजनाओं के अनुरूप शिक्षण कक्षा लेंगे, जो विषय अध्यापक के मार्गदर्शन में सम्पन्न होगी।

A. Details of preparing note-book

1. General Information (सामान्य जानकारी)
 - I. कक्षा / स्तर (Class/Level)
 - II. विषय / पाठ का नाम (Topic/Title)
 - III. अवधि (Duration)
 - IV. दिनांक (Date)
 - V. शिक्षक का नाम (Teacher's Name)
2. Learning Objectives (शैक्षणिक उद्देश्य)
3. Teaching Aids (शिक्षण सामग्री)
4. Previous Knowledge Testing (पूर्व ज्ञान परीक्षण)
5. Introduction (परिचय)
6. Presentation / Demonstration (प्रस्तुति / प्रदर्शन)
7. विषय वस्तु का चरणबद्ध विवरण:
8. Student Participation (विद्यार्थियों की भागीदारी)
9. Evaluation (मूल्यांकन)
10. Conclusion (समापन)

A. Evidence based yoga practices for following ailments

- | | |
|--|---------------|
| 1. Asthma (other Respiratory disorders) | 9. Arthritis |
| 2. Anxiety, Depression & other Psychological disorders | 10. Back pain |

- | | |
|--|------------------|
| 3. Diabetes Mellitus | 11. Hypertension |
| 4. Menstrual disorders | 12. Obesity |
| 5. Muscular Dystrophy & other Neurological disorders | 13. Sinusitis |
| 6. Heart attack and other Cardiac problems | 14. Oncology |
| 7. Headache | 15. Constipation |
| 8. Vision disorder | |

A. निम्नलिखित बीमारियों के लिए प्रमाण आधारित योगाभ्यास

- | | |
|--|-------------------|
| 1. अस्थमा (अन्य श्वसन विकार) | 9. गठिया |
| 2. चिंता, अवसाद और अन्य मनोवैज्ञानिक विकार | 10. पीठ दर्द |
| 3. मधुमेह | 11. उच्च रक्तचाप |
| 4. मासिक धर्म संबंधी विकार | 12. मोटापा |
| 5. मांसपेशीय दुर्विकास और अन्य तंत्रिका संबंधी विकार | 13. साइनसाइटिस |
| 6. दिल का दौरा और अन्य हृदय संबंधी समस्याएं | 14. कैंसर विज्ञान |
| 7. सिरदर्द | 15. कब्ज |
| 8. दृष्टि विकार | |

VIVA-VOICE

TEXT BOOK

1. Swasthvat Vighyan Avm Yogic Chikitsa. Dr. Rashesh Kumar, Haridwar
2. Yoga for common ailments Swami Vivekanand Yoga Prakashan, Bangalore.

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the basic symptoms, causes, and yogic definitions of common lifestyle diseases such as asthma, diabetes, hypertension, and obesity. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain and classify different yogic practices—Asana, Pranayama, Kriya, Mudra, Bandha, and Yoga Nidra—in the context of therapeutic yoga. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to prepare and demonstrate yoga lesson plans with appropriate sequencing of yogic practices for specific diseases. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze a patient's history, symptoms, and choose suitable yogic therapy based on evidence-based practices. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to develop personalized yoga therapy lesson plans with proper documentation and deliver effective teaching sessions tailored to individual needs. **(RBT Level: L5/L6 – Evaluate/Create)**

Semester-III
M.A. Yoga
Discipline Specific Courses (DSC)
Principles of Upanishads

Paper Code: P25YOG301T

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: To introduce students to the philosophical teachings of major Upanishads and enable them to understand, reflect upon, and apply these insights for self-realization and spiritual development.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Introduction to Upanishads: Isha & Kena

- Ishavasyopanishad: Concepts of Karmnishtha;
- Vidya & Avidya;
- Knowledge of Brahma.
- Kenopanishad: Indriya and Antahkarna;
- Self and the mind;
- Glory of Brahma;
- Moral of Yaksha Upakhyana.

यूनिट-1: उपनिषदों का परिचय: ईशा और केना

- ईशावास्योपनिषद: कर्मनिष्ठा की अवधारणा;
- विद्या और अविद्या;
- ब्रह्म का ज्ञान.
- केनोपनिषद: इंद्रिय और अंतःकर्ण;
- स्वयं और मन;
- ब्रह्मा की महिमा;
- यक्ष उपाख्यान की नैतिक शिक्षा.

Unit-2: Katha, Prashna and Mundaka Upanishads

- Kathopanishad: Definition of Yoga.
- Nature of Soul.
- Importance of Self Realization.
- Prashnopanishad: Concept of Prana and Rayi(creation).
- Panch pranas.
- The five main questions.
- Mundakopanishad: Two approaches to Brahmvaidya the Para and Apra.
- The greatness of Brahmvaidya.
- Tapas and Guru bhakti.
- The origin of creation.

इकाई-2: कथा, प्रश्न और मुंडक उपनिषद

- कठोपनिषद: योग की परिभाषा।
- आत्मा की प्रकृति।
- आत्म-साक्षात्कार का महत्व।
- प्रश्नोपनिषद: प्राण और रयि (सृष्टि) की अवधारणा।
- पंच प्राण।
- पाँच मुख्य प्रश्न।
- मुंडकोपनिषद: ब्रह्मविद्या के दो दृष्टिकोण परा और अपरा।
- ब्रह्मविद्या की महानता।
- तप और गुरु भक्ति।
- सृष्टि की उत्पत्ति।

Unit-3: Mandukya, Aitareya and Taittiriya Upanishads

- Mandukyopanishad: Four states of consciousness its relation to syllables in Omkara;
- Aitareyopanishad: Concept of Atma;
- universe and Brahmn;
- Taittiriyanishad: Concept of Panchkosha.
- Summary of Shiksha valli.
- Anand valli and Bhrigu valli

यूनिट-3: मांडूक्य, ऐतरेय और तैत्तिरीय उपनिषद

- मांडूक्योपनिषद: चेतना की चार अवस्थाएं और ओमकारा में अक्षरों से इसका संबंध;
- ऐतरेयोपनिषद: आत्मा की अवधारणा;
- ब्रह्मांड और ब्रह्म;
- तैत्तिरीयोपनिषद: पंचकोश की अवधारणा।
- शिक्षा वल्ली का सारांश. आनंद वल्ली और भृगु वल्ली

Unit-4: Chhandogya and Brihadaranyak Upanishads

- Chhandogyopanishad: Om (Udghith) Meditation.
- Shandilya vidya.
- Brihadaranyakopanishad: Concept of Atma and Jnana Yoga.
- Union of Atma and Paramatma.

यूनिट-4: छान्दोग्य और बृहदारण्यक उपनिषद

- छान्दोग्योपनिषद: ॐ (उद्गीथ) ध्यान।
- शांडिल्य विद्या.
- बृहदारण्यकोपनिषद: आत्म और ज्ञान योग की अवधारणा।
- आत्मा और परमात्मा का मिलन.

Reference Books:

1. The Essence of Principal Upanishads, Divine Life Society, 1980, Swami Sivananda.
2. Upanishad Saar Sangraha, Manoj Vishnoi.
3. The Principal Upanishads, Courier Corporation, 2003, Swami Nikhilananda.

Course Outcomes:

1. Recall the key concepts, sages, and philosophical themes from major Upanishads including Isha, Kena, Katha, and others. (RBT Level 1: Remember)

2. Explain central doctrines such as Karmanishtha, Vidya & Avidya, Panchkosha, and the states of consciousness from various Upanishads. (RBT Level 2: Understand)
3. Apply Upanishadic teachings like Om meditation, Shandilya Vidya, and the practice of Guru Bhakti in personal spiritual practice. (RBT Level 3: Apply)
4. Analyze the metaphysical relationship between Atma, Paramatma, and Brahman across different Upanishads such as Mandukya, Aitareya, and Brihadaranyak. (RBT Level 4: Analyze)
5. Evaluate the relevance of Upanishadic wisdom in addressing modern existential, ethical, and spiritual challenges through the lens of Self-realization and Jnana Yoga. (RBT Level 5: Evaluate)

Semester-III
M.A. Yoga
Discipline Specific Courses (DSC)
Research Methodology and Statistics in Yoga

Paper Code: P25YOG302T

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: To enable students to understand and apply fundamental research concepts, methods, and statistical tools in the context of Yoga studies.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-I:

- Meaning, definition, nature and types of Research.
- Scope and importance of Research in Yoga.
- Research problems- its meaning and characteristics.
- Hypothesis- meaning, nature and types.

इकाई-I: अनुसंधान का परिचय

- अनुसंधान का अर्थ, परिभाषा, प्रकृति और प्रकार।
- योग में अनुसंधान का दायरा और महत्व।
- अनुसंधान विषय- इसका अर्थ और विशेषताएँ।
- परिकल्पना- अर्थ, प्रकृति और प्रकार।

UNIT-II:

- Meaning and nature of Variable.
- Types of Variables and factors affecting the Variables.
- Sample, Sample Size and its calculation.
- Need of Sample size, calculation and factors affecting sample size.
- Meaning, nature, and types of Sampling.

यूनिट-II:

- चर का अर्थ और प्रकृति।
- चर के प्रकार और चर को प्रभावित करने वाले कारक।
- नमूना, नमूना आकार और इसकी गणना।
- नमूना आकार की आवश्यकता, गणना और नमूना आकार को प्रभावित करने वाले कारक।
- नमूनाकरण का अर्थ, प्रकृति और प्रकार।

UNIT-III: Research Design and Methods

- Characteristics of Research.
- Research methods and their types.
- Characteristics of Research Design.
- Types of Research Design.

यूनिट-III:

- अनुसंधान की विशेषताएँ।
- अनुसंधान विधियाँ और उनके प्रकार।
- अनुसंधान रूप-रेखा की विशेषताएँ।
- अनुसंधान रूप-रेखा के प्रकार।

UNIT-IV:

- Concept and Significance of statistics.
- Types of research data.
- Measures of Central Tendency (Arithmetic Mean, Median and Mode).

इकाई-IV: सांख्यिकी और इसके अनुप्रयोग

- सांख्यिकी की अवधारणा और महत्व।
- शोध डेटा के प्रकार।
- केंद्रीय प्रवृत्ति के माप (अंकगणितीय माध्य, माध्यिका और बहुलक)।

Reference books:

1. Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Surjeet Publications.
2. C R Kothari; Research Methodology Methods and Techniques; New Age International Publishers.
3. Yogesh Kumar Singh; Fundamental of Research Methodology and Statistics; New Age International Publishers.

Course Outcomes

1. Define and recall key concepts such as research, hypothesis, variables, and sampling in the context of Yoga research. (*RBT Level 1: Remember*)
2. Explain the nature, types, and importance of research, variables, sampling techniques, and statistical measures in Yoga studies. (*RBT Level 2: Understand*)
3. Apply appropriate research methods and sampling techniques to simple Yoga-based research problems. (*RBT Level 3: Apply*)
4. Analyze various research designs and differentiate between types of variables and their influence on research outcomes. (*RBT Level 4: Analyze*)

Evaluate the relevance and effectiveness of research methods and statistical tools in conducting scientific Yoga research. (*RBT Level 5: Evaluate*)

Semester-III
M.A. Yoga
Discipline Specific Courses (DSC)
Introduction to Naturopathy

Paper Code: P25YOG303T

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: To impart foundational knowledge of Naturopathy and its therapeutic applications, and to enable learners to apply and evaluate natural healing methods such as mud, water, sun therapies, and fasting in conjunction with yogic practices.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-1 Introduction of Naturopathy

- Meaning and Definitions of Naturopathy.
- Philosophy of Naturopathy.
- Principles of Naturopathy.
- Relationship of Naturopathy with Yoga.

इकाई-1 प्राकृतिक चिकित्सा का परिचय

- प्राकृतिक चिकित्सा का अर्थ और परिभाषा।
- प्राकृतिक चिकित्सा का दर्शन।
- प्राकृतिक चिकित्सा के सिद्धांत।
- प्राकृतिक चिकित्सा का योग से संबंध।

UNIT-2: Mud-Therapy

- Meaning and Definition of Prithvi-Tatva.
- Principles of Mud-therapy.
- Importance of Prithvi-Tatva.
- Different techniques of Mud-therapy and their Benefits.
- Uses of Mud-therapy in different illness.

इकाई -2: मिट्टी चिकित्सा

- पृथ्वी-तत्व का अर्थ और परिभाषा।
- मिट्टी चिकित्सा के सिद्धांत।
- पृथ्वी-तत्व का महत्व।
- मिट्टी चिकित्सा की विभिन्न तकनीकें और उनके लाभ।
- विभिन्न बीमारियों में मिट्टी चिकित्सा के उपयोग।

UNIT-3: Hydro-therapy

- Meaning and Definition of Jal-Tatva.
- General Principles of Hydro-therapy.
- Importance of Jal-Tatva.
- Different techniques of Hydro-therapy and their benefits.
- Uses of Hydro-therapy in different illness.

इकाई -3: जल चिकित्सा

- जल तत्व का अर्थ और परिभाषा।
- जल चिकित्सा के सामान्य सिद्धांत।
- जल तत्व का महत्व।
- जल चिकित्सा की विभिन्न तकनीकें और उनके लाभ।
- विभिन्न बीमारियों में जल चिकित्सा के उपयोग

UNIT-4: Sun-Therapy & Fasting

- Meaning and Definition of Agni-Tatva and Vayu-Tatva.
- Importance of Agni-Tatva and Vayu-Tatva.
- Different techniques of Agni-Tatva and Vayu-Tatva and their benefits.
- Uses of Helio-therapy and Fasting-therapy in different illness.

इकाई-4: सूर्य-चिकित्सा और उपवास

- अग्नि-तत्व और वायु-तत्व का अर्थ और परिभाषा।
- अग्नि-तत्व और वायु-तत्व का महत्व।
- अग्नि-तत्व और वायु-तत्व की विभिन्न तकनीकें और उनके लाभ।
- विभिन्न बीमारियों में हीलियो-थेरेपी और उपवास-चिकित्सा के उपयोग।

Reference Books:

1. Science of Natural Life- Dr. Rakesh Jindal.
2. History & Philosophy of Naturopathy – Dr. S. J. Singh.
3. Philosophy of Nature Cure–Dr. Henri Lindlhai.
4. Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic.
5. Mud Therapy: Healing Through One of the Five Elements.
6. Naturopathy: A Way of Life: Dr. Dharambir Yadav.

Course Outcomes:

1. Recall the definitions, principles, and philosophical foundations of Naturopathy, including its relation to Yoga and the five elements. (RBT Level 1: Remember)
2. Explain the concepts, significance, and therapeutic mechanisms of Mud-therapy, Hydro-therapy, Sun-therapy, and Fasting. (RBT Level 2: Understand)
3. Apply suitable naturopathic techniques such as mud packs, hydro baths, sun exposure, and fasting protocols for maintaining and restoring health. (RBT Level 3: Apply)
4. Analyze the relationship between Pancha-Tatvas (Prithvi, Jal, Agni, Vayu) and their role in various naturopathic treatments. (RBT Level 4: Analyze)
5. Evaluate the effectiveness of integrated Naturopathy and Yoga practices in managing and preventing common illnesses and lifestyle disorders. (RBT Level 5: Evaluate)

Semester-III
M.A. Yoga
Discipline Elective Courses (DEC)
Introduction to Yogic Texts

Paper Code: P25YOG311T

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: To provide students with foundational and in-depth knowledge of classical yogic scriptures, enabling them to understand, apply, and reflect on the spiritual, psychological, and philosophical dimensions of yoga as presented in traditional texts.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit – 1 Yoga Vasistha

- Yoga Vasistha - Main points of Yoga Vasistha,
- Concept of Aadi and Vyadhi,
- Psycho somatic diseases,
- four solutions to liberation,
- highest state of bliss,
- practice for removing obstacles to yoga,
- development of Sattva Guna,
- eight stages of meditation,
- seven realms of knowledge.

इकाई-1: योगवाशिष्ठ

- योगवाशिष्ठ – योगवाशिष्ठ के प्रमुख बिन्दु,
- आदि और व्याधि की अवधारणा,
- मनोदैहिक व्याधियों,
- मुक्ति के चार निराकरण,
- परमानंद की उच्चतम अवस्था,
- योग के विघ्नों के निराकरण हेतु अभ्यास,
- सत्त्वगुण का विकास,
- ध्यान के आठ चरण,
- ज्ञान की सप्तभूमियां।

Unit – 2 Hathratnavali, Yogbeej;

- Hathratnavali - Introduction, Mudras, Kumbhaka, Asanas, Shatkarma, Samadhi,
- Four stages of Hatha.
- Yogbeej - Introduction, Prana, Nadi, Asanas, Pranayama, Bandha, Granthi, Siddhi,
- Types of knowledge.

इकाई-2: हठरत्नावली, योगबीज

- हठरत्नावली - परिचय, मुद्राएं, कुम्भक, आसन, षट्कर्म, समाधि,
- हठ की चार अवस्थाएं।
- योगबीज - परिचय, प्राण, नाडी, आसन, प्राणायाम, बंध, ग्रन्थि, सिद्धि,
- ज्ञान के प्रकार।

Unit – 3 Siddha Siddhanta Paddhati

- Siddha Siddhanta Paddhati - Introduction, Chakra, Base, Goal Ashtanga Yoga, Prana, Kundalini, Underworld, Island, Sea, Mountains, Rivers, Khand, Avadhuta Yogi.

इकाई-3: सिद्धसिद्धांत पद्धति

- सिद्धसिद्धांत पद्धति - परिचय, चक्र, आधार, लक्ष्य अष्टांगयोग, प्राण, कुण्डलिनी, पाताल, द्वीप, समुद्र, पर्वत, नदियां, खण्ड, अवधूत योगी।

Unit-4: Shiv Samhita, Gauraksha Samhita

- Shiv Samhita - Introduction, Nadi, Prana and Upprana, Asana, Pranayama, Mudra, stages of the seeker, Saptachakra.
- Gauraksha Samhita - Introduction, Kundalini, Pranayam, Shatkarma.

इकाई-4: शिवसंहिता, गौरक्षसंहिता;

- शिवसंहिता - परिचय, नाडी, प्राण एवं उपप्राण, आसन, प्राणायाम, मुद्रा, साधक की अवस्थाएं, सप्तचक्र।
- गौरक्षसंहिता - परिचय, कुण्डलिनी, प्राणायाम, षट्कर्म।

Reference Books:

- 1- योगवाशिष्ठ - गीताप्रेस गोरखपुर
- 2- हठरत्नावली - स्वामी शिवानंद
- 3- योगवाशिष्ठ - गोविंद देव गिरी
- 4- गौरक्षसंहिता - स्वामी शिवानंद
- 5- सिद्धसिद्धांत पद्धति - गीताप्रेस गोरखपुर
- 6- शिवसंहिता - स्वामी शिवानंद
- 7- योगबीज साधना और मंत्र शक्ति - गीताप्रेस गोरखपुर
- 8- Hatha Yoga – Mikel Burley

Course Outcomes:

1. Recall the key concepts, terms, and philosophical principles from texts like Yoga Vasistha, Hathratnavali, Yogbeej, and Shiv Samhita. (RBT Level 1: Remember)
2. Explain the psychophysical principles such as Adhi-Vyadhi, Sattva development, Prana, Nadi, Kundalini, and Chakras as discussed in various yogic scriptures. (RBT Level 2: Understand)
3. Apply the practices described in the texts—such as Asanas, Pranayama, Mudras, Bandhas, and Shatkarmas—for self-purification and spiritual development. (RBT Level 3: Apply)
4. Analyze the progression of yogic stages such as the eight stages of meditation, four stages of Hatha Yoga, and the levels of a seeker to understand the spiritual journey. (RBT Level 4: Analyze)
5. Evaluate the significance of ancient yogic wisdom in managing psychosomatic disorders and attaining liberation in the modern context. (RBT Level 5: Evaluate)

Semester-III
M.A. Yoga
Discipline Elective Courses (DEC)
Application of Yoga

Paper Code: P25YOG312T

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: To enable students to understand, apply, and adapt yogic practices for various age groups, life stages, and special populations while integrating yoga into daily life and personal development.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit: 1 Yoga for Beginners, Yoga for Youth;

- Yoga for Beginners: Beginner,
- Precautions and Instructions before Yoga,
- Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation,
- Flexibility and Stretching.
- Yoga for Youth: Define Youth,
- Precautions and Instructions before Yoga,
- Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation.

इकाई: 1 नए लोगों के लिए योग, नए लोगों के लिए योग;

- नए लोगों के लिए योग; योग से पहले सावधानियाँ और निर्देश,
- वार्म अप व्यायाम की तकनीकें, आसन, प्राणायाम, मुद्रा बंध, ध्यान,
- लचीलापन और स्ट्रेचिंग।
- युवाओं के लिए योग: युवाओं को परिभाषित करें, योग से पहले सावधानियाँ और निर्देश, वार्म अप व्यायाम की तकनीकें, आसन, प्राणायाम, मुद्रा बंध, ध्यान।

Unit: 2 Yoga for Divyang, Yoga for Women;

- Yoga for Divyang: Define Divyang;
- Categorization of Divyang,
- Precautions and Instructions before Yoga,
- Techniques of Warm up Exercise, Chair Yoga, Asana, Pranayama, Mudra Bandh, Meditation.
- Yoga for Women: Common Yoga Protocol for women,
- Prenatal and Postnatal Yoga,
- Yoga during Menstrual Period.

इकाई: 2 दिव्यांगों के लिए योग, महिलाओं के लिए योग;

- दिव्यांगों के लिए योग: दिव्यांगों को परिभाषित करें;
- दिव्यांगों का वर्गीकरण,
- योग से पहले सावधानियाँ और निर्देश,

- वार्म अप व्यायाम की तकनीकें, कुर्सी योग, आसन, प्राणायाम, मुद्रा बंध, ध्यान।
- महिलाओं के लिए योग: महिलाओं के लिए सामान्य योग प्रोटोकॉल,
- प्रसवपूर्व और प्रसवोत्तर योग,
- मासिक धर्म के दौरान योग।

Unit: 3 Yoga Competition, Yoga Shivar;

- Yoga Competition: Introduction, Management;
- Rule and Regulations;
- Different age categories,
- school, college and university Level Yoga competitions.
- Yoga Shivar: General Introduction; Management,
- Yoga shivar for women;
- youth and children and according to Diseases.

इकाई: 3 योग प्रतियोगिता, योग शिविर;

- योग प्रतियोगिता: परिचय, प्रबंधन;
- नियम और विनियम;
- विभिन्न आयु वर्ग,
- स्कूल, कॉलेज और विश्वविद्यालय स्तर की योग प्रतियोगिताएं।
- योग शिविर: सामान्य परिचय; प्रबंधन,
- महिलाओं, युवाओं और बच्चों के लिए योग शिविर और रोगों के अनुसार।

Unit: 4 Yoga for Children, Yoga for life Management, Purushartha Chatushtaya and Four Ashrams

- Yoga for Children: Define children,
- Precautions and Instructions before Yoga,
- Techniques of Warm up Exercise, Asana, Pranayama, Mudra, Bandh, Meditation.
- Yoga for life Management:
- Science of living,
- Purushartha Chatushtaya;
- The Four Ashrams.
- इकाई: 4 बच्चों के लिए योग, जीवन प्रबंधन के लिए योग, पुरुषार्थ चतुष्टय; आश्रम चतुष्टय;
- बच्चों के लिए योग: बच्चे को परिभाषित करें,
- योग से पहले सावधानियाँ और निर्देश,
- वार्म अप व्यायाम की तकनीकें, आसन, प्राणायाम, मुद्रा, बंध, ध्यान।
- जीवन प्रबंधन के लिए योग:
- जीवन जीने का विज्ञान,
- पुरुषार्थ चतुष्टय,
- आश्रम चतुष्टय ।

Reference Books:

1. Application of Yoga; Dr. Sandeep Jagtap; Sankalp Publication.
2. The Therapeutic Applications of Yoga; Dr. Rajendra Reddy; ML.

Course Outcomes:

1. Recall the definitions, instructions, and categories related to yoga for beginners, youth, divyang (differently abled), women, and children. (RBT Level 1: Remember)
2. Explain the benefits, precautions, and techniques of yogic practices such as Asana, Pranayama, Mudra, Bandh, and Meditation tailored for different populations. (RBT Level 2: Understand)
3. Demonstrate appropriate warm-up, asanas, pranayama, and meditation practices suitable for age, gender, physical condition, and specific needs (e.g., prenatal, chair yoga). (RBT Level 3: Apply)

4. Analyze the structure, purpose, and management of yoga competitions and yoga shivirs, including adaptations for different age groups and conditions. (RBT Level 4: Analyze)
Evaluate and design a holistic yoga-based life management plan incorporating concepts such as Purushartha Chatushtaya and the Four Ashrams for personal and social well-being. (RBT Level 5: Evaluate)

Semester-III
M.A. Yoga
Practicum
Yoga Practical-IV Lab

Paper Code: P25YOG304P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To enable students to develop practical proficiency in classical yogic techniques including asana, pranayama, bandha, mudra, kriya, mantra, and meditation for physical, mental, and spiritual well-being.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Yoga Posture

1. Yogic Jogging - Swami Ramdev, Yogic Micro Exercises (First 12 Exercises) 2. Surya Namaskar with Mantra 3. Padmasana 4. Siddhasana 5. Swastika Asana 6. Vajrasana
7. Yogamudra Asana 8. Simhasana 9. Gomukhasana 10. Ardha-Matsyendrasana 11. Marjari Asanas 12. Mandukasana 13. Shashankasana
14. Bhujangasana 15. Ustrasana 16. Tadasana 17. Vrikshasana
18. Uttanapadasana 19. Garudasana 20. Natarajasana 21. Shalabhasana
22. Dhanurasana 23. Halasana 24. Naukasana 25. Shavasana.

Pranayama

1. Bhastrika
2. Nadishodhan 3. Suryabhedhi 4. Shitali 5. Ujjayi.

Bandha Mudra

1. Moolabandha, 2. Uddiyan Bandha, 3. Jalandhar Bandha, 4. Viparitakarani, 5. Tadagi, 6. Ashwini.

Purification-process

1. Vomiting process, 2. Jal Neti, 3. Rubber Neti, 4. Vatakram-Kapalbhati, 5. Small conch cleansing.

Mantra

1. Gayatri Mantra, 2. Mahamrityunjaya Mantra, 3. Swastik Mantra, 4. Kalyan Mantra, 5. Shanti Paath.

Meditation

1. Pranava Meditation, 2. Sakshi Meditation.

Viva Exam

आसन

1. यौगिक जॉगिंग- स्वामी रामदेव, यौगिक सूक्ष्म व्यायाम (प्रथम 12 अभ्यास) 2. मंत्र सहित सूर्य नमस्कार 3. पद्मासन 4. सिद्धासन 5. स्वस्तिक आसन 6. वज्रासन
 7. योगमुद्रा आसन 8. सिंहासन 9. गोमुखासन 10. अर्द्ध-मत्स्येन्द्रासन
 11. मार्जारी आसन 12. मंझकासन 13. शशांकासन 14. भुजंगासन
 15. उष्ट्रासन 16. ताड़ासन 17. वृक्षासन 18. उत्तानपादासन
 19. गरुडासन 20. नटराजासन 21. शलभासन 22. धनुरासन
 23. हलासन 24. नौकासन 25. शवासन।
- प्राणायाम**

1. भस्त्रिका 2. नाडीशोधन 3. सूर्यभेदी 4. शीतली 5. उज्जायी।

बंध-मुद्रा

1. मूलबंध, 2. उड्डीयान बंध, 3. जालंधर बंध, 4. विपरीतकरणी, 5. तडागी, 6. अश्विनी।

शोधन-क्रिया

1. वमन क्रिया, 2. जल नेति, 3. रबड नेति, 4. वातक्रम-कपालभाति, 5 लघुशंख प्रक्षालन।

मन्त्र

1. गायत्री मंत्र, 2. महामृत्युंजय मंत्र, 3. स्वस्तिक मंत्र, 4. कल्याण मंत्र, 5. शांति पाठ।

ध्यान

1. प्रणव ध्यान, 2. साक्षी ध्यान।

मौखिक परीक्षा

संदर्भ ग्रंथ सूची-

1. घेरंड संहिता- स्वामी निरंजनानंद सरस्वती, बिहार स्कूल का योग मुंगेर।
2. हठदीपिका- स्वात्माराम कृत, कैवल्यधाम लोनावाला।
3. आसन प्राणायाम मुद्रा बंध- स्वामी सत्यानंद सरस्वती, योग पब्लिकेशन ट्रस्ट मुंगेर बिहार।
4. संपूर्ण योग विद्या- राजीव जैन त्रिलोक, मंजुल पब्लिशिंग हाउस।
5. यौगिक सूक्ष्म व्यायाम- धीरेन्द्र ब्रह्मचारी
6. प्रज्ञा अभियान का योग व्यायाम- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
7. सविता देवता का ध्यान- पंडित श्रीराम शर्मा आचार्य, शांतिकुंज हरिद्वार
8. ब्रह्मवर्चस साधना की ध्यान धारणा- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
9. भावातीत ध्यान- महर्षि महेश योगी
10. सरल योगासन- प्रोफेसर ईश्वर भारद्वाज

Course Outcomes (COs):

1. Recall the names, sequences, and categories of yogic practices such as asanas, pranayamas, mudras, kriyas, mantras, and meditations. (RBT Level 1: Remember)
2. Explain the purpose, benefits, and specific applications of selected yogic techniques including Surya Namaskar, Bhastrika, and Gayatri Mantra. (RBT Level 2: Understand)
3. Demonstrate proper alignment and breathing in performing yoga postures, cleansing processes (e.g., Jal Neti), and pranayama techniques. (RBT Level 3: Apply)
4. Analyze the physiological and psychological effects of different yogic components such as bandhas, mudras, and pranava meditation on the body-mind complex. (RBT Level 4: Analyze)
5. Design a balanced personal yoga routine integrating asana, pranayama, mantra chanting, and meditation for holistic self-development. (RBT Level 6: Create)

Semester-III
M.A. Yoga
Practicum
Yoga Practical-V Lab

Paper Code: P25YOG305P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and experiential understanding of mantras, shatkarmas, asanas, pranayamas, mudras, bandhas, and meditation techniques for enhancing physical, mental, and spiritual well-being.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Mantras and prayers

Sangthan Sukta, Om Stavan.

Shatkarma

Danda Dhauti, Agnisar Kriya, Sutra Neti, Madhyam Nauli, Tratak, Sheetakram Kapalbhati.

Asana

Pawanmuktasana part-1 and 2.

Compound micro exercises (serial no. 13 to 24),

compound macro exercises - heart rate (engine running).

Garudasana,

Paschimottanasana,

Halasana,

Matsyasana,

Supta Vajrasana,

Dhanurasana, Bakasana,

Uttistha Padmasana,

Kurmasana,

Vakrasana,

Vatayanasana

Sarvangasana,

Shirshasana,

Chakrasana,

Shavasana.

Pranayama

Sithakari, Pranava, Bhramari, Pranakarshan.

Mudras and Bandhas

Kaki Mudra, Shambhavi Mudra, Khechari Mudra, Mahamudra, Mahabedha Mudra.

Meditation

Meditation on Savita God, Transcendental Meditation, Gross Meditation,

Subtle Meditation, Jyoti Meditation.

Viva Voce

मंत्र व प्रार्थना- संगठन सूक्त, ॐ स्तवन ।

षट्कर्म - दण्ड धौति, अग्निसार क्रिया, सूत्र नेति, मध्यम नौलि, त्राटक, शीतक्रम कपालभाति।

आसन

पवनमुक्तासन भाग-1 व 2।

यौगिक सूक्ष्म व्यायाम (क्रम संख्या 13 से 24 तक),

यौगिक स्थूल व्यायाम- हृदय गति (इंजन दौड़)।

गरुडासन,

पश्चिमोत्तानासन,

हलासन,

मत्स्यासन,

सुप्त वज्रासन,

धनुरासन,

बकासन,

उत्तिष्ठ पद्मासन,

कूर्मासन,

वक्रासन,

वातायनासन

सर्वांगासन,

शीर्षासन, चक्रासन, शवासन।
 प्राणायाम-
 सीत्कारी, प्रणव, भ्रामरी, प्राणाकर्षण।
 मुद्रा व बंध-
 काकी मुद्रा, शांभवी मुद्रा, खेचरी मुद्रा, महामुद्रा, महाबेध मुद्रा।
 ध्यान-
 सविता देवता का ध्यान, भावातीत ध्यान, स्थूल ध्यान, सूक्ष्म ध्यान, ज्योति ध्यान।
 मौखिक परीक्षा

संदर्भ ग्रंथ सूची-

1. घेरंड संहिता- स्वामी निरंजनानंद सरस्वती, बिहार स्कूल का योग मुंगेर।
2. हठदीपिका- स्वात्माराम कृत, कैवल्यधाम लोनावाला।
3. आसन प्राणायाम मुद्रा बंध- स्वामी सत्यानंद सरस्वती, योग पब्लिकेशन ट्रस्ट मुंगेर बिहार।
4. संपूर्ण योग विद्या- राजीव जैन त्रिलोक, मंजुल पब्लिशिंग हाउस।
5. यौगिक सूक्ष्म व्यायाम- धीरेंद्र ब्रह्मचारी
6. प्रज्ञा अभियान का योग व्यायाम- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
7. सविता देवता का ध्यान- पंडित श्रीराम शर्मा आचार्य, शांतिकुंज हरिद्वार
8. ब्रह्मवर्चस साधना की ध्यान धारणा- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
9. भावातीत ध्यान- महर्षि महेश योगी
10. सरल योगासन- प्रोफेसर ईश्वर भारद्वाज

Course Outcomes (COs):

1. Recall and describe the names, purposes, and sequences of yogic techniques such as Pawanmuktasana, Danda Dhauti, and Pranava meditation. (RBT Level 1: Remember)
2. Explain the physiological and psychological benefits of shatkarmas, pranayamas, and mudras like Agnisar Kriya, Bhramari, and Mahamudra. (RBT Level 2: Understand)
3. Demonstrate correct technique and posture in performing advanced asanas, kriyas, and meditative practices such as Chakrasana, Sutra Neti, and Jyoti Dhyana. (RBT Level 3: Apply)
4. Compare and analyze the effects of different types of meditation (e.g., Gross, Subtle, Transcendental) and pranayamas on inner awareness and emotional balance. (RBT Level 4: Analyze)
5. Design and organize a balanced personal yoga routine incorporating mantra chanting, kriyas, asanas, pranayama, mudras, and meditation for integrated self-development. (RBT Level 6: Create)

Semester-IV
M.A. Yoga
Discipline Specific Courses (DSC)
Yoga Therapy

Paper Code: P25YOG401T

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: To provide students with foundational knowledge and therapeutic applications of yoga and naturopathy for the management of various lifestyle and psychosomatic disorders through traditional and modern approaches.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-I: Basis of Yoga Therapy

- Yoga therapy: Its meaning & definition.
- Study of concepts and background of health and diseases.
- Principles of yoga therapy.
- Panchkosha theory- A Holistic approach.
- Concept of food- According to Bhagwadgita;
- Mitahara.
- Pathya and Apathya- According to Hatha pradiipika and Gheranda Samhita.
- Modern concept – Balanced diet.
- Concept of Tridosha,
- Shadrasa,
- Dinacharya and Ritucharya.

इकाई-I: योग चिकित्सा का आधार

- योग चिकित्सा: अर्थ और परिभाषा।
- स्वास्थ्य और रोगों की अवधारणाओं और पृष्ठभूमि का अध्ययन।
- योग चिकित्सा के सिद्धांत।
- पंचकोश सिद्धांत- एक समग्र दृष्टिकोण।
- भोजन की अवधारणा- भगवद्गीता के अनुसार; मिताहार।
- पथ्य और अपथ्य- हठ प्रदीपिका और घेरंड संहिता के अनुसार।
- आधुनिक अवधारणा- संतुलित आहार।
- त्रिदोष,
- षड्दर्शन,
- दिनचर्या और ऋतुचर्या की अवधारणा।

UNIT-II: Principles of Dravya Guna

- Therapeutically properties of toya varga- Introduction,

- Gangajala, Samudrambu, Dushtajala, Nadi jala and its contraindications.
- Bhojane ambu pana prakarah- hot and cold water, tender coconut
- milk and types of milk- Goksheera, Mahisha Ksheera, Aja Ksheera, Ushtra Ksheera, Manusha Ksheera.
- Curd- butter-ghee. Cane juice- Jaggery- sugar. Honey and oil.

इकाई-II: द्रव्य गुण के सिद्धांत

- तोय वर्ग के चिकित्सीय गुण- परिचय, गंगाजल, समुद्रंभु, दुष्टजला, नाडी जल और इसके विरोधाभास।
- भोजने अंबु पना प्रकार:- गर्म और ठंडा पानी, कोमल नारियल
- दूध और दूध के प्रकार- गोक्षीर, महिषा क्षीर, अजा क्षीर, उष्ट्र क्षीर, मानुष क्षीर।
- दही-मक्खन-घी. गन्ने का रस-गुड़-चीनी. शहद और तेल

UNIT-III- Effect of Yogic practices on body systems-I

- Definition, classification, etiology, signs & symptoms and Yogic management of the following diseases-
- Skeleto-muscular system-back ache, arthritis and spondylitis;
- Digestive system- constipation, gastritis and peptic ulcer;
- Respiratory system- bronchiole asthma and sinusitis;
- Excretory system- Uraemia.

इकाई-III- योगिक अभ्यासों का शरीर प्रणालियों पर प्रभाव-I

- निम्नलिखित रोगों की परिभाषा, वर्गीकरण, एटियलजि, संकेत और लक्षण तथा योगिक प्रबंधन-
- कंकाल-पेशी तंत्र-पीठ दर्द, गठिया और स्पोण्डिलाइटिस;
- पाचन तंत्र-कब्ज, गैस्ट्राइटिस और पेप्टिक अल्सर;
- श्वसन तंत्र-ब्रोंकियोल अस्थमा और साइनसिसिस;
- उत्सर्जन तंत्र-यूरेमिया।

UNIT-IV Effect of Yogic practices on body systems-II

- Definition, classification, etiology, signs & symptoms and Yogic management of the following diseases-
- Circulatory system- Essential hypertension
- Endocrine system- Diabetes mellitus, thyroid disorders, menstrual disorders, perimenopause and obesity;
- Nervous system- anxiety, depression, insomnia and migraine;
- Reproductive system- sexual disorders.

इकाई-IV योगिक अभ्यासों का शरीर प्रणालियों पर प्रभाव-II

- निम्नलिखित रोगों की परिभाषा, वर्गीकरण, एटियलजि, संकेत और लक्षण तथा योगिक प्रबंधन-
- संचार तंत्र-आवश्यक उच्च रक्तचाप
- अंतःस्रावी तंत्र-मधुमेह, थायरॉयड विकार, मासिक धर्म संबंधी विकार, पेरिमेनोपॉज और मोटापा;
- तंत्रिका तंत्र-चिंता, अवसाद, अनिद्रा और माइग्रेन;
- प्रजनन तंत्र-यौन विकार।

Suggested Readings:

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication.
2. Dr. Manmath M. Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts.
3. T.S. Rukmani: Patanjala Yoga Sutra.
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013.
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla.

Course Outcomes (COs):

1. Define and describe the concepts of yoga therapy, Panchakosha theory, Tridosha, Dinacharya, and Ritucharya. (RBT Level 1: Remember)
2. Explain the principles of diet and yogic lifestyle from traditional texts like Bhagavad Gita, Hatha Pradipika, and Gheranda Samhita, and relate them with modern concepts of balanced diet. (RBT Level 2: Understand)
3. Apply yoga therapy principles and dietary practices in managing common disorders of the digestive, musculoskeletal, endocrine, and nervous systems. (RBT Level 3: Apply)
4. Analyze the therapeutic properties of substances mentioned in Dravya Guna (e.g., different types of water, milk, honey, oils) and assess their relevance in disease management. (RBT Level 4: Analyze)
5. Design individualized yoga therapeutic plans integrating appropriate asanas, pranayamas, diet, and lifestyle modifications for selected chronic conditions. (RBT Level 6: Create)

Semester-IV
M.A. Yoga
Discipline Specific Courses (DSC)
Indian Yogis and their Teachings

Paper Code: P25YOG402T

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: To provide students with a comprehensive understanding of the lives, philosophies, and contributions of prominent Indian yoga masters and spiritual leaders toward the development and evolution of yoga and its institutions..

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-1

- Maharishi Patanjali: life sketch and their contribution to Yoga;
- Guru Gorakshanatha: life sketch and their contribution to Yoga;
- Adi Shankracharya: Life sketch and their contribution to Yoga;
- Swami Shivananda Saraswati: Life sketch and their contribution to yoga.
- Mahatma Buddha: Life sketch and his teachings.

इकाई-1

- महर्षि पतंजलि: जीवन रेखाचित्र और योग में उनका योगदान;
- गुरु गोरक्षनाथ: जीवन रेखाचित्र और योग में उनका योगदान;
- आदि शंकराचार्य: जीवन रेखाचित्र और योग में उनका योगदान;
- स्वामी शिवानंद सरस्वती: जीवन रेखाचित्र और योग में उनका योगदान।
- महात्मा बुद्ध: जीवन रेखाचित्र और उनकी शिक्षाएँ।

UNIT-2

- Maharishi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- Swami T. Krishnamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- B.K.S. Iyengar: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- Swami Yogananda: Life sketch and their contribution to Yoga;
- Saint Kabir Das: Life sketch and his teachings.

इकाई-2

- महर्षि महेश योगी: भारत में प्रख्यात योग संस्थान और योग के विकास में उनका योगदान;
- स्वामी टी. कृष्णमाचार्य: भारत में प्रख्यात योग संस्थान और योग के विकास में उनका योगदान;
- बी.के.एस. अयंगर: भारत में प्रख्यात योग संस्थान और योग के विकास में उनका योगदान;

योगदान;

- स्वामी योगानंद: जीवन रेखाचित्र और योग में उनका योगदान;
- संत कबीर दास: जीवन परिचय और उनकी शिक्षाएँ।

UNIT-3

- Ramakrishna Paramhansa: Life sketch and their contribution to Yoga
- Pt. Shri Ram Sharma : Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami Vivekananda: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Maharishi Raman: Life sketch and their contribution to Yoga
- Lahiri Mahasaya: Life sketch and their contribution to Yoga

इकाई-3

- रामकृष्ण परमहंस: जीवन परिचय और योग में उनका योगदान
- पंडित श्री राम शर्मा: भारत में प्रतिष्ठित योग संस्थान और योग के विकास में उनका योगदान
- स्वामी विवेकानंद: भारत में प्रतिष्ठित योग संस्थान और योग के विकास में उनका योगदान
- महर्षि रमन: जीवन परिचय और योग में उनका योगदान
- लाहिड़ी महाशय: जीवन परिचय और योग में उनका योगदान

UNIT-4

- Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- Swami Dayananda Saraswati: Life sketch and their contribution in development of Yoga.
- Swami Rama: Eminent Yoga Institutions in India and their contribution in development of Yoga;

इकाई-4

- श्री अरबिंदो: भारत में प्रतिष्ठित योग संस्थान और योग के विकास में उनका योगदान;
- स्वामी कुवल्ल्यानंद: भारत में प्रतिष्ठित योग संस्थान और योग के विकास में उनका योगदान;
- स्वामी दयानंद सरस्वती: जीवन परिचय और योग के विकास में उनका योगदान।
- स्वामी राम: भारत में प्रतिष्ठित योग संस्थान और योग के विकास में उनका योगदान;

Suggested readings:-

1. Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
3. Arya Dr.Somveer and Dr. Dharamveer Yadav : Yogyon ka jivan parichay; Raghav Publication, New Delhi,2021
4. Kalyan(Bhakt Ank) - Gita Press Gorakhpur, 2010
5. Kalyan(Sant Ank)- Gita Press Gorakhpur, 2016

Course Outcomes (COs):

1. Recall and outline the life histories and major contributions of influential yoga personalities such as Patanjali, Buddha, Kabir Das, and Swami Vivekananda. (RBT Level 1: Remember)
2. Explain the core philosophies and teachings of Indian spiritual leaders and analyze how they shaped traditional and modern yoga practices. (RBT Level 2: Understand)

3. Apply the teachings and values of these yoga masters in personal development and yogic lifestyle. (RBT Level 3: Apply)
4. Compare and contrast the contributions of ancient and modern yoga institutions and identify their role in the global propagation of yoga. (RBT Level 4: Analyze)
5. Compile a detailed report or presentation illustrating the chronological evolution of yoga through the efforts of various saints, yogis, and institutions. (RBT Level 6: Create)

Semester-IV
M.A. Yoga
Discipline Specific Courses (DSC)
Yoga Upanishads

Paper Code: P25YOG403T

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: To explore and analyze the philosophical foundations, meditative techniques, and yogic concepts presented in selected Yoga Upanishads, emphasizing their relevance in spiritual practice and yogic transformation.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Swetashvatar Upanishad and Yogkundalini Upanishad

- Swetashvataropnishad: Techniques and importance of Dhyanayoga.
- Suitable place for Dhyanayoga.
- Prior symptoms of Yogsiddhi.
- Techniques of Realization (Karmayoga, Upasanayoga, Jnanayoga)
- Yogkundalini Upanishad: Methods to overcome on prana.
- Concept of Saraswati chalana.
- Kumbhaka.

इकाई-1: श्वेताश्वतर उपनिषद और योगकुंडलिनी उपनिषद

- श्वेताश्वतरोपनिषदः ध्यानयोग की तकनीक और महत्व।
- ध्यानयोग के लिए उपयुक्त स्थान।
- योगसिद्धि के पूर्व लक्षण।
- बोध की तकनीकें (कर्मयोग, उपासनायोग, ज्ञानयोग)
- योगकुंडलिनी उपनिषदः प्राण पर विजय पाने की विधियाँ।
- सरस्वती चालन की अवधारणा।
- कुम्भक।

Unit-2: Yogchudamani Upanishad & Trishikhbhramana Upanishad

- Yogchudamani Upanishad: Description of Six limbs of Yoga,
- their results and sequence
- Trishikhbhramanopnishad: Description of Ashtanga Yoga.
- Concept of Jnanayoga and Karmayoga,.
- Technique of Pranayama.

इकाई-2: योगचूडामणि उपनिषद और त्रिशिखभ्रमण उपनिषद

- योगचूडामणि उपनिषदः योग के छह अंगों का वर्णन, उनके परिणाम और क्रम
- त्रिशिखभ्रमणोपनिषदः अष्टांग योग का वर्णन।

- ज्ञानयोग और कर्मयोग की अवधारणा।
- प्राणायाम की तकनीक.

Unit-3: Yogtattva Upanishad & DhyanaBindu Upanishad

- Yogtattvopnishad: Concepts of Mantrayoga; Layayoga; Hathayoga (Ashtanga Yoga) and Rajyoga.
- Primary symptoms of Yogsiddhis and precautions.
- DhyanaBindu Upanishad: Importance of DhyanaYoga.
- Nature of Pranav.
- Shadanyoga.
- Nadanusandhana.

इकाई-3: योगतत्त्व उपनिषद् और ध्यानबिंदु उपनिषद्

- योगतत्त्वोपनिषद्: मंत्रयोग की अवधारणाएँ; लययोग; हठयोग (अष्टांग योग) और राजयोग।
- योगसिद्धियों के प्राथमिक लक्षण एवं सावधानियाँ |
- ध्यानबिंदु उपनिषद्: ध्यानयोग का महत्व।
- प्रणव का स्वभाव.
- षडंगयोग.
- नादानुसंधान।

Unit-4: Nandbindu Upanishad and Yograja Upanishad

- Nandbindu Upanishad: Concept of Hansavidya.
- Description of various limbs of Omkara.
- Types of Nada.
- Nature of Nadanusandhana sadhana.
- Yograja Upanishad: Mantrayoga; Layayoga, Hathayoga & Rajayoga.
- Nine chakra Dhyana procedure.

इकाई-4: नंदबिंदु उपनिषद् और योगराज उपनिषद्

- नंदबिंदु उपनिषद्: हंसविद्या की अवधारणा।
- ओंकार के विभिन्न अंगों का वर्णन.
- नाडा के प्रकार. नादानुसंधान साधना का स्वरूप.
- योगराज उपनिषद्: मंत्रयोग; लययोग, हठयोग और राजयोग।
- नौ चक्र ध्यान प्रक्रिया.

Suggested Readings:

1. Upanishad Saar Sangraha _ Manoj Vishnoi, Kitab Mahal Publishers, New Delhi.

Course Outcomes (COs):

1. Recall the key concepts, terminology, and practices mentioned in Upanishads such as Swetashvatara, Yogkundalini, DhyanaBindu, and Yograja. (RBT Level 1: Remember)
2. Explain the principles of DhyanaYoga, Pranayama, Kumbhaka, Nadanusandhana, and the stages of yoga described in various Upanishads. (RBT Level 2: Understand)
3. Apply selected meditative and pranayama techniques such as Omkara Dhyana, Nine Chakra Dhyana, and Hansavidya in personal yogic sadhana. (RBT Level 3: Apply)
4. Analyze the similarities and differences between Mantrayoga, Layayoga, Hathayoga, and Rajayoga as discussed across different Upanishads. (RBT Level 4: Analyze)
5. Evaluate the philosophical and spiritual implications of yogic practices for achieving Yogasiddhi and propose how these teachings can be integrated in modern yoga therapy and spiritual disciplines. (RBT Level 5: Evaluate)

Semester-IV
M.A. Yoga
Discipline Elective Courses (DEC)
Yagya Therapy and Panchagavya

Paper Code: P25YOG411T

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: To explore and critically analyze the therapeutic, environmental, and spiritual dimensions of Vedic practices such as Yagya and Panchagavya, with an emphasis on their philosophical foundations, scientific validation, and practical relevance in yoga therapy and holistic health transformation.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1 Introduction to Yagya

- Introduction to Yagya – Definition and history of Yagya, Vedic Yagya, Modern Yagya.
- Parts of Yagya - Samidha, Ahuti, Mantra, Yagya-Kund,
- Effect of gases coming out of Yagya,
- Yagya and energy science,
- Purification of environment,
- Types of Yagya,
- Panchmahabhoot principles and Yagya.
- Improvement in physical, mental and spiritual health through yagna,
- Role of yagna in disease prevention,
- Usefulness of yagna in stress, insomnia, depression etc.,
- Preparation and method of yagna,
- Increase in immunity,

यज्ञ का परिचय

- यज्ञ का परिचय - यज्ञ की परिभाषा एवम् इतिहास, वैदिक यज्ञ, आधुनिक यज्ञ
- यज्ञ के अंग - समिधा, आहुति, मंत्र, यज्ञ-कुण्ड,
- यज्ञ से निकलने वाली गैसों का प्रभाव,
- यज्ञ और ऊर्जा विज्ञान,
- वातावरण शुद्धिकरण,
- यज्ञ के प्रकार,
- पंचमहाभूत सिद्धान्त एवम् यज्ञ
- यज्ञ से शारीरिक, मानसिक आध्यात्मिक स्वास्थ्य में सुधार,
- रोगनिवारण में यज्ञ की भूमिका, तनाव, अनिद्रा, अवसाद आदि में यज्ञ की उपयोगिता
- यज्ञ की तैयारी एवम् विधि,
- रोग प्रतिरोधक क्षमता में वृद्धि,

Unit - 2

- Different types of Yagya, Agnihotra, Purnahuti,
- Specific disease-preventive Yagya,
- medicines used in Yagya and their usefulness,
- method of Yagya according to the disease.
- Physical diseases- asthma, skin diseases, digestive system disorders
- Lifestyle diseases- diabetes, hypertension, obesity
- Infectious diseases- viral, bacterial
- विभिन्न प्रकार के यज्ञ, अग्निहोत्र, पूर्णाहुति,
- विशिष्ट रोग – निवारक यज्ञ,
- यज्ञ में प्रयुक्त औषधियाँ एवम् उनकी उपयोगिता,
- रोगानुसार यज्ञ की विधि
- शारीरिक रोग- अस्थमा, त्वचा रोग, पाचन तंत्र संबंधी विकार
- जीवनशैली रोग – मधुमेह, उच्च रक्तचाप, मोटापा
- संक्रमण रोग – वायरल, बैक्टीरियल

Unit – 3 Introduction Panchagavya. Analysis of the constituents of Panchagavya

- Meaning, definition of Panchagavya.
- Ingredients (milk, curd, ghee, cow urine, cow dung).
- Mention of Panchagavya in Indian culture and texts (Vedas, Ayurveda, Puranas).
- Its evolution from ancient times to modern times.
- Chemical and biological composition of each constituent,
- Milk, Curd, Ghee, Cow urine, Cow dung.
- Comparison of traditional and scientific approaches

पंचगव्य परिचय, पंचगव्य के घटकों का विश्लेषण

- पंचगव्य का अर्थ, परिभाषा घटक (दूध, दही, घी, गोमूत्र, गोबर)।
- भारतीय संस्कृति और ग्रंथों (वेद, आयुर्वेद, पुराण) में पंचगव्य।
- प्राचीन काल से आधुनिक समय तक इसका विकास।
- प्रत्येक घटक की रासायनिक और जैविक संरचना,
- दूध, दही, घी, गोमूत्र, गोबर
- पारंपरिक और वैज्ञानिक दृष्टिकोण से तुलना।

Unit – 4: Medicinal Uses, Modern Context and Challenges

- Panchgavya Chikitsa in Ayurveda (Principles of Panchgavya Chikitsa). Uses in various diseases (digestive, skin, immune, system). Research and evidence in modern medical science.
- Market of Panchgavya based products (soap, shampoo, fertilizer),
- Acceptance and controversies in scientific community,
- Need for certification, quality,
- Control and standardization.
- Future research opportunities.

औषधीय उपयोग, आधुनिक संदर्भ और चुनौतियाँ

- आयुर्वेद में पंचगव्य चिकित्सा (पंचगव्य चिकित्सा के सिद्धांत)।
- विभिन्न रोगों (पाचन त्वचा, प्रतिरक्षा, प्रणाली) में उपयोग।
- आधुनिक चिकित्सा विज्ञान में शोध और प्रमाण।
- पंचगव्य आधारित उत्पाद (साबुन, शैम्पू, उर्वरक) का बाज़ार,

- वैज्ञानिक समुदाय में स्वीकृति और विवाद,
- प्रमाणीकरण, गुणवत्ता,
- नियंत्रण और मानवीकरण की आवश्यकता।
- भविष्य में अनुसंधान की संभावनाएँ।

Reference Books:

1. गौमाता पंचगव्य चिकित्सा - श्री राजीव दीक्षित, प्रकाशक - स्वदेशी प्रकाशन।
2. पंचगव्य चिकित्सा - डॉ नरेन्द्र भट्ट और अन्य, प्रकाशक - गौविज्ञान अनुसंधान केन्द्र, नागपुर।
3. पंचगव्य आयुर्वेद - वैद्य चंद्रप्रकाश, प्रकाशक - चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली।
4. गौ आधारित चिकित्सा और पंचगव्य - स्वामी रामदेव और आचार्य बालकृष्ण, प्रकाशक - दिव्य प्रकाशन, हरिद्वार।
5. The Miracles of Panchgavya – Dr. C.P. Sharma
6. यज्ञ चिकित्सा विज्ञान - डॉ. प्रणव पाण्ड्या
7. अग्निहोत्र एवम् यज्ञ की वैज्ञानिकता - पं. श्री राम शर्मा आचार्य
8. यज्ञ-थैरेपी - संदीप आर्य
9. Yogya – Dr. Pranav Pandya
10. अग्निहोत्र एवं यज्ञ की वैज्ञानिकता पं. श्रीराम शर्मा आचार्य प्रकाशक ब्रह्मवर्चस् शोध संस्थान, द्वितीय संस्करण - 1998 अग्निहोत्र (एक अध्ययन) डॉ. धर्मेन्द्र शास्त्री वेदऋषि प्रकाशन 2019
11. अग्निहोत्र से हृदय रोग का संपूर्ण उपचार जयंत पोतदार श्री (श्री जयंत पोतदार) माधव आश्रम 1981
12. अग्निहोत्र जयंती बालाजी अठावले एवं अंजली गाडगिल सनातन संस्था 2010
13. Sandhya-Agnihotra: A Manual of Vedic Prayer and Yajna Dilip Vedalankar East West Unity Foundation 2001
14. Agnihotra: The Vedic Solution for Present - Day Problems M.S. Parkhe Vaidika Samsodhana Mandala, 1982
15. Agnihotra: An Inception of Human Prosperity – The Lost In Time Yoganand Kulkarni
16. Notion Press 2021
17. Agnihotra – Ancient Knowledge Validated By Modern Science Ish Narang Govindram Hasanand
18. 2020
19. Agnihotra for Health, Wealth and Happiness : P.□ C. Ganesan, Sura Books Pvt. Ltd. 2002)

Course Outcomes (COs):

1. **CO1:** The students will be able to recall the definitions, components, and historical context of Yajna and Panchagavya, as well as their roles in traditional Indian health practices. (**RBT Level: L1 – Remember**)
2. **CO2:** The students will be able to describe the types, procedures, and health benefits of Yajna and Panchagavya therapies, and explain their utility in preventing and managing physical, mental, and infectious diseases. (**RBT Level: L2 – Understand**)
3. **CO3:** The students will be able to demonstrate the practical preparation and application of Yajna and Panchagavya remedies for various health conditions. (**RBT Level: L3 – Apply**)
4. **CO4:** The students will be able to analyze the chemical, biological, and Ayurvedic aspects of the constituents used in Yajna and Panchagavya, and evaluate their therapeutic and ecological effects. (**RBT Level: L4 – Analyze**)

5. **CO5:** The students will be able to critically assess and design customized health interventions using Yagya and Panchagavya principles, addressing scientific standards, quality control, and modern challenges. (***RBT Level: L5 – Evaluate/Create***)

Semester-IV
M.A. Yoga
Discipline Elective Courses (DEC)
Marma Therapy

Paper Code: P25YOG412T

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 To introduce the foundational principles of Marma Vigyan as described in Vedic medical science and to explore its therapeutic applications, especially through integration with Yoga and lifestyle practices.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit - 1

- Background of Vedic Medical Science,
- Discussion on Marma Vigyan in Vedas,
- Meaning and definition of Marma,
- Introduction to Marma Vigyan,
- Code of Conduct related to Marma Vigyan in Vedic Medicine
- वैदिक चिकित्सा विज्ञान की पृष्ठभूमि,
- वेदों में मर्म विज्ञान चर्चा,
- मर्म की परिभाषा,
- मर्म विज्ञान परिचय,
- वैदिक चिकित्सा में मर्म विज्ञान संबंधी आचार संहिता

Unit - 2

- Marma number calculation,
- brief marma description.
- Separate description of Urdhvajatrugat marma,
- upper and half branch marmas,
- abdominal and dorsal marmas,
- marmas.
- मर्म संख्या परिगणन,
- संक्षिप्त मर्म विवरण।
- उर्ध्वजत्रुगत मर्म, उर्ध्व एवं अधःशाखा के मर्म,
- उदर और पृष्ठ के मर्म,
- मर्मों का पृथक-पृथक वर्णन।

Unit - 3

- Yoga and Marma Science,
- various Asanas, Pranayama and relation of Marmas,

- Shatchakra and Marma.
- योग एवं मर्म विज्ञान,
- विभिन्न आसन, प्राणायाम एवं मर्मों का संबंध,
- षटचक्र एवं मर्म।

Unit - 4

- Self-care therapy,
- method of Marma therapy,
- Marmabhighat - symptoms and treatment,
- precautions after Marma therapy.
- Marma therapy for lifestyle diseases.
- Marma therapy for diseases occurring in old age.
- Pregnancy and Marma therapy.
- स्वमर्म चिकित्सा,
- मर्म चिकित्सा की विधि,
- मर्माभिघात - लक्षण एवं उपचार,
- मर्म चिकित्सा के अनन्तर सावधानियां।
- जीवन शैली से होने वाले रोगों में मर्म चिकित्सा।
- वृद्धावस्था में होने वाले रोगों की मर्म चिकित्सा।
- गर्भावस्था और मर्म चिकित्सा।

Suggested Readings:

1. मर्म चिकित्सा विज्ञान - डॉ सुनील कुमार जोशी।
2. मर्म विज्ञान एवं चिकित्सा - डॉ सुनील कुमार जोशी।
3. मर्म विज्ञान - पं. रामरक्ष पाठक।
4. मर्म चिंतन एवं चिकित्सा - डॉ अशोक कुमार शर्मा
5. मर्म विज्ञान का चिकित्सीय उपयोग - डॉ. गौरव कुल

Course Outcomes (COs):

1. Recall the meaning, definition, and historical background of Marma Vigyan in the context of Vedic medical science. (RBT Level 1: Remember)
2. Describe the classification, locations, and characteristics of various Marma points including Urdhvajatrugat, upper/lower limb, abdominal, and dorsal marmas. (RBT Level 2: Understand)
3. Apply the knowledge of Marma points in Yogic practices by relating them with specific asanas, pranayamas, and chakras. (RBT Level 3: Apply)
4. Analyze symptoms, causes, and therapeutic approaches of Marmabhighat (Marma injury), and correlate with self-care and treatment techniques. (RBT Level 4: Analyze)
5. Evaluate the effectiveness of Marma therapy in managing lifestyle-related disorders, geriatric conditions, and pregnancy-related care, while adhering to safety guidelines. (RBT Level 5: Evaluate)

Semester-IV
M.A. Yoga
Practicum
Yoga Practical-VI Lab

Paper Code: P25YOG404P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective To provide foundational knowledge and practical understanding of various traditional and alternative therapeutic systems including Marma, Sujok, Mantra Yoga, Praan, Reiki, Swar Yoga, and Yajna Chikitsa for holistic health and healing.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Marma chikitsa मर्म चिकित्सा
2. Suzook सूजोक
3. Mantra yog chikitsa मंत्र योग चिकित्सा
4. Praan chikitsa प्राण चिकित्सा
5. Reiki chikitsa रेकी चिकित्सा
6. Swar yog chikitsa स्वर योग चिकित्सा
7. Yajna chikitsa यज्ञ चिकित्सा

Reference Books:

1. Marma and Ayurveda – Dr. David Frawley (Pandit Vamadeva Shastri)
2. "Marma Science and Principles of Yoga" – Prof. (Dr.) H.R. Nagendra & Dr. Raghuram
3. "Sujok Therapy" – Prof. Park Jae Woo
4. "Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing" – Thomas Ashley-Farrand
5. "The Power of Mantra and the Mystery of Initiation" – Rajmani Tigunait
6. "The Healing Power of Prana" – Dr. Swami Sivananda Radha
7. "Reiki: The Healing Touch" – William Lee Rand
8. "Swarodaya: The Science of Breath" – Swami Muktibodhananda (Bihar School of Yoga)
9. "Yajna: A Comprehensive Survey" – Pandit Shriram Sharma Acharya (Shantikunj, Gayatri Parivar)
10. "Light on Pranayama" – B.K.S. Iyengar

Course Outcomes (COs):

1. Recall the fundamental principles, definitions, and origins of Marma Chikitsa, Sujok, and other traditional healing modalities. (RBT Level 1: Remember)
2. Explain the mechanisms, techniques, and theoretical basis of energy-based therapies such as Praan Chikitsa, Reiki, and Swar Yoga Chikitsa. (RBT Level 2: Understand)
3. Apply suitable methods from various therapies (e.g., mantra chanting in Mantra Yoga Chikitsa or pressure points in Sujok) for specific health conditions. (RBT Level 3: Apply)
4. Differentiate and analyze the therapeutic scopes and effectiveness of Yajna Chikitsa, Reiki, and Marma therapy in relation to physical, mental, and spiritual ailments. (RBT Level 4: Analyze)
5. Evaluate the integrative potential of these healing systems in modern wellness practices and develop a safe and ethical approach for clinical or self-application. (RBT Level 5: Evaluate)

Semester-IV
M.A. Yoga
Practicum
Yoga Practical-VII Lab

Paper Code: P25YOG405P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective To enable students to understand, practice, and apply classical yogic techniques including asanas, pranayama, bandhas, mudras, kriyas, mantras, and meditation for holistic health and inner awareness.

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

- **Aasan**

Yogic Sukshma vyayam, Chandra namaskaar,
koormasan, murdhasan, karnpeedasan,
rajkapotasan, hastpadagustasan, aakarndhanurasan, gorakshasan,
vyagrasan

आसन

यौगिक सूक्ष्म व्यायाम, चंद्र नमस्कार,

कूर्मासन, मूर्धासन, कर्णपीडासन, राजकपोतासन,
हस्तपादगुस्तासन, आकरंधनुरासन, गोरक्षासन, व्याघ्रासन

- **Prayanaam**

Chandrabhedhi, baihyavriti, aabhyantarvriti, stambhvriti
प्राणायाम

चन्द्रभेदी, बैह्यवृत्ति, अभ्यन्तरवृत्ति, स्तम्भवृत्ति

- **Bandh-mudra**

Mahabandh, yogmudra, hastmudra

बंध-मुद्रा

महाबंध, योगमुद्रा, हस्तमुद्रा

- **Shodhankriya**

Vyutkarm-Kapalbhati, vastradhoti, deergh sankhprakashalan
शोधनक्रिया

व्युत्कर्म-कपालभाति, वस्त्रधोति, दीर्घ शंखप्रक्षालन

- **Mantra**

Pratahkaleen mantra, bhojan mantra

मंत्र

प्रातःकालीन मंत्र, भोजन मंत्र

- **Dhyaan**

Chakra dhyaan, man dhawani anunaad technique

ध्यान

चक्र ध्यान,

मन ध्वनि अनुनाद तकनीक

Viva Voce मौखिक परीक्षा

संदर्भ ग्रंथ सूची-

1. घेरंड संहिता- स्वामी निरंजनानंद सरस्वती, बिहार स्कूल का योग मुंगेर।
2. हठदीपिका- स्वात्माराम कृत, कैवल्यधाम लोनावाला।
3. आसन प्राणायाम मुद्रा बंध- स्वामी सत्यानंद सरस्वती, योग पब्लिकेशन ट्रस्ट मुंगेर बिहार।
4. संपूर्ण योग विद्या- राजीव जैन त्रिलोक, मंजुल पब्लिशिंग हाउस।
5. यौगिक सूक्ष्म व्यायाम- धीरेंद्र ब्रह्मचारी
6. प्रज्ञा अभियान का योग व्यायाम- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
7. सविता देवता का ध्यान- पंडित श्रीराम शर्मा आचार्य, शांतिकुंज हरिद्वार
8. ब्रह्मवर्चस साधना की ध्यान धारणा- ब्रह्मवर्चस, शांतिकुंज हरिद्वार
9. भावातीत ध्यान- महर्षि महेश योगी
10. सरल योगासन- प्रोफेसर ईश्वर भारद्वाज

Course Outcomes

1. Recall the fundamental principles, definitions, and origins of Marma Chikitsa, Sujok, and other traditional healing modalities.
(RBT Level 1: Remember)
2. Explain the mechanisms, techniques, and theoretical basis of energy-based therapies such as Praan Chikitsa, Reiki, and Swar Yoga Chikitsa.
(RBT Level 2: Understand)
3. Apply suitable methods from various therapies (e.g., mantra chanting in Mantra Yoga Chikitsa or pressure points in Sujok) for specific health conditions.
(RBT Level 3: Apply)
4. Differentiate and analyze the therapeutic scopes and effectiveness of Yajna Chikitsa, Reiki, and Marma therapy in relation to physical, mental, and spiritual ailments.
(RBT Level 4: Analyze)
5. Evaluate the integrative potential of these healing systems in modern wellness practices and develop a safe and ethical approach for clinical or self-application.
(RBT Level 5: Evaluate & Create)