



**Scheme of Examination and Syllabus for
Post Graduate Programme
M.Sc. Yoga Science and Therapy (YST)
(2-Years, Semester System)**

2nd Year (semester-III & IV)

Ordinance governing PG Programme as per NEP, 2020

Scheme for UTDs

(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 2026-27



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 UTDs

M.Sc. Yoga Science and Therapy

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)	U25YOG301T	Yogic Psychology	4	4	30	70	100	3
	U25YOG302T	Introduction to Principal Upanishads	4	4	30	70	100	3
	U25YOG303T	Swara Yoga and Goraksha Samhita	4	4	30	70	100	3
Discipline Elective Courses (DEC)	U25YOG311T	Human Values and Professional Ethics OR MOOC	4	4	30	70	100	3
Practicum	U25YOG304P	Yogic Practices -I Lab	3	6	25	50	75	3
	U25YOG305P	Advanced Yogic Meditation Techniques Lab	3	6	25	50	75	3
OEC	To be opted from the pool of OEC		2	2	15	35	50	2
			24					

Semester-IV Option-A								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	U25YOG401T	Yoga and Mental Health	4	4	30	70	100	3
	U25YOG402T	Introduction to Yoga Upanishads	4	4	30	70	100	3
Discipline Elective Courses (DEC)	U25YOG411T	Methods of Teaching Yoga	4	4	30	70	100	3
	U25YOG412T	Siddha Siddhanta Paddhati and Hathratnavali OR MOOC	4	4	30	70	100	3
Practicum	U25YOG403P	Yogic Practices -II Lab	3	6	25	50	75	3
	U25YOG2404P	Yoga Therapy Techniques Lab	3	6	25	50	75	3
SEC/EEC/VOC	To be opted from the pool of SEC/EEC/VOC		2		15	35	50	2
			24					

Semester-IV Option-B								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	U25YOG401T	Yoga and Mental Health	4	4	30	70	100	3
	U25YOG402T	Introduction to Yoga Upanishads	4	4	30	70	100	3
Discipline Elective Courses (DEC)	U25YOG411T	Methods of Teaching Yoga OR MOOC	2	2	15	35	50	2
SEC/EEC/VOC	To be opted from the pool of SEC/EEC/VOC		2			50	50	
Dissertation	U25YOG401D	PROJECT WORK / DISSERTATION	12				300	
			24					

Semester-III Pool OEC for the students of other departments								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Open Elective Course (OEC)	U25OEC328T	Swasthavritta Vigyana	2	2	15	35	50	2

Semester-IV Pool SEC, EEC, VOC for the students of other departments								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
SEC	U25SEC428P	Yoga Skill and Prowess Lab	2	4	15	35	50	3
EEC	U25EEC428P	Yogic Meditation Techniques Lab	2	4	15	35	50	3
VOC	U25VOC428P	Yoga for Holistic Development Lab	2	4	15	35	50	3

Semester-III
MSc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Yogic Psychology

Paper Code: U25YOG301T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective- The course objective to introduce students to the fundamental concepts of psychology as a science of behaviour, including the nature and dimensions of behaviour, human psyche and consciousness, and the basic methods used in psychological study. It also seeks to develop an understanding of key mental processes such as attention, sensation, perception, intelligence, and emotion, enabling students to analyze human behaviour and apply psychological principles in academic as well as real-life contexts.

Course Contents

Unit-I: Introduction

- **Psychology as a Science of Behaviour**
- **Definition of Psychology**
- **Definition of Behaviour and its Cognitive, Conative and Affective Aspects**
- **Scope and Utility of Psychology**
- **व्यवहार के विज्ञान के रूप में मनोविज्ञान**
- **मनोविज्ञान की परिभाषा**
- **व्यवहार की परिभाषा तथा उसके संज्ञानात्मक, प्रेरणात्मक और भावात्मक पहलू**
- **मनोविज्ञान का क्षेत्र और उपयोगिता**

Unit-II: Domains and Dynamics of Behaviour

- **Concept of Human Psyche**
- **Human Psyche and Consciousness**
- **Sigmund Freud's Model of Human Psyche**
- **Methods of Psychology – Introspection, Observation and Experimental Method**
- **मानव मानस की अवधारणा**
- **मानव मानस और चेतना**
- **सिगमंड फ्रायड का मानव मानस का मॉडल**
- **मनोविज्ञान की विधियाँ - आत्मनिरीक्षण, अवलोकन और प्रायोगिक विधि**

Unit-III: Domains and Dynamics of Behaviour – II

- **Attention – Nature and Determinants of Attention**
- **Division and Span of Attention**
- **Sensation – Nature and Attributes of Sensation**
- **Perception – Nature and Gestalt Theory of Perception**
- **ध्यान – ध्यान की प्रकृति और उसके निर्धारक**
- **ध्यान का विभाजन और विस्तार**

- संवेदना – संवेदना की प्रकृति और उसके गुण
- धारणा – धारणा की प्रकृति तथा गेस्टाल्ट सिद्धांत

Unit-IV: Basics of Intelligence

- Intelligence – Nature and Measurement of Intelligence
- Concepts of Mental Age and Intelligence Quotient (IQ)
- Verbal and Non-Verbal Intelligence Tests
- Emotion
- बुद्धि - बुद्धि का स्वरूप और उसका मापन
- मानसिक आयु और बुद्धि लब्धि (IQ) की अवधारणाएँ
- मौखिक और अमौखिक बुद्धि परीक्षण
- भावना

Reference Books: सहायक ग्रंथ

- Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
- Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
- Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
- Singh, A. K Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007

Course outcomes: COs)

CO1 (Remembering): The students will be able to recall and describe the fundamental concepts of psychology, including the definitions of psychology and behaviour, the cognitive, conative, and affective aspects of behaviour, and the scope and utility of psychology. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the concept of human psyche and consciousness, Sigmund Freud's model of personality, and the major methods of psychological inquiry such as introspection, observation, and experimental method. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the concepts of attention, sensation, and perception to interpret human behaviour and mental processes in everyday situations. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the determinants and processes of attention, including division and span of attention, and examine the principles of perception with reference to the Gestalt theory. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the nature and measurement of intelligence, concepts of mental age and intelligence quotient, verbal and non-verbal intelligence tests, and the role of emotions in influencing human behaviour. (RBT Level: L5 – Evaluate)

Semester-III
MSc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Introduction to Principal Upanishads

Paper Code: U25YOG302T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective: This course objective to provide students with a systematic understanding of the philosophical and yogic teachings of the Principal Upanishads, including the concepts of Brahman, Atman, consciousness, meditation, and self-realization. The course seeks to develop insight into the spiritual, ethical, and metaphysical ideas of the Upanishadic tradition and enable students to relate these teachings to the broader framework of Yoga philosophy and spiritual practice.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Principal Upanishads-I

15Hrs

- Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyaana.
- Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.
- **ईशावास्य उपनिषद:** कर्मनिष्ठा की अवधारणा; विद्या और अविद्या की अवधारणा; ब्रह्मज्ञान; आत्मभाव।
- **केन उपनिषद:** आत्मा और मन; सत्य का सहज ज्ञान; यक्ष उपाख्यान का नैतिक संदेश।
- **कठ उपनिषद:** योग की परिभाषा; आत्मा का स्वरूप; आत्म-साक्षात्कार का महत्व।

Unit-II: Principal Upanishads-II

15Hrs

- Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;
- Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
- **प्रश्न उपनिषद:** प्राण और रयि (सृष्टि) की अवधारणा; पंचप्राण; छह प्रमुख प्रश्न।
- **मुण्डक उपनिषद:** ब्रह्मविद्या के दो दृष्टिकोण—परा और अपरा; ब्रह्मविद्या की महानता; स्वार्थपूर्ण कर्म की निरर्थकता; तप और गुरु-भक्ति; सृष्टि का उद्गम तथा ध्यान का अंतिम उद्देश्य—ब्रह्मानुभूति।

Unit-III: Principal Upanishads-III

15Hrs

- Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.
- Aitareya Upanishad: Concept of Atma, Universe and Brahman.
- Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhrguvalli.
- **माण्डूक्य उपनिषद:** चेतना की चार अवस्थाएँ तथा उनका ओंकार के अक्षरों से संबंध।
- **ऐतरेय उपनिषद:** आत्मा, ब्रह्मांड और ब्रह्म की अवधारणा।
- **तैत्तिरीय उपनिषद:** पंचकोश की अवधारणा; शिक्षावली, आनंदवल्ली और भृगुवल्ली का सार।

Unit-IV: Principal Upanishads-IV

15Hrs

- Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.
- Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman
- छान्दोग्य उपनिषद: ओंकार (उद्गीथ) ध्यान; शण्डिल्य विद्या।
- बृहदारण्यक उपनिषद: आत्मा और जानयोग की अवधारणा; आत्मा और परमात्मा का मिलन।

Reference Books: सहायक ग्रंथ:

- 108 Upanishad: AcharyaShriram Sharma, YugnirmanYojana, Vistar trust, Mathura
- Ten major Upanishads: Geeta press, Gorakhpur
- IshadiNauUpanashida, Geeta press, Gorakhpur

Course outcomes:(COs)

CO1 (Remembering): The students will be able to recall the key teachings and philosophical concepts presented in the principal Upanishads such as Ishavasya, Kena, and Katha Upanishads, including ideas of Karmanishta, Vidya–Avidya, Atman, and the definition of Yoga. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the concepts of Prana, Panchapranas, and the approaches to Brahavidya (Para and Aparā) as discussed in the Prashna and Mundaka Upanishads, along with their significance in yogic philosophy. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the teachings of Mandukya, Aitareya, and Taittiriya Upanishads to understand the concepts of the four states of consciousness, the nature of Atman, and the Panchakosha theory in the context of yogic practice and self-development. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the philosophical ideas related to meditation, Omkara (Udgitha), and Shandilya Vidya as described in the Chandogya Upanishad, and examine their relevance to yogic meditation traditions. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the Upanishadic teachings on Atman, Jnana Yoga, and the union of Atman and Paramatman as explained in the Brihadaranyaka Upanishad, and assess their significance for spiritual realization and yogic philosophy. (RBT Level: L5 – Evaluate)

Semester-III
MSc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Swara Yoga and Goraksha Samhita

Paper Code: U25YOG303T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective: This course objective to introduce students to the fundamental principles of Swara Yoga and the teachings of Goraksha Shatakam, with special emphasis on the concepts of swara, tattva, nadi, chakra, and kundalini. The course also seeks to develop an understanding of Sadanga Yoga and Hathayoga practices, enabling students to appreciate their philosophical foundations and practical relevance in yogic sadhana and mind control.

Course Contents

Unit-I: Introduction

- **Meaning and Definitions of Swara Yoga**
- **Importance of Swara Yoga**
- **Scope of Swara Yoga in different fields**
- **Swara Yoga and Yoga Sadhana**
- **स्वरयोग का अर्थ और परिभाषाएँ**
- **स्वरयोग का महत्व**
- **विभिन्न क्षेत्रों में स्वरयोग का क्षेत्र एवं उपयोग**
- **स्वरयोग और योग साधना**

Unit-II: Fundamental Concept of Anatomy and Physiology

- **Swara Yoga**
- **Sound and Form of Swara**
- **Tattva Vichara**
- **Swara Yoga Practice**
- **स्वरयोग की मूल अवधारणा**
- **स्वर की ध्वनि और स्वरूप**
- **तत्त्व विचार**
- **स्वरयोग का अभ्यास**

Unit-III: Hathayoga Practices in Goraksha Shatakam

- **Concept of Shadanga Yoga; Concept of Life**
- **Different Components of Shadanga Yoga**
- **Asana, Pranayama, Pratyahara**
- **Dharana, Dhyana and Samadhi**
- **षडङ्ग योग की अवधारणा तथा जीवन की अवधारणा**
- **षडङ्ग योग के विभिन्न अंग**
- **आसन, प्राणायाम, प्रत्याहार**
- **धारणा, ध्यान और समाधि**

Unit-IV: Mind, Chakra and Nadi in Goraksha Shatakam

- **Nadi and Chakra**

- **Kundalini in Goraksha Shatakam**
- **Control of Mind**
- **नाड़ी और चक्र की अवधारणा**
- **गोरक्षशतकम् में कुण्डलिनी का वर्णन**
- **मन का नियंत्रण**

Reference Books सहायक ग्रंथ

- Swami Digambaraji (1970), HathaYoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune 410403
- Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahamsa Alakh Bara, Deoghar-814113 Swami, Adidevananda (1998). Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020
- Swami, Niranjanananda (1997). Hathayogapradipika, Bihar School of Yoga-811201
- Swami Kavalayananda (2019). Gorakshashatakam, Kaivalyadhama Samiti Lonavi

Course outcomes: (COs)

CO1 (Remembering): The students will be able to recall the meaning, definitions, importance, and scope of Swara Yoga and its relationship with yogic sadhana. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the fundamental concepts of Swara Yoga, including the sound and form of swara, tattva vichara, and the basic principles involved in Swara Yoga practices. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the concepts of Swara Yoga practices and tattva understanding in the context of yogic discipline and self-regulation. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the philosophical and practical aspects of **Sadanga Yoga described in Goraksha Shatakam, including asana, pranayama, pratyahara, dharana, dhyana, and samadhi. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the concepts of nadi, chakra, kundalini, and mind control as presented in Goraksha Shatakam and assess their significance in Hathayoga sadhana and spiritual development. (RBT Level: L5 – Evaluate)

Semester-III
MSc. Yoga Science and Therapy
Discipline Elective Course (DEC)
Human Values and Professional Ethics

Paper Code: U25YOG311T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective: This course objective to develop an understanding of human values and ethical principles among students by introducing the concepts of values, virtues, moral rights, and duties. It also seeks to familiarize students with Indian ethical traditions such as Dharma, Purusharthas, Ashrama system, Jain and Buddhist ethics, and to cultivate awareness of ethical behavior and professional responsibility for building a value-based personal, social, and professional life.

Course Contents

Unit-I: Introduction

- Definition and Types of Values
- Value and Moral Standards; Moral Rights
- Right to Life, Right to Freedom, Duties and Virtues
- Classification of Virtues – Wisdom, Courage, Temperance and Justice
- मूल्यों की परिभाषा और प्रकार
- मूल्य और नैतिक मानक; नैतिक अधिकार
- जीवन का अधिकार, स्वतंत्रता का अधिकार, कर्तव्य और सद्गुण
- सद्गुणों का वर्गीकरण – बुद्धि, साहस, संयम और न्याय

Unit-II: Concept of Human Values and Moral Education

- Indian Ethical Theories – Dharma and Morality
- Four Ashramas and Their Values
- Purusharthas – Dharma, Artha, Kama and Moksha
- Jain Ethics – Mahavratas
- Buddhist Ethics – Noble Eightfold Path; Relevance of Ethics and Values in Yoga
- भारतीय नैतिक सिद्धांत – धर्म और नैतिकता
- चार आश्रम और उनके मूल्य
- पुरुषार्थ – धर्म, अर्थ, काम और मोक्ष
- जैन नैतिकता – महाव्रत
- बौद्ध नैतिकता – अष्टांगिक मार्ग; योग में नैतिकता और मूल्यों की प्रासंगिकता

Unit-III: Concept of Ethics

- Meaning and Definition of Ethics
- Nature and Scope of Ethics
- Types of Ethics
- Importance of Ethics
- नैतिकता का अर्थ और परिभाषा
- नैतिकता का स्वरूप और क्षेत्र
- नैतिकता के प्रकार

- नैतिकता का महत्व
- Unit-IV: Professional Ethics
- Principles of Professional Ethics
 - Types of Professional Ethics
 - Importance of Professional Ethics
 - Ethical Responsibility in Professional Life
 - व्यावसायिक नैतिकता के सिद्धांत
 - व्यावसायिक नैतिकता के प्रकार
 - व्यावसायिक नैतिकता का महत्व
 - व्यावसायिक जीवन में नैतिक उत्तरदायित्व

Reference Books:

- Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
- Prasad Rajendra : Varnadharmā, Niskhāna Karma & Practical Morality: A Critical essay on applied ethics,
- DK Print world Pvt. Ltd, Delhi, 1999
- Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
- Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

Course outcomes: (COs)

CO1 (Remembering): The students will be able to recall the basic concepts of values, including their definitions, types, moral standards, moral rights, duties, and the classification of virtues such as wisdom, courage, temperance, and justice. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the concept of human values and moral education with reference to Indian ethical traditions such as Dharma, the four Ashramas, and the Purusharthas (Dharma, Artha, Kama, and Moksha). (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the ethical principles of Jainism and Buddhism, including Mahavratas and the Noble Eightfold Path, in understanding moral conduct and their relevance to yoga and value-based living. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the meaning, types, and importance of ethics and examine their role in shaping responsible behaviour and social harmony. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the principles, types, and importance of professional ethics and assess their role in promoting integrity, accountability, and ethical conduct in professional life. (RBT Level: L5 – Evaluate)

Semester-III
MSc. Yoga Science and Therapy
Practicum
Yogic Practices-I Lab

Paper Code: U25YOG304P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course objective: The course objective to develop practical proficiency in yoga through systematic training in yogic prayers, sukshma and sthula vyayama, shatkarma kriyas, asanas, pranayama, mudras, and bandhas. It also seeks to enhance students' physical fitness, respiratory efficiency, mental concentration, and inner awareness, enabling them to practice and demonstrate yogic techniques effectively in daily life and professional settings.

Note: Students will prepare a practical record file of all the practices during the semester and will appear for Viva-Voce based on the practical training.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Prayer, SukshmaVyayama and Sthula Vyayama

Yogic Prayer

- Gayatri Mantra
- Mrityunjaya Mantra
- Sangathan Mantra
- Kalyana Mantra

SukshmaVyayama

- Sukshma Vyayama By Dhirendra Brahmachari

Sthula Vyayama

- Yoging Jogging By Swami Ramdev
- Sthula Vyayama By Dhirendra Brahmachari
- Surya Namaskar

प्रार्थना, सूक्ष्म व्यायाम और स्थूल व्यायाम

- यौगिक प्रार्थना
- गायत्री मंत्र
- मृत्युंजय मंत्र
- संगठन मंत्र
- कल्याण मंत्र

सूक्ष्म व्यायाम

- सूक्ष्म व्यायाम (स्वामी धीरेन्द्र ब्रह्मचारी द्वारा)

स्थूल व्यायाम

- योगिंग जॉगिंग (स्वामी रामदेव द्वारा)
- स्थूल व्यायाम (स्वामी धीरेन्द्र ब्रह्मचारी द्वारा)
- सूर्य नमस्कार

Unit-II: Kriyas

- Neti: Jal Neti Sutra Neti
- Dhauti: Vaman, Danda and Vastra

- Kapalbhatti: Vaat Karma, Sheet Karma, Vyut Karma
- Trataka
- Nauli
- नेति: जल नेति, सूत्र नेति
- धौति: वमन, दण्ड और वस्त्र
- कपालभाति: वात कर्म, शीत कर्म, व्युत कर्म
- त्रटक
- नौली

Unit-III: Asana

Standing Asana (खड़े होकर किये जाने वाले आसन)

- Tadasana
- Triyaktadasna
- Garudasana
- Natarajasana
- Vatayanasana
- Chackrasana
- ताड़ासन
- त्रियक ताड़ासन
- गरुड़ासन
- नटराजासन
- वातायनासन
- चक्रासन

Sitting Asana (बैठकर किये जाने वाले आसन)

- Padmasana
- Vajrasana
- Ardhamatsyendrasana
- Akarnadhanurasana-II
- Purna-Ustrasana
- Purnmatsyendrasana
- Mayurasana
- Bakasana
- Sirsasana
- पद्मासन
- वज्रासन
- अर्धमत्स्येन्द्रासन
- आकर्णधनुरासन-II
- पूर्ण-उष्ट्रासन
- पूर्णमत्स्येन्द्रासन
- मयूरासन
- बकासन
- शीर्षासन

Supine Asana (पीठ के बल लेटकर किये जाने वाले आसन)

- Halasana
- Sarvangasana

- Setubandhasarvangasana
- Naukasana
- Markatasana
- Shavasana
- हलासन
- सर्वांगासन
- सेतुबंधसर्वांगासन
- नौकासन
- मर्कटासन

Prone Asana (पेट के बल लेटकर किये जाने वाले आसन)

- Bhujangasana
- Kapotasana
- Salabhasana
- Dhanurasana
- Vipratnaukasana
- भुजंगासन
- कपोतासन
- सलभासन
- धनुरासन
- विपरीत नौकासन

Unit-IV: Pranayama and Mudra Bandha

Pranayama (प्राणायाम)

- Bhastrika
- Bhramari
- Anulom-Vilom
- Ujjayi
- Udgeetha
- भस्त्रिका
- भ्रामरी
- अनुलोम-विलोम
- उज्जयी
- उद्गीथ

Mudra's and Bandha's (मुद्रा और बंध)

- Shambhavi Mudra
- Mahamudra
- Kaki Mudra
- Mahavedha
- Mahabandha
- शांभवी मुद्रा
- महामुद्रा
- काकी मुद्रा
- महावेध
- महाबंध

Viva Voce

Reference Books: सहायक ग्रंथ:

- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger
- Yogic Suksham Vyayam, Dharendra Brahmachari

Course outcomes: (COs)

CO1 (Remembering): The students will be able to recall and demonstrate yogic prayers, Sukshma Vyayama, Sthula Vyayama, and Surya Namaskar along with their sequence and purpose. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain and demonstrate the procedures and benefits of yogic cleansing practices (Kriyas) such as Neti, Dhauti, Kapalbhata, Trataka, and Nauli. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to perform and apply various categories of asanas (standing, sitting, supine, and prone) with correct posture, alignment, and breathing techniques. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the role of different pranayama practices such as Bhastrika, Bhramari, Anulom-Vilom, Ujjayi, and Udgeetha in improving respiratory control and mental concentration. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate and demonstrate the significance of mudras and bandhas such as Shambhavi Mudra, Mahamudra, Kaki Mudra, Mahavedha, and Mahabandha in regulating prana and enhancing yogic practice. (RBT Level: L5 – Evaluate)

Semester-III
MSc. Yoga Science and Therapy
Practicum
Advanced Yogic Meditation Techniques Lab

Paper Code: U25YOG305P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course objective: This course aims to provide practical training and theoretical understanding of advanced yogic meditation techniques for enhancing mental clarity, emotional balance, and inner awareness. Through systematic practice of techniques such as cyclic meditation, yoga nidra, vipassana, preksha meditation, and transcendental meditation, the course seeks to develop students' meditative skills, stress management ability, and deeper experiential understanding of yogic consciousness.

Note: Students will prepare a practical record file of all meditation practices during the semester and will appear for Viva-Voce based on the practical training.

Course Contents पाठ्यक्रम अन्तर्वस्तु

Unit-I: Advanced Yoga Techniques – I

- Cyclic Meditation
- Mindfulness Based Stress Reduction Technique (Jon Kabat-Zinn)

इकाई-I : विशेष योग तकनीकें – I

- चक्रीय ध्यान
- सचेतनता आधारित तनाव कम करने की तकनीक (जॉन कबात-ज़िन)

Unit-II: Advanced Yoga Techniques – II

- Yoga Nidra
- Vipassana Meditation

इकाई-II : विशेष योग तकनीकें – II

- योग निद्रा
- विपश्यना ध्यान

Unit-III: Advanced Yoga Techniques – III

- Mind Sound Resonance Technique (MSRT)
- Preksha Meditation

इकाई-III : विशेष योग तकनीकें - III

- मन ध्वनि अनुनाद तकनीक (MSRT)
- प्रेक्षा ध्यान

Unit-IV: Advanced Yoga Techniques – IV

- Pranic Energization Technique
- Transcendental Meditation (Maharishi Mahesh Yogi)

इकाई-IV : विशेष योग तकनीकें - IV

- प्राणिक ऊर्जाकरण तकनीक
- भावातीत ध्यान (महर्षि महेश योगी)

Viva Voce

Reference Books:

- Swami Satyananda Saraswati – Yoga Nidra, Yoga Publications Trust, Munger.
- Swami Satyananda Saraswati – Meditations from the Tantras, Yoga Publications Trust, Munger.
- Jon Kabat-Zinn – Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, Bantam Dell Publishing.
- Jon Kabat-Zinn – Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, Hyperion Publication.
- Maharishi Mahesh Yogi – Science of Being and Art of Living, International SRM Publications.
- Pandit Shriram Sharma Acharya – Pranic Energization and Meditation, Yug Nirman Yojana Press, Haridwar.
- Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) – Mind Sound Resonance Technique (MSRT) Manual*, SVYASA University, Bengaluru.
- Acharya Mahapragya – Preksha Meditation: Theory and Practice, Jain Vishva Bharati, Ladnun.
- S. N. Goenka – The Discourse Summaries (Vipassana Meditation), Vipassana Research Institute, Igatpuri.
- B. K. S. Iyengar – Light on Yoga, HarperCollins Publishers.

Course outcomes:(COs)

CO1 (Remembering): The students will be able to recall the concepts, procedures, and objectives of various advanced yogic meditation techniques such as Cyclic Meditation and Mindfulness-Based Stress Reduction (MBSR). (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the principles and benefits of Yoga Nidra and Vipassana Meditation in promoting relaxation, awareness, and mental discipline. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply meditation techniques such as Mind Sound Resonance Technique (MSRT) and Preksha Meditation in practical sessions for enhancing concentration and emotional stability. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the role of advanced meditation practices in regulating pranic energy and improving mental balance through techniques such as Pranic Energization. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the effectiveness of advanced meditation systems such as Transcendental Meditation (TM) in promoting higher states of consciousness and holistic well-being. (RBT Level: L5 – Evaluate)

Semester-III
Yoga Science and Therapy
Open Elective Course(OEC)
Swasthavritta Vigyana

Paper Code: U25OEC328T

30 Hrs (2 Hrs /Week)

Credits: 2

Exam. Time: 2 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

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

Course Objective: This course objective to provide knowledge about the principles of Swasthavritta (Ayurvedic lifestyle practices) and their importance in maintaining positive health and preventing diseases. It also introduces the concepts of Dincharya, Ratricharya, Ritucharya and Yogic diet so that students can understand and apply these principles for healthy living in modern life.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Swasthavritta

15Hrs

- Health: Meaning, Definition, aim and objectives.
- Swasthavritta: Meaning, Definition, Aims and Aspects.
- Importance and Relevance of Swasthavritta in modern era.
- Dincharya (Daily regimen): Meaning, definition and sequential elements.
- Ratricharya (Night Regimen): Meaning, definition and sequential elements.
- Application of Dincharya.
- Application of Ratricharya.
- स्वास्थ्यः अर्थ, परिभाषा, लक्ष्य और उद्देश्य।
- स्वस्थवृत्तः अर्थ, परिभाषा, उद्देश्य और पहलू।
- आधुनिक युग में स्वस्थवृत्त का महत्व और प्रासंगिकता।
- दिनचर्या (दैनिक आहार): अर्थ, परिभाषा और अनुक्रमिक तत्व।
- रात्रिचर्या (रात्रि आहार): अर्थ, परिभाषा और अनुक्रमिक तत्व।
- दिनचर्या का अनुप्रयोग।
- रात्रिचर्या का अनुप्रयोग।

Unit-II: Ritucharya and Diet

15Hrs

- Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features.
- Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha).
- Season wise Does and Don'ts.
- General Introduction of Ahara (Diet)
- Concepts of Diet according to GherandaSamhita, HathaPradeepika and BhagwadGeeta-Rajasic, Tamasic and Sattvic food;
- Yogic Diet and its role in healthy living;
- ऋतुचर्या (मौसमी नियम): अर्थ, परिभाषा, प्रकार और उनके प्रमुख विशेषताएँ।
- मौसम के अनुसार तीन दोषों (वात, पित्त, कफ) का संचय, प्रकोप और शमन।

- मौसम के अनुसार क्या करें और क्या न करें।
- आहार (आहार) का सामान्य परिचय
- आहार की अवधारणा: घेरंड संहिता, हठ प्रदीपिका और भगवद गीता के अनुसार – राजसिक, तामसिक और सात्विक आहार।
- योगिक आहार और स्वस्थ जीवन में इसकी भूमिका

Reference Books: सहायक ग्रंथ:

- Ayurveda Siddhanta Rahasya, Acharya Balkrishna, Divya Prakashan.
- Prof. Ramharsh Singh - SwasthavrittaVigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.
- Prof. Ramharsh Singh-Yog ewam Yogic Chitksha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- Swasthavritta Vigyan ewam Yogic Chikitsa- Dr. Rakesh Giri, Shiksha Bharti, Utrakhand
- Kalyan (Arogya ank)- Gita press Gorakhpur, Jan. And Feb. 2001.
- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

Course outcomes: (COs)

CO1: Students will understand the concept of health and Swasthavritta, including its meaning, definition, aims and importance in maintaining positive health.

CO2: Students will gain knowledge about Dincharya and Ratricharya and their practical application in daily life.

CO3: Students will understand the concept of Ritucharya and the seasonal changes related to the balance of Vata, Pitta and Kapha.

CO4: Students will learn the basic principles of diet (Ahara) according to classical yogic texts such as Gheranda Samhita, Hatha Yoga Pradeepika and Bhagavad Gita.

CO5: Students will be able to apply the knowledge of Yogic diet and lifestyle practices for promoting healthy living and disease prevention.

Semester-IV
MSc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Yoga and Mental Health

Paper Code: U25YOG401T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective: This course objective to develop an understanding of mental health and its significance in human life through the study of classical yogic and philosophical texts such as Shrimad Bhagavad Gita, Yoga Vasistha and the Upanishads. It seeks to familiarize students with the yogic concepts of mind, consciousness, psychosomatic disorders and spiritual development for maintaining mental balance and well-being.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction

15Hrs

- Concept of Mental Health
- Importance of mental Health
- Crisis Of Mental Health
- Characteristics of Mental Health
- मानसिक स्वास्थ्य का सिद्धांत
- मानसिक स्वास्थ्य का महत्व
- मानसिक स्वास्थ्य का संकट
- मानसिक स्वास्थ्य की विशेषताएँ

Unit-II: BhagwadGeeta

15Hrs

- General Introduction of BhagwadGeeta
- Concept of Mental Health in Bhagwadgeeta
- Symptoms/characteristics of Mentally Healthy Person
- भगवद गीता का सामान्य परिचय
- भगवद गीता में मानसिक स्वास्थ्य का सिद्धांत
- मानसिक रूप से स्वस्थ व्यक्ति के लक्षण/विशेषताएँ

Unit-III: Yoga Vasistha

15Hrs

- General Introduction to Yoga Vasistha
- Concept of Yoga
- Concept of adhi's and vyadhi's and Psychosomatic Ailments

- The four Dwarpaal's of Freedom
- Jana saptanbhumika(Seven Stages)
- योग वासिष्ठ का सामान्य परिचय
- योग का सिद्धांत
- आधि और व्याधि का सिद्धांत और मानसिक-शारीरिक विकार
- मुक्ति के चार द्वारपाल
- ज्ञान सप्तभूमिका (सात चरण)

Unit-IV: Upanishads

15Hrs

- Taittiriya Upanishad: Concept of panchakosha
- Katha Upanishad: Definition of Yoga, Nature of Soul, Importance of self realization
- Mandukya Upanishad: Four Stages of Consciousness
- तैत्तिरीय उपनिषद्: पंचकोष का सिद्धांत
- कठ उपनिषद्: योग की परिभाषा, आत्मा का स्वभाव, आत्म-साक्षात्कार का महत्व
- माण्डूक्य उपनिषद्: चेतना के चार स्तर

Reference Books:

- 108 Upanishad: acharyaShriram Sharma, YugnirmanYojana, Vistar trust, Mathura
- Ten major Upanishads: Geeta Press, Gorakhpur
- Sadhaksanjeevani- Swami Ramsukha das
- BhagwadGeeta- Geeta Press, Gorakhpur
- ShrimadBhagwadGeetaYathartharooopa, Swami Prabhupada, Iskcon Temple Yoga Vasistha, ChokhambhaPrakshan , New Delhi

Course Outcomes (COs)

CO1 (Remembering): The students will be able to recall the basic concepts, importance, crisis, and characteristics of mental health as discussed in yogic and psychological perspectives. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the concept of mental health in the Bhagavad Gita and describe the characteristics of a mentally healthy person according to yogic philosophy. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the concepts of Adhi and Vyadhi and psychosomatic disorders described in Yoga Vasistha in understanding mind–body relationships. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the four Dwarpaals of freedom and the stages of Jnana Saptabhumika described in Yoga Vasistha in relation to mental wellbeing. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the concepts of Panchakosha, nature of soul, and states of consciousness in the Upanishads for maintaining mental health and spiritual growth. (RBT Level: L5 – Evaluate)

Semester-IV
MSc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Introduction to Yoga Upanishads

Paper Code: U25YOG402T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective: This course objective to provide students with a foundational understanding of the philosophical teachings and yogic practices described in the Yoga Upanishads. It introduces important concepts such as Dhyana, Pranayama, Nada, Mantra Yoga, Laya Yoga, Hatha Yoga, Raja Yoga, and the path of Self-realization, enabling students to understand the spiritual significance and practical application of Yoga in the classical Upanishadic tradition.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Yoga Upanishads-I

15Hrs

- **Swetaswataropanihad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis , Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
- **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.
- **स्वेताश्वतर उपनिषद:** (अध्याय II) ध्यानयोग की तकनीकें और महत्व, ध्यान के लिए उपयुक्त स्थान, प्राणायाम का क्रम और उसका महत्व, योगसिद्धियों के पूर्वलक्षण, योगसिद्धियों का महत्व, तत्त्वज्ञान,(अध्याय VI) भगवान का स्वरूप, आत्मज्ञान की तकनीकें, मुक्ति की प्राप्ति।
- **योगकुंडलिनी उपनिषद:** प्राणायाम सिद्धि के उपाय, प्राणायाम के प्रकार, आत्म-ज्ञान के साधन।

Unit-II: Yoga Upanishads-II

15Hrs

- **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence
- **Trishikhibrahmanopanihad:** description of Ashtangayoga, Karmayoga and Jnanayoga.
- **योगचूडामणि उपनिषद:** योग के छह अंगों का वर्णन, उनके परिणाम और क्रम।
- **त्रिशिखि ब्राह्मण उपनिषद:** अष्टांगयोग, कर्मयोग और ज्ञानयोग का वर्णन।

Unit-III: Yoga Upanishads-III

15Hrs

- **Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.
- **Dhyانبिन्दोपनिषद:** importance of Dhyana yoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadasandhan.
- **योगतत्त्व उपनिषद:** मंत्रयोग, लययोग, हठयोग, राजयोग और उनके चरण, आहार और दिनचर्या, योगसिद्धियों के प्राथमिक लक्षण और सावधानियाँ।
- **ध्यानबिंदू उपनिषद:** ध्यानयोग का महत्व, प्रणव का स्वरूप, प्रणव ध्यान की तकनीकें, षडंगयोग, नादानुसंधान के द्वारा आत्मदर्शन।

Unit-IV: Yoga Upanishads-IV

15Hrs

- **Nadabindooapanishad: Hansavidya :** description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
- **Yogaraajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.
- **नादबिन्दूपनिषद: हंसविद्या:** ओंकार के विभिन्न अंगों का वर्णन, ओंकार की 12 मात्राएँ और प्राणों के साथ उनके प्रयोग के परिणाम, नादों के प्रकार, नादानुसंधान साधना की प्रकृति, मनोलय की स्थिति।
- **योगराजोपनिषद:** मंत्रयोग, लययोग, हठयोग, राजयोग, नौ चक्र, ध्यान की प्रक्रियाएँ और उसके परिणाम।

Reference Books:

- 108 Upanishad: AcharyaShriram Sharma, YugnirmanYojana, Vistar trust, Mathura
- Ten major Upanishads: Geeta press, Gorakhapur
- IshadiNauUpanishada, Geeta press, Gorakhapur
- Upanishada Saar Sangrah, Manoj Vishnoi, Kitab Mahal

Course Outcomes: (COs)

CO1 (Remembering): The students will be able to recall the basic teachings, concepts and importance of Yoga described in various Yoga Upanishads. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the techniques and importance of Dhyana, Pranayama and Yogasiddhis described in the Yoga Upanishads. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the principles of Mantra Yoga, Laya Yoga, Hatha Yoga and Raja Yoga for understanding yogic practices. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the concepts of Nadasandhana, Omkara, and yogic disciplines described in various Yoga Upanishads. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the philosophical and practical significance of Yoga Upanishads in yogic sadhana and self-realization. (RBT Level: L5 – Evaluate)

Semester-IV
MSc. Yoga Science and Therapy
Discipline Elective Courses (DEC)
Methods of Teaching Yoga

Paper Code: U25YOG411T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective; This course objective to provide students with fundamental knowledge about the principles and methods of teaching Yoga, along with the skills required for effective yoga class management and lesson planning. It also helps students understand the role of a yoga teacher, teaching techniques, educational tools, and the practical organization of yoga classes for different groups of learners.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Principles and Methods of Teaching Yoga

15Hrs

- Teaching and Learning : Concepts and Relationship between the two
- Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru
- Yogic levels of learning, Vidyarthi, Shishya, Mumuksha
- Meaning and scope of Teaching methods, and factors influencing them.
- Sources of Teaching methods
- Role of Yoga Teachers and Teacher training
- शिक्षण और अधिगमन: दोनों के बीच के सिद्धांत और संबंध।
- शिक्षण के सिद्धांत: शिक्षण के स्तर और चरण, एक आदर्श योग गुरु की गुणवत्ता।
- योगिक अधिगमन के स्तर: विद्यार्थी, शिष्य, मुमुक्षु।
- शिक्षण विधियों का अर्थ और क्षेत्र: इनके प्रभाव डालने वाले कारक।
- शिक्षण विधियों के स्रोत।
- योग शिक्षक और शिक्षक प्रशिक्षण की भूमिका।

Unit-II: Basics of Yoga Class Management

15Hrs

- Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- Techniques of Individualised teaching
- Techniques of group teaching
- Organisation of teaching (Time Management, Discipline etc.)
- विभिन्न स्तरों पर योग का अभ्यास (शुरुआती, उन्नत, स्कूल के बच्चे, युवा, महिलाएँ और विशेष ध्यान देने वाले समूह)।
- व्यक्तिगत शिक्षण की तकनीकें।
- समूह शिक्षण की तकनीकें।

- शिक्षण का आयोजन (समय प्रबंधन, अनुशासन आदि)।

Unit-III: Lesson Planning in Yoga

15Hrs

- Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation)
- Models of Lesson Plan
- Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching
- Effective use of Library and other resources
- Lesson Plan and its Practical applications
- अच्छे पाठ योजना के आवश्यक तत्व: सिद्धांत, आवश्यकताएँ, योग शिक्षण की योजना बनाना (षटक्रिया, आसन, मुद्रा, प्राणायाम और ध्यान)।
- पाठ योजना के मॉडल।
- योग का क्रियात्मक अनुसंधान: अर्थ, भूमिका, योग शिक्षण में क्रियात्मक अनुसंधान के कदम।
- पुस्तकालय और अन्य संसाधनों का प्रभावी उपयोग।
- पाठ योजना और इसके व्यावहारिक अनुप्रयोग।

Unit-IV: Educational Tools of Yoga Teaching

15Hrs

- Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.
- Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching
- Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching.
- Meaning, Importance and Types of Educational technology
- Role of Educational Technology in Yoga
- योग कक्षा: आवश्यक विशेषताएँ, क्षेत्र, योग कक्षा में बैठने की व्यवस्था आदि।
- कक्षा संबंधी समस्याएँ: प्रकार और समाधान, अच्छे योग शिक्षण की विशेषताएँ और आवश्यकताएँ।
- समय सारणी: आवश्यकता, प्रकार, समय सारणी निर्माण के सिद्धांत; योग शिक्षण के लिए समय सारणी।
- शैक्षिक प्रौद्योगिकी का अर्थ, महत्व और प्रकार।
- योग में शैक्षिक प्रौद्योगिकी की भूमिका।

Reference Books:

- Acharya Balkrishna, Daily Yoga Practice Routine, Divya Prakashan.
- Swami SatyanandaSaraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
- Swami SatyanandaSaraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.
- Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala

Course Outcomes; (COs)

CO1 (Remembering): The students will be able to recall the basic concepts of teaching–learning processes and principles of yoga teaching. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the qualities of a yoga teacher, levels of learning, and yogic learning stages such as Vidyarthi, Shishya and Mumukshu. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply appropriate teaching methods and techniques for individual and group yoga teaching. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the importance of lesson planning, action research, and effective use of educational resources in yoga teaching. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the role of educational technology, classroom management, and time table planning in effective yoga teaching. (RBT Level: L5 – Evaluate)

Semester-IV
MSc. Yoga Science and Therapy
Discipline Elective Courses (DEC)
Siddha Siddhanta Paddhati and Hathratnavali

Paper Code: U25YOG412T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Objective; This course objective to provide students with a fundamental understanding of the philosophical concepts and yogic practices described in Siddhasiddhanta Paddhati and Hatha Ratnavali. It introduces the concepts of Pinda, Chakras, Avadhuta, Shatkarma, Asana, Pranayama, Mudra and Samadhi, enabling students to understand their applications and significance in Hatha Yoga Sadhana and spiritual development.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction to Siddhasiddhantpaddhati.

- General Introduction to Siddhasiddhantpaddhati.
- Pranayama: Concept, Etymology and definitions of Prana and Pranayama in Hatha Yogic texts.
- Relevance and Importance of Pranayama in Hatha Yoga Sadhana.
- सिद्धसिद्धांतपद्धति का सामान्य परिचय,
- प्राणायाम: हठ योग ग्रंथों में प्राण और प्राणायाम की अवधारणा, व्युत्पत्ति और परिभाषाएँ,
- हठ योग साधना में प्राणायाम की प्रासंगिकता और महत्व

Unit-II: Pinda, Navchakra and Avadhuta in Siddhasiddhantpaddhati.

- Concept of anama and pinda, formation of garbhapinda.
- Navachakra and Shadadhara.
- Concept of Pindadhara.
- Concept of Avadhuta, Nature of Avadhuta, Avadhutayogilakshana.
- अनाम और पिंड की अवधारणा, गर्भपिंड का निर्माण।
- नवचक्र और षडधारा
- पिंडाधार की अवधारणा
- अवधूत की अवधारणा, अवधूत का स्वरूप, अवधूतयोगलक्षण

Unit-III: Four Kinds of Yoga and Astakarmas in Hatharatnavali.

- Purificatory Techniques: Cakri, Nauli, Dhauti, Neti, Basti, Gajakarni, Trataka and Mastakabhranti.
- Relationship between Hath Yoga and RajaYoga.
- Description of MahaYoga Characteristics of Mantra Yoga, Laya Yoga, Raja Yoga and Hath Yoga.
- शोधन तकनीकें: चक्री, नौलि, धौति, नेति, बस्ती, गजकर्णी, त्राटक और मस्तकभ्रान्ति,
- हठ योग और राजयोग के बीच संबंध,

- मंत्रयोग, लययोग, राज योग और हठ योग के महायोग लक्षणों का वर्णन।

Unit-IV Asanas, Pranayamas, Mudras and Samadhi in Hatharatnavali

- Asanas: Techniques and their Benefits, Classification Pranayamas: Techniques, Benefits.
- Pranayama- Bhastrika, Bhramari, Suryabhedana, Ujjai, Sheetali, Murchha, Seetkari, Kevala and Bhujangakarni, Levels of Pranayama Practitioners, Nadi Shodhana, Symptoms of Nadi Purification.
- Mudras: classification, benefits and methods of practice- Mahmudra, Mahabandha, Mahavedha, Uddiyan, Mulabandha, Jalandharbandha, Viparaitakarni, Vajroli.
- आसन: तकनीक और उनके लाभ, वर्गीकरण प्राणायाम: तकनीक, लाभ
- प्राणायाम- भस्त्रिका, भ्रामरी, सूर्यभेदन, उज्जई, शीतली, मूर्छा, सीतकारी, केवल और भुजंगकरणी, प्राणायाम साधकों के स्तर, नाड़ी शोधन, नाड़ी शुद्धि के लक्षण।
- मुद्राएँ: वर्गीकरण, लाभ और अभ्यास की विधियाँ- महमूद्रा, महाबंध, महावेध, उड्डियान,
- मूलबंध, जालंधरबंध, विपरीतकरणी, वज्रोली

Reference Books:

- Swami Vivekananda (1982), RajaYoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
- Swami Digambaraji (1970), HathaYoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
- Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar- 814113 Swami Adidevananda(1998), Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020..
- Swami Niranjanananda(1997), HathaYogapradipika, Bihar School of Yoga-811201 11.Gharote M.L. &Pai, G.K. (Edi) Siddhasiddhantpaddhati , Kaivalyadhama, Lonavla, 2005

Course Outcomes; (COs)

CO1 (Remembering): The students will be able to recall the origin, basic concepts and teachings of Siddhasiddhant Paddhati and Hatharatnavali. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the concepts of Prana, Pranayama, Pinda, Navachakra and Avadhuta described in Siddhasiddhant Paddhati. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the knowledge of shodhana kriyas and yogic practices described in Hatharatnavali for purification and yogic discipline. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the relationship between Hatha Yoga and Raja Yoga and the characteristics of Mantra, Laya, Raja and Hatha Yoga. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the importance of Asana, Pranayama, Mudra and Samadhi in achieving higher stages of yogic realization. (RBT Level: L5 – Evaluate)

Semester-IV
MSc. Yoga Science and Therapy
Practicum
Yogic Practices-II Lab

Paper Code: U25YOG403P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course Objective; This course objective to develop practical proficiency in yogic practices through the systematic training of Yogic prayers, Mudras, Pranayama, Shatkriyas and Prajna Yoga techniques. It also seeks to cultivate physical health, mental stability and spiritual awareness through regular practice and understanding of traditional yogic methods.

Note: Students will prepare a practical record file of all the practices during the semester and will appear for Viva-Voce based on the practical training.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Yogic Prayer & Mudra

- Mantra Chanting,
 - Maharshi Patanjali Prarthana
 - Yagya Prarthana (Arya samaj)
 - Sarasvati Prarthana
 - Shanti Prarthana
- Mudra
 - Tadagi Mudra
 - Yoga Mudra
 - Nasikagra mudra
 - Shambhavi Mudra
 - Vipreetkarni Mudra
- मंत्र उच्चारण
 - महर्षि पतंजलि प्रार्थना
 - यज्ञ प्रार्थना (आर्य समाज)
 - सरस्वती प्रार्थना
 - शांति प्रार्थना
- मुद्राएँ
 - तड़ागीमुद्रा
 - योगमुद्रा
 - नासिकाग्रमुद्रा
 - शांभवीमुद्रा
 - विपरीतकरणीमुद्रा

Pranayama & Shatkriya

- **Pranayama**
 - Nadishodhana Pranayama
 - Bhramari Pranayama
 - Bhastrika Pranayama

- Sheetkari Pranayama
- Shitali Pranayama
- Suryabhedana Pranayama
- Ujjyayi Pranayama
- Udgeetha Pranayama
- **Shatkriyas**
- Neti: Jal Neti Sutra Neti
- Dhauti: Vaman, Danda and Vastra,
- Agnisara Kriya, Vaarisara Kriya,
- Kapalbhathi: Vaat Krama, Sheet Krama, Vyut Krama
- Trataka
- Nauli
- **प्राणायाम**
- नाडी शोधन प्राणायाम
- भ्रामरी प्राणायाम
- भस्त्रिका प्राणायाम
- शीतकारी प्राणायाम
- शीतली प्राणायाम
- सूर्यभेदन प्राणायाम
- उज्जायी प्राणायाम
- उद्गीथ प्राणायाम
- **षट्कर्म**
- नेति: जल नेति, सूत्र नेति
- धौति: वमन, दण्ड, वस्त्र धौति
- अग्निसार क्रिया, वारिसार क्रिया
- कपालभाति: वात क्रम, शीत क्रम एवं व्युत क्रम
- त्राटक
- नौलि
- **Prajna Yoga (Pt. shree Ram Sharma Acharya)**
- **Practical record & Viva-Voce**
- पं. श्रीराम शर्मा आचार्य द्वारा प्रतिपादित प्रज्ञा योग
- प्रायोगिक कार्य एवं मौखिक परीक्षा

Reference Books:

- Swami Satyananda Saraswati – Asana, Pranayama, Mudra and Bandha, Yoga Publications Trust, Munger.
- Swami Kavalayananda and S. L. Vinekar – Yogic Therapy: Basic Principles and Methods, Kaivalyadhama, Lonavala.
- B. K. S. Iyengar – Light on Yoga, HarperCollins Publishers.
- Swami Sivananda – The Science of Pranayama, Divine Life Society, Rishikesh.
- Swami Dharendra Brahmachari – Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi.
- Dr. H. R. Nagendra – Pranayama: The Art and Science, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru.

- Pt. Shriram Sharma Acharya – Prajna Yoga and Scientific Spirituality, Shantikunj, Haridwar.

Course Outcomes (COs)

CO1 (Remembering): The students will be able to recall the basic yogic prayers, mudras, pranayama techniques and shatkriyas. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the method, benefits and precautions of various pranayama and shatkriya practices. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to perform different mudras, pranayamas and cleansing techniques in a systematic manner. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the effects of yogic practices on physical, mental and spiritual wellbeing. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the importance of Prajna Yoga and regular yogic discipline for holistic development. (RBT Level: L5 – Evaluate)

Semester-IV
MSc. Yoga Science and Therapy
Practicum
Yoga Therapy Techniques Lab

Paper Code: U25YOG404P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course Objective; This course objective to provide students with fundamental knowledge of Yoga Therapy and its therapeutic applications in the management of various diseases. It introduces yogic practices useful for respiratory, cardiovascular, endocrine, musculoskeletal, gastrointestinal, neurological and other disorders, enabling students to understand the role of yoga in health promotion, prevention and management of diseases.

Note: Students will prepare a practical record file of all the practices during the semester and will appear for Viva-Voce based on the practical training.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Yoga Therapy-I

- Yoga Practices for respiratory disorders.
- Yoga practices for cardio vascular disorders.
- श्वसन संबंधी विकारों के लिए योगाभ्यास
- हृदय संबंधी विकारों के लिए योगाभ्यास

Unit-II: Yoga Therapy-II

- Yoga practices for Endocrinal and metabolic disorders.
- Yoga practices for Muscular-skeletal disorders.
- योगाभ्यास अंतःस्रावी और चयापचय संबंधी विकारों के लिए योगाभ्यास
- मांसपेशी-कंकाल संबंधी विकारों के लिए योगाभ्यास

Unit-III: Yoga Therapy- III

- Yoga practices for obstetrics and gynaecological disorders.
- Yoga practices for Gastro-intestinal Disorders.
- प्रसूति एवं स्त्री रोग संबंधी विकारों के लिए योगाभ्यास
- गैस्ट्रो-आंत्र विकारों के लिए योगाभ्यास

Unit-IV: Yoga Therapy-IV

- Yoga practices for excretory system disorders.
- Yoga practices for neurological and psychiatric disorders.
- उत्सर्जन तंत्र संबंधी विकारों के लिए योगाभ्यास
- न्यूरोलॉजिकल और मानसिक विकारों के लिए योगाभ्यास

Reference Books:

- H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House.
- Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
- Dr. Rakesh Jindal- Prakritik Ayurvedigyan, Arogya seva prakashan, Modi nagar, U.P.
- Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
- Principles of Naturopathy- Dr. Bhakru

- Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

Course Outcomes (COs)

CO1 (Remembering): The students will be able to recall the basic concepts and principles of Yoga Therapy and identify the role of yogic practices in maintaining health and managing diseases. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the application of yoga practices in respiratory and cardiovascular disorders and understand their therapeutic benefits. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply appropriate yogic techniques for endocrine, metabolic, and musculoskeletal disorders in the context of yoga therapy. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the role of yoga practices in the management of obstetric, gynaecological, and gastrointestinal disorders. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the effectiveness of yoga therapy practices in neurological, psychiatric, and excretory system disorders and their contribution to holistic health and well-being. (RBT Level: L5 – Evaluate)

Semester-IV
Yoga Science and Therapy
Skill Enhancement Course (SEC)
Yoga Skill and Prowess Lab

Paper Code: U25SEC428P

60 Hrs (4 Hrs /Week)

Credits: 2

Exam. Time: 3 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

Course Objective: This course aims to develop practical knowledge and skills of yogic practices including Yogic Prayer, Sukshma Vyayama, Pranayama, Shatkarmas, Suryanamaskara and Asanas to promote physical fitness, mental balance and overall well-being among students.

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

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I Yogic Prayer, Pranayama, Cleansing Practices (Shatkarma) : यौगिक प्रार्थना प्राणायाम एवं शुद्धि क्रिया (षट्कर्म)
30 Hrs

➤ **Yogic Prayer (Gayatri Mantra, Mrityunjaya Mantra)**

● **Yogic Sukshma Vyayam**

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

- **Pranayama: प्राणायाम**
 - Bhastrika
 - Nadishodhana
 - Ujjayi
 - भस्त्रिका प्राणायाम
 - नाडीशोधन प्राणायाम
 - उज्जायी प्राणायाम
- **Cleansing Practices (Shatkarma): शुद्धि किया (षट्कर्म):**
 - Jala Neti
 - जल नेति

Unit-II: Suryanamaskara (Traditional) and Asana:) सूर्यनमस्कार (पारंपरिक) एवं आसन 30 HRS

1.Yogasana: योगासन

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

Reference Books: सहायक ग्रंथ:

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

Course Outcomes (COs)

CO1 (Remembering): The students will be able to recall the basic concepts, names and procedures of Yogic Prayer, Sukshma Vyayama, Pranayama, Shatkarmas and Asanas.

(RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the importance, benefits and precautions of various yogic practices for maintaining physical and mental health.

(RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to perform and apply Yogic Prayer, Sukshma Vyayama, Pranayama, Jala Neti, Suryanamaskara and different Asanas in daily life. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the effects of different yogic practices on body systems such as muscular, respiratory and nervous systems. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the role of yogic practices in improving flexibility, strength, mental stability and overall health. (RBT Level: L5 – Evaluate)

Semester-IV
Yoga Science and Therapy
Entrepreneur Enhancement Course (EEC)
Yogic Meditation Techniques Lab

Paper Code: U25 EEC428P

60 Hrs (4 Hrs /Week)

Credits: 2

Exam. Time: 3 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

Course objective: This course aims to provide practical training and theoretical understanding of advanced yogic meditation techniques for enhancing mental clarity, emotional balance, and inner awareness. Through systematic practice of techniques such as cyclic meditation, yoga nidra, vipassana, preksha meditation, and transcendental meditation, the course seeks to develop students' meditative skills, stress management ability, and deeper experiential understanding of yogic consciousness.

Note: Students will prepare a practical record file of all meditation practices during the semester and will appear for Viva-Voce based on the practical training.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Advanced Yoga Techniques – I

- **Cyclic Meditation**
- **Mind Sound Resonance Technique (MSRT)**
- **चक्रीय ध्यान**
- **मन ध्वनि अनुनाद तकनीक (MSRT)**

Unit-II: Advanced Yoga Techniques – II

- **Yoga Nidra**
- **Transcendental Meditation (Maharishi Mahesh Yogi)**
- **योग निद्रा**
- **भावातीत ध्यान (महर्षि महेश योगी)**

Viva Voce

Reference Books:

- Swami Satyananda Saraswati – Yoga Nidra, Yoga Publications Trust, Munger.
- Swami Satyananda Saraswati – Meditations from the Tantras, Yoga Publications Trust, Munger.
- Jon Kabat-Zinn – Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, Bantam Dell Publishing.
- Jon Kabat-Zinn – Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, Hyperion Publication.
- Maharishi Mahesh Yogi – Science of Being and Art of Living, International SRM Publications.
- Pandit Shriram Sharma Acharya – Pranic Energization and Meditation, Yug Nirman Yojana Press, Haridwar.
- Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) – Mind Sound Resonance Technique (MSRT) Manual*, SVYASA University, Bengaluru.
- Acharya Mahapragya – Preksha Meditation: Theory and Practice, Jain Vishva Bharati, Ladnun.
- S. N. Goenka – The Discourse Summaries (Vipassana Meditation), Vipassana Research Institute, Igatpuri.
- B. K. S. Iyengar – Light on Yoga, HarperCollins Publishers.

Course outcomes:(COs)

CO1 (Remembering): The students will be able to recall the concepts, procedures, and objectives of various advanced yogic meditation techniques such as Cyclic Meditation and Mindfulness-Based Stress Reduction (MBSR). (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the principles and benefits of Yoga Nidra and Vipassana Meditation in promoting relaxation, awareness, and mental discipline. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply meditation techniques such as Mind Sound Resonance Technique (MSRT) and Preksha Meditation in practical sessions for enhancing concentration and emotional stability. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the role of advanced meditation practices in regulating pranic energy and improving mental balance through techniques such as Pranic Energization. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the effectiveness of advanced meditation systems such as Transcendental Meditation (TM) in promoting higher states of consciousness and holistic well-being. (RBT Level: L5 – Evaluate)

Semester-IV
Yoga Science and Therapy
Vocational Course (VOC)
Yoga for Holistic Development Lab

Paper Code: U25VOC428P

60 Hrs (4 Hrs /Week)

Credits: 2

Time: 3 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

Course Objective: This course aims to develop a comprehensive understanding of holistic development through yogic practices, enabling students to enhance their physical, mental, emotional and spiritual well-being through the systematic practice of Shatkarmas, Pranayama, Suryanamaskara and Asanas.

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

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Shatkarma, Pranayama and Suryanamaskar षट्कर्म प्राणायाम सूर्यनमस्कार

1. Shatkarma:- षट्कर्म

- Rabar Neti
- Vaman Dhauti
- रबर नेति
- वमन धौति

2. Pranayama: प्राणायाम

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

3. Suryanamaskara (Traditional) सूर्यनमस्कार (पारंपरिक)

Unit-II: Yogasana: योगसन

➤ **Standing Asanas**

- Trikonasana
- Ardha Chakrasana
- Hastottanasana
- Padahastāsana

➤ **Sitting Asanas**

- Padamasana
- Vakrasana
- Virasana
- Marjari asana

➤ **Prone Asanas**

- Dhanurasa
- Ardha Shalabhasana
- Bhujangasana
- Makarasana

- **Supine Asanas**
 - Pawanmuktasana
 - Halasana
 - Ekpad Uttanpadasana
 - Shavasana
- **खड़े होकर किये जाने वाले आसन**
 - त्रिकोणासन
 - अर्ध चक्रासन
 - हस्तोत्तानासन
 - पादहस्तासन
- **बैठ कर किये जाने वाले आसन**
 - पद्मासन
 - वक्रासन
 - वीरासन
 - मार्जरी आसन
- **पेट के बल किये जाने वाले आसन**
 - धनुरासन
 - अर्ध शलभासन
 - भुजंगासन
 - मकरासन
- **पीठ के बल किये जाने वाले आसन**
 - पवनमुक्तासन
 - हलासन
 - एकपाद उत्तानपादासन
 - शवासन

Reference Books: सहायक ग्रंथ:

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

Course Outcomes (COs)

CO1 (Remembering): The students will be able to recall the basic concepts and dimensions of holistic development and the role of yoga in promoting overall well-being. (RBT Level: L1 – Remember)

CO2 (Understanding): The students will be able to explain the need and importance of holistic development and understand the procedures and principles of various yogic practices. (RBT Level: L2 – Understand)

CO3 (Applying): The students will be able to apply the techniques of Shatkarmas, Pranayama, Suryanamaskara and Asanas in their daily life for maintaining health and fitness. (RBT Level: L3 – Apply)

CO4 (Analysing): The students will be able to analyse the effects of different yogic practices on physical, mental and emotional dimensions of health. (RBT Level: L4 – Analyze)

CO5 (Evaluating): The students will be able to evaluate the role of yoga practices in achieving holistic development and overall personality enhancement. (RBT Level: L5 – Evaluate)