



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

1st Year (semester-I & II)

Ordinance governing PG Programme as per NEP, 2020

Scheme for UTDs

(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



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-I								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	U25YOG101T	Foundation of Yoga	4	4	30	70	100	3
	U25YOG102T	Principles of Hathapradipika and Gherand Samhita	4	4	30	70	100	3
	U25YOG103T	Anatomical and Physiological Aspects of Yoga	4	4	30	70	100	3
	U25YOG104T	Health and Yogic Diet	4	4	30	70	100	3
Practicum	U25YOG105P	Demonstration of Asanas Lab	3	6	25	50	75	3
	U25YOG106P	Demonstration of Pranayama and Shatkarma Lab	3	6	25	50	75	3
VAC	To be opted from the pool of VAC		2	2	15	35	50	2
			24					

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)	U25YOG201T	Patanjal Yogsutra	4	4	30	70	100	3
	U25YOG202T	Essence of Srimad Bhagwad Geeta and Samkhya Karika	4	4	30	70	100	3
	U25YOG203T	Evidence based Yoga Therapy	4	4	30	70	100	3
	U25YOG204T	Alternate Therapy	4	4	30	70	100	3
Practicum	U25YOG205P	Yoga Skill and Prowess Lab	3	6	25	50	75	3
	U25YOG206P	Yoga Therapy Lab	3	6	25	50	75	3
Seminar	U25YOG201S	Seminar	2			50	50	
Internship	U25YOG201I	Internship	4			100	100	
			26					

Semester-I
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Foundation of Yoga

Paper Code: U25YOG101T

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 Objective: To provide foundational knowledge of yoga, including its origin, philosophy, types, practical guidelines, and contributions of eminent yogis and institutions, enabling students to understand and apply the core concepts in academic and practical contexts.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction:

- Yoga: it's Meaning and Definition.
- Aim and Objectives of Yoga
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age
- Misconceptions about Yoga and their solutions.
- Difference between Yogic and non-yogic system of exercises.

इकाई-I: परिचय:

- योग: अर्थ और परिभाषा।
- योग के उद्देश्य और लक्ष्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता और क्षेत्र।
- योग के बारे में गलत धारणाएँ और उनके समाधान।
- योगिक और गैर-योगिक व्यायाम प्रणाली के बीच अंतर।

Unit-II: Essentials of Yoga Practices

- Disciplines and failures in Yoga Practices
- Place & Timing of Yoga practices
- Diet for Yoga Practitioner: Pathya& Apathya
- Obstacles in the Path of Yoga Practice
- Sequence for Yoga practices

इकाई-II: योग अभ्यास की अनिवार्यताएँ

- योग अभ्यास में साधकतत्त्व एवं बाधक तत्त्व
- योग अभ्यास का स्थान और समय

- योग अभ्यासी के लिए आहार: पथ्य और अपथ्य
- योग अभ्यास के मार्ग में बाधाएँ
- योग अभ्यास का क्रम

Unit-III: Types of Yoga: it's brief Introduction

- Hatha Yoga
- Raja Yoga
- Mantra Yoga
- Laya Yoga
- Karma Yoga
- Gyana Yoga
- Bhakti Yoga

इकाई-III: योग के प्रकार: इसका संक्षिप्त परिचय

- हठ योग
- राज योग
- मंत्र योग
- लय योग
- कर्म योग
- ज्ञान योग
- भक्ति योग

Unit-IV: Life sketch & contribution of Eminent Yogi's and Institutes of Yoga

- MaharshiPatanjali, Gorakshanath and Swami Vivekanand
- Swami Kuvalyananda (Kaivalyadham, Lonavala)
- Swami Satyanand (Bihar School of yoga)
- Swami Shivananda (Divine Life Society)
- Swami Ramdev (Patanjali Yogpeeth, Haridwar)
- Swami Vivekananda Yoga AnusandhanSamsthan, Bangalore (SVYASA)
- Morarji Desai National Institute of Yoga, Delhi (MDNIY)
- Central Council for Research in Yoga & Naturopathy, Delhi (CCRYN)

इकाई-IV: प्रख्यात योगियों और योग संस्थानों का जीवन परिचय और योगदान

- महर्षि पतंजलि, गोरक्षनाथ और स्वामी विवेकानंद
- स्वामी कुवल्यानंद (कैवल्यधाम, लोनावला)
- स्वामी सत्यानंद (बिहार योग विद्यालय)
- स्वामी शिवानंद (दिव्य जीवन सोसायटी)
- स्वामी रामदेव (पतंजलि योगपीठ)
- स्वामी विवेकानंद योग अनुसंधान संस्थान, बंगलुरु (SVYASA)
- मोरारजी देसाई राष्ट्रीय योग संस्थान, दिल्ली (MDNIY)
- केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, दिल्ली (CCRYN)

Reference Books:

1. VijnananandSaraswati–YogVijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. RajkumariPandey-Bhartiya Yoga ParamparakeVividhAyam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.

6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
7. विज्ञानानंदसरस्वती-योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
8. राजकुमारीपांडेय-भारतीय योग परम्पराविविधायम्, राधा प्रकाशन, एनडी, 2008
9. स्वामी विवेकानन्द – ज्ञान, भक्ति, कर्म योग और राजयोग, अद्वैत आश्रम, कलकत्ता 2000।
10. कामाख्या कुमार-योग महाविज्ञान, मानक प्रकाशक, नई दिल्ली।
11. कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002.
12. कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।

Course Outcomes (COs):

CO1: The students will be able to **recall** the definitions, historical development, aims, and common misconceptions of Yoga, along with its distinction from non-yogic practices. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** the essential principles of yogic practice, including proper diet, place, timing, sequencing, and obstacles in Yoga sadhana. **(RBT Level: L2 – Understand)**

CO3: The students will **be able** to apply their understanding to identify and follow appropriate types of Yoga (Hatha, Raja, Karma, Bhakti, etc.) based on individual needs and goals. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyze** the lives and contributions of renowned yogis and evaluate how different institutions have shaped the spread and systematization of Yoga in modern India. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **evaluate** the relevance and scope of traditional Yoga philosophy and practices in addressing contemporary physical, mental, and spiritual challenges. **(RBT Level: L5 – Evaluate)**

Semester-I
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Principles of Hathpradipika and Gherand Samhita

Paper Code: U25YOG102T

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 Objective To provide theoretical and practical understanding of classical Hatha Yogic texts such as *Hatha Yoga Pradipika* and *Gheranda Samhita*, enabling students to interpret and apply traditional yogic practices for holistic development and therapeutic application.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Hatha Pradipika-I

- Hatha yoga – Its definition & objectives.
- Origin & tradition of Hatha yoga.
- utility of hatha yoga
- Aids & Obstructions to Hatha sadhana.
- Prohibited & conductive food in Hatha sadhana
- Asana: Objectives, Types, Technique, Benefits and Limitations
- Pranayama: Objectives, Types, Technique, Benefits and Limitations
- हठ योग – परिभाषा और उद्देश्य।
- हठ योग की उत्पत्ति और परंपरा।
- हठ योग की उपयोगिता
- हठ साधना में साधक तत्व एवं बाधक तत्व।
- हठ साधना में निषिद्ध और संवाहक आहार।
- आसन: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ।
- प्राणायाम: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ।

Unit-II: Hatha Pradipika-II

- Shatkarma: Objectives, Types, Technique, Benefits and Limitations
- Mudra's & Bandha's: Objectives, Types, Technique, Benefits and Limitations
- Concept of Samadhi
- Concept of Nadanusandhana
- Nature of Kundalini and methods of awakening
- षट्कर्म: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ
- मुद्राएँ और बंध: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ
- समाधि की अवधारणा
- नादानुसंधान की अवधारणा

- कुंडलिनी की प्रकृति और जागरण की विधियाँ।

Unit-III: Gherand Samhita- I

- Place, Environment & Season for Hatha sadhana.
- Introduction to saptasadhana
- Shatkarma: Objectives, Types, Technique, Benefits and Limitations
- Asana: Objectives, Types, Technique, Benefits and Limitations
- हठ साधना के लिए स्थान, वातावरण और मौसम।
- सप्तसाधन का परिचय
- षट्कर्म: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ
- आसन: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ

Unit-IV: Gherand Samhita- II

- Mudra: Objectives, Types, Technique, Benefits and Limitations
- Pratyahar: Objectives, Technique and Benefits
- Pranayama: Objectives, Types, Technique, Benefits and Limitations
- Dhyana: Objectives, Types, Techniques and Benefits
- Samadhi: Objectives, Types, Techniques and Benefits
- मुद्रा: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ
- प्रत्याहार: उद्देश्य, तकनीक और लाभ
- प्राणायाम: उद्देश्य, प्रकार, तकनीक, लाभ और सीमाएँ
- ध्यान: उद्देश्य, प्रकार, तकनीक और लाभ
- समाधि: उद्देश्य, प्रकार, तकनीक और लाभ

Reference Books:

1. Hatha Yoga Pradipika-Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
2. Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala
3. GherandSamhita- Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
4. GherandSamhita- Swami Digambaranand, Kaivalyadham, Lonavala\
5. हठ योग प्रदीपिका—स्वामी सत्यानंदसरस्वती, बिहार योग विद्यालय, मुंगेर
6. हठ प्रदीपिका— स्वामी कुवल्यानंद, कैवल्यधाम, लोनावला
7. घेरण्डसंहिता— स्वामी सत्यानन्दसरस्वती, बिहार योग विद्यालय, मुंगेर
8. घेरण्डसंहिता— स्वामी दिगम्बरानन्द, कैवल्यधाम, लोनावला

Course Outcomes (COs):

CO1: The students will be able to **recall** the definitions, objectives, and key concepts of Hatha Yoga as described in Hatha Pradipika and Gheranda Samhita. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** the techniques, benefits, and limitations of foundational Hatha Yoga practices such as Asana, Pranayama, Mudra, Bandha, and Shatkarma. **(RBT Level: L2 – Understand)**

CO3: The students will be able to **apply** the principles of conducive environment, food habits, and Hatha Yoga techniques in the development of a balanced yogic lifestyle and personal sadhana plan. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyze** the role of Hatha Yoga in the awakening of Kundalini, achieving Nadanusandhana, and preparing the practitioner for higher states like Dhyana and Samadhi. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **evaluate** the comparative significance of various yogic techniques (Asana, Pranayama, Mudra, Bandha, Shatkarma, and Samadhi) in the context of self-purification and spiritual evolution. **(RBT Level: L5 – Evaluate)**

Semester-I
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Anatomical and Physiological Aspects of Yoga

Paper Code: U25YOG103T

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 Objective: To provide foundational knowledge of human body systems and the physiological effects of yoga practices on them.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit -I: Cell, Tissue, Immunity, Muscular-skeletal system, Nutrients, Metabolism and Digestive system: 15Hrs

- Cell and Tissue
- Homeostasis, Immunity
- Anatomy of the Skeleton and Types of joint and muscle
- Mechanism of muscle contraction and Neuromuscular junction
- Nutrients, Balanced diet and Metabolism
- Anatomy of Digestive system-Mouth, buccal cavity, pharynx, esophagus, stomach, large intestine, small intestine, rectum and anus
- Associated glands-Liver, Pancreas, salivary glands, gallbladder
- Physical digestion (Mastication, swallowing, peristalsis),
- Gastro intestinal hormones
- Effect of Yogic Practice on Immunity, Muscular-skeletal system, Metabolism and Digestive system

इकाई-I: कोशिका, ऊतक, प्रतिरक्षा और मांसपेशी-कंकाल प्रणाली पोषक तत्व, चयापचय और पाचन तंत्र:

- कोशिका और ऊतक
- होमोस्टैसिस प्रतिरक्षा
- कंकाल की शारीरिक रचना और जोड़ों और मांसपेशियों के प्रकार।
- मांसपेशियों के संकुचन और न्यूरोमस्क्युलर जंक्शन का तंत्र।
- प्रतिरक्षा प्रणाली और मांसपेशी-कंकाल प्रणाली पर योगाभ्यास का प्रभाव।
- पोषक तत्व, संतुलित आहार और चयापचय
- पाचन तंत्र की शारीरिक रचना-मुंह, बकल गुहा, ग्रसनी, अन्नप्रणाली, पेट, बड़ी आंत, छोटी आंत, मलाशय और गुदा
- संबद्ध ग्रंथियाँ-यकृत, अग्न्याशय, लार ग्रंथियाँ, पित्ताशय
- शारीरिक पाचन (चबाना, निगलना, क्रमाकुंचन), रासायनिक पाचन
- गैस्ट्रो आंत्र हार्मोन
- चयापचय और पाचन तंत्र पर योगाभ्यास का प्रभाव

Unit-II: Respiratory system and Cardiovascular system:**15Hrs**

- Anatomy of Respiratory system-Nose, nasal cavity, pharynx, trachea, larynx, bronchi, bronchioles, alveoli, lungs, muscles of respiration
- Mechanism of breathing (Expiration and inspiration) and Transport of respiratory gases (O₂ and CO₂)
- Regulation of respiration
- Anatomy of heart and blood vessels
- Properties of cardiac muscle
- Generation and conduction of cardiac impulses
- Cardiac output and cardiac cycle
- Organization of systemic and pulmonary circulation
- Effect of Yogic Practice on Respiratory system and Cardiovascular system

इकाई-II: श्वसन प्रणाली :

- श्वसन प्रणाली की शारीरिक रचना-नाक, नासिका गुहा, ग्रसनी, श्वासनली, स्वरयंत्र, ब्रांकाई, ब्रोन्किओल्स, एल्वियोली, फेफड़े, श्वसन की मांसपेशियां।
- साँस लेने की क्रियाविधि (प्रश्वास और प्रेरणा) और श्वसन गैसों का परिवहन (ऑक्सीजन और कार्बन-डाई-ऑक्साइड)
- श्वसन का नियमन।
- हृदय और रक्त वाहिकाओं की शारीरिक रचना
- हृदय पेशी के गुण
- हृदय संबंधी आवेगों का सृजन और संचालन
- कार्डियक आउटपुट और कार्डियक चक्र
- प्रणालीगत और फुफ्फुसीय परिसंचरण का संगठन
- श्वसन तंत्र और हृदय प्रणाली पर योगाभ्यास का प्रभाव

Unit-III: Excretory system, Nervous system & Special senses:**15Hrs**

- Excretory system of human-Kidney, Ureter, urinary bladder, urethra
- Structure of nephron
- Mechanism of urine formation
- Water balance: regulation of water intake, water output and fluid volume
- Neuron: structure, types and functions
- Central nervous system: brain (fore brain, mid brain and hind brain) and spinal cord
- Autonomic Nervous system: sympathetic and para sympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Basics about special senses: Eye (vision), ear (hearing) and tongue (taste)
- Effect of Yogic Practice on Excretory system, Nervous system & Special senses.

इकाई-III: उत्सर्जन तंत्र तंत्रिका तंत्र और विशेष इंद्रियाँ:

- मानव का उत्सर्जन तंत्र- किडनी, मूत्रवाहिनी, मूत्राशय, मूत्रमार्ग
- नेफ्रॉन की संरचना
- मूत्र निर्माण की क्रियाविधि
- जल संतुलन: जल सेवन, जल उत्पादन और द्रव मात्रा का विनियमन
- न्यूरॉन: संरचना, प्रकार और कार्य
- केंद्रीय तंत्रिका तंत्र: मस्तिष्क (अग्रमस्तिष्क, मध्य मस्तिष्क और पिछला मस्तिष्क) और रीढ़ की हड्डी
- स्वायत्त तंत्रिका तंत्र: सहानुभूतिपूर्ण और परा सहानुभूतिपूर्ण
- पश्चिमीय तंत्रिका तंत्र: रीढ़ की हड्डी और कपाल तंत्रिकाएं

- विशेष इंद्रियों के बारे में मूल बातें: आंख (दृष्टि), कान (सुनना) और जीभ (स्वाद)
- उत्सर्जन तंत्र तंत्रिका तंत्र और विशेष इंद्रियों पर योगाभ्यास का प्रभाव

Unit-IV: Endocrine system & Reproductive system:

15Hrs

- Structure, location, secretion(hormones) and function of important of endocrine glands:
- Hypothalamus gland
- Pituitary gland
- Thyroid and parathyroid gland
- Adrenal gland
- The endocrine pancreas gland
- Pineal gland
- Reproductive system- Secretion and functions of Testis and Ovaries
- Menstrual cycle and Pregnancy
- Effect of Yogic Practice on Endocrine system & Reproductive system

इकाई- IV: अंतःस्रावी तंत्र और प्रजनन प्रणाली:

- महत्वपूर्ण अंतःस्रावी ग्रंथियों की संरचना, स्थान, स्राव (हार्मोन) और कार्य:
- हाइपोथैलेमस ग्रंथि
- पिट्यूटरी ग्रंथि
- थायरोइड और पैराथायराइड ग्रंथि
- एड्रिनल ग्रंथि
- अंतःस्रावी अग्न्याशय ग्रंथि
- पीनियल ग्रंथि
- प्रजनन प्रणाली- वृषण और अंडाशय का स्राव और कार्य
- मासिक धर्म चक्र एवं गर्भावस्था
- अंतःस्रावी तंत्र और प्रजनन प्रणाली पर योगाभ्यास का प्रभाव

Reference Books: सहायक ग्रंथ:

- Anatomy and physiology for nurses, Ross and Wilson.
- Anatomy and physiology for nurses- A. K. Jain.
- Manav sharer Rachana evam Kriya Vigyan, Abrar Ahemad, Sadab Alam and Asish Mahavar, Vardhaman Publishers.
- Basic Anatomy and Physiology- A. K. Jain, second edition APC publications.
- Anatomy & physiology for Nursees- Jaypee Brothers
- Anatomy & physiology- Ross & Wilson
- Anatomy & physiology- C. Gyton
- Human Anatomy- Grays
- Human Anatomy- M. Lyes Prives
- Human physiology- Chakravati, Ghosh and sahana
- Basic physiology- E.D. Amour Fred.
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma.
- Health for all through Yoga- Dr. Ganesh Shanker Giri.
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma.
- Yoga Avam Swasthya – Raaj Publication Patoyala.
- सुश्रुत(शरीर स्थान)-डॉ. भास्करगोविन्द घाणेकर.
- शरीर रचनाविज्ञान-डॉ. मुकुन्द स्वरूप वर्मा.
- शरीरक्रियाविज्ञान-डॉ. प्रियवृत्त शर्मा

- शरीररचना व क्रियाविज्ञान—डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर—वैद्य रणजीतराय देसाई
- मानव शरीररचना, क्रियाविज्ञान एवं योगिक अनुप्रयोग—डॉ० नवीनभट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीररचना एवं योगाभ्यास का प्रभाव—डॉ० राजेन्द्र प्रताप मलिक।

Course Outcomes (COs):

CO1 (Remembering): Recall the basic structure and functions of major body systems including respiratory, digestive, endocrine, and nervous systems. *(RBT Level: Remember)*

CO2 (Understanding): Explain the physiological processes of systems such as respiration, digestion, immunity, and circulation in the context of health and wellness. *(RBT Level: Understand)*

CO3 (Applying): Apply anatomical and physiological concepts to understand the functional effects of various yoga practices on the human body systems. *(RBT Level: Apply)*

CO4 (Analyzing): Analyze how yoga influences the interaction between different body systems, such as the endocrine and nervous systems, for maintaining homeostasis. *(RBT Level: Analyze)*

CO5 (Evaluating): Evaluate the therapeutic role of yoga in improving functions of systems like cardiovascular, musculoskeletal, and immune systems in health and disease conditions. *(RBT Level: Evaluate)*

Semester-I
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Health and Yogic Diet

Paper Code: U25YOG104T

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 Objective To enable students to understand the principles of SwasthaVritta (health and wellness), basic nutrition, diet, energy metabolism, and the yogic perspective on food, fostering the ability to analyze, evaluate, and develop personalized wellness plans based on both Ayurvedic and yogic principles.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: SwasthaVritta (Health and Wellness)

- Health and Fitness: Definition
- Swasthavritta: Meaning, Definition, Aims and Aspects
- Wellness: Meaning, Definition, Indicators and dimensions
- Dincharya (Daily regimen) &Ratricharya (Night Regimen):Meaning, definition and sequential elements with their practical applications
- Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Season wise Accumulation,
- Aggravation and Pacification of three Humors (vata, pitta, kapha) and Season wise Does and Don'ts
- Application of Dincharya andRatricharya

स्वास्थ्यवृत्त (स्वास्थ्य और तंदुरुस्ती)

- स्वास्थ्य और तंदुरुस्ती: परिभाषा
- स्वास्थ्यवृत्त: अर्थ, परिभाषा, उद्देश्य और विभिन्न पक्ष
- कल्याण (Wellness): अर्थ, परिभाषा, संकेतक और आयाम
- दिनचर्या (दैनिक आचार) एवं रात्रिचर्या (रात्रि आचार): अर्थ, परिभाषा और क्रमबद्ध तत्वों के साथ उनके व्यावहारिक अनुप्रयोग
- ऋतुचर्या (मौसमी आचार): अर्थ, परिभाषा, प्रकार तथा उनके मुख्य लक्षण,
- ऋतु अनुसार दोषों (वात, पित्त, कफ) का संचय,
- प्रकोप और शमन तथा ऋतु के अनुसार क्या करें और क्या न करें
- दिनचर्या और रात्रिचर्या का व्यवहारिक अनुप्रयोग

Unit –2: Basic concepts and components of food and nutrition

- Concept of food,

- Functions of Food;
- Components of Food & their Classification;

Macro Nutrients –Sources, Functions and Effects on the Body;

- Carbohydrates
- Protein
- Fats

Micro Nutrients - Sources, Functions and Effects on the Body;

- Vitamins
- Minerals

आहार एवं पोषण की मूल अवधारणाएँ और घटक

- आहार की अवधारणा
- आहार के कार्य
- आहार के घटक एवं उनका वर्गीकरण
 - मैक्रोन्यूट्रिएंट्स (मुख्य पोषक तत्व) – स्रोत, कार्य एवं शरीर पर प्रभाव:
 - कार्बोहाइड्रेट
 - प्रोटीन
 - वसा
 - मायक्रोन्यूट्रिएंट्स (सूक्ष्म पोषक तत्व) – स्रोत, कार्य एवं शरीर पर प्रभाव:
 - विटामिन
 - खनिज (मिनरल्स)

Unit – III: Diet, Energy and Metabolism

- Meaning and Definition of Diet
- Ancient and Modern Classification
- Balanced Diet
- Energy- Basic Concepts, Definition and Components of Energy Requirement
- Concept of Metabolism, Anabolism, Catabolism
- Calorie Requirement-Basal Metabolic Rate (BMR) and Factors affecting Basal Metabolic Rate

आहार, ऊर्जा और चयापचय (मेटाबोलिज्म)

- आहार – अर्थ और परिभाषा
- प्राचीन और आधुनिक वर्गीकरण
- संतुलित आहार (Balanced Diet)
- ऊर्जा – मूल अवधारणाएँ, परिभाषा एवं ऊर्जा आवश्यकताओं के घटक
- चयापचय की अवधारणा, अनाबोलिज्म, कैटाबोलिज्म
- कैलोरी आवश्यकता –बेसल मेटाबोलिक रेट (BMR) और BMR को प्रभावित करने वाले कारक

Unit – IV: Yogic concept of diet & nutrition

- General Introduction of Ahara (Diet) and Mitahara
- Concepts of Diet according to GherandaSamhita, Hathpradipika and Bhagwadgeeta-Rajasic, Tamasic and Sattvic food;
- Guna and Ahara ;
- Importance of Yogic Diet in YogSadhana;
- Yogic Diet and its role in healthy living;

- Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha.

योगिक आहार एवं पोषण की अवधारणा

- आहार (Ahara) और मितहार का सामान्य परिचय
- घेरंड संहिता, हठप्रदीपिका और भगवद्गीता के अनुसार आहार की अवधारणा –
- राजसिक, तामसिक और सात्त्विक आहार
- गुण (गुणत्रय) और आहार
- योग साधना में योगिक आहार का महत्व
- स्वस्थ जीवन में योगिक आहार की भूमिका
- शारीरिक प्रकृति (Prakriti) के अनुसार आहार –वात, पित्त और कफ

Reference Books:

1. Swastha Vritta Vigyan- Ramharsha Singh, Chaukhamba Prakashan, Delhi
2. Yogic Chikitsa- Swami Kuvalyanand, Kaivalyadham, Lonavala
3. Yoga se Aarogya- Kalidas Joshi
4. Yoga avm Yogic Chikitsa- Ramharsha Singh, Chaukhamba Prakashan, Delhi
5. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
6. Prof. Ramharsh Singh - SwashthavrittaVigyan, Chaukhamba Sanskrit Prakashan, Varanasi, 1998.
7. Sriram Sharma Acharya- JivemSharadahShatam, AkhandJyoti Mathura 1998.
8. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
9. Prof. Ramharsh Singh-Yogewam Yogic Chiktsha, Chaukhamba Sanskrit Prakashan, Varanasi, 1998.
10. SwasthaVrittaVigyanewam Yogic Chiktsha- Dr. RakeshGiri, SikhshaBharti, Uttrakhand

Course Outcomes (COs):

CO1 (Understanding): Explain the foundational principles of SwasthaVritta, wellness, and regimens such as Dinacharya, Ratricharya, and Ritucharya, including their seasonal adaptations and practical applications. *(RBT Level: Understand)*

CO2 (Applying): Apply the concepts of macronutrients, micronutrients, and balanced diets to assess the nutritional requirements for different individuals and lifestyles. *(RBT Level: Apply)*

CO3 (Analyzing): Analyze the relationship between diet, metabolism (BMR, anabolism, catabolism), and energy requirements in maintaining health and preventing lifestyle disorders. *(RBT Level: Analyze)*

CO4 (Evaluating): Evaluate various dietary practices, including ancient and modern classifications, in the context of yogic discipline and individual constitution (prakriti). *(RBT Level: Evaluate)*

CO5 (Creating): Create a personalized yogic wellness and nutrition plan integrating SwasthaVritta principles, metabolic considerations, and yogic dietary guidelines (Sattvic, Rajasic, Tamasic). *(RBT Level: Create)*

Semester-I
M.Sc. Yoga Science and Therapy
Practicum
Demonstration of Asanas Lab

Paper Code: U25YOG105P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course Objective: To inculcate awareness of positive health, discipline, and personality development through the practical learning and demonstration of traditional Yogic practices including prayers, asanas, and yogic exercises.

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

Unit- I: Prayer and Surya Namaskar:

- Gayatri Mantra
- Mahamrityunjaya Mantra
- Asato Maa Sadagamaya
- Sangathan Mantra
- Kalyan Mantra
- Yagya Prarthana
- Traditional Surya Namaskar (with Mantras)

इकाई-1 प्रार्थना और सूर्य नमस्कार

- गायत्री मंत्र
- महामृत्युंजय मंत्र
- असतो मा सद्गमय
- संगठन मंत्र
- कल्याण मंत्र
- यज्ञ प्रार्थना
- पारंपरिक सूर्य नमस्कार (मंत्र सहित)

Unit- II: Yogic Suksham Vyayam and Sthul Vyayama:

- Suksham Vyayam (Swami Dharendra Brahmachari Ji)
- Sthul Vyayam (Dhirendra Brahmchhari Ji)
- Yoging-Joging 12 Types (Swami Ramdev Ji)

इकाई-2 योगिक सूक्ष्म व्यायाम व स्थूल व्यायाम

- सूक्ष्म व्यायाम (धीरेन्द्र ब्रह्मचारी जी)
- स्थूल व्यायाम (धीरेन्द्र ब्रह्मचारी जी)
- योगिंग जोगिंग १२ चरण (स्वामी रामदेव जी)

Unit- III: Basic Asanas:

- **Standing Asanas** : Garudasan, Utkatasn, Natrajasan, Virbhadrasan, Konasan
- **Sitting Asanas** : Padmasan, Ardhmatsyendrasan, Gaumukhasan, Paschimotanasan, Ushtrasan, Shashankasan
- **Supine Lying Asanas** : Sarvangasan, Halasan, Setubandhasan, chakrasan, Pawan muktasan
- **Prone Lying Asanas** : Sarpasan, ShalabhAsan, Dhanurasan, Bhujangasan

इकाई-३ आधारभूत आसन

- खड़े होकर किए जाने वाले आसन : गरुड़ासन, उत्तकटासन, नटराज आसन, वीरभद्रासन, कोणासन
- बैठकर किए जाने वाले आसन : पद्मासन, अर्ध मत्स्येन्द्रासन, गौमुखासन, पश्चिमोत्तानासन, उष्ट्रासन, शशांकासन
- कमर के बल लेटकर किए जाने वाले आसन : सर्वांगासन, हलासन, सेतुबंधासन, चक्रासन, पवनमुक्तासन
- पेट के बल लेटकर किए जाने वाले आसन : सर्पासन, शलभासन, धनुरासन, भुजंगासन

Reference Books: सहायक ग्रंथ:

1. Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger.
2. Light on Yoga, BKS Iyenger.
3. Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger.
4. Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
5. Yog Chikitsa evam Siddhant Rahasya, Swami Ramdev.
6. Yogic Sukshma Vyayam, Swami Dhirendra Brahmachari.

Course Outcomes (COs):

CO1: Recall and recite important Yogic prayers and mantras including Gayatri Mantra, Mahamrityunjaya Mantra, and Yagya Prarthana. (RBT Level: L1- Remember)

CO2: Explain the significance and sequence of traditional Surya Namaskar and Yogic Sukshma Vyayama practices. (RBT Level: L2- Understand)

CO3: Demonstrate proper techniques of basic standing, sitting, supine, and prone lying asanas as per classical yoga texts. (RBT Level: L3- Apply)

CO4: Differentiate between Sukshma Vyayama and Sthul Vyayama in terms of movement patterns, benefits, and purpose. (RBT Level: L4- Analyze)

CO5: Compile a personalized sequence of prayers, Surya Namaskar, and asanas tailored to specific health or therapeutic goals and document it in a practical file. (RBT Level: L5- Create)

Semester-I
M.Sc. Yoga Science and Therapy
Practicum
Demonstration of Pranayama and Shatkarma Lab

Paper Code: U25YOG106P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

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

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

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit- I: Prayer, Bandhas and Mudras:

- Om Chanting
- Sangathan Mantra
- Patanjali Prayer
- Jalandhar Bandha
- Uddiyan Bandha
- Mool Bandha
- Mahabandha
- Hast Mudras: Gyan Mudra, China Mudra, Vayu Mudra

इकाई-1 प्रार्थना, बंध व मुद्राएं

- ओ३म उच्चारण
- संगठन मंत्र
- पतंजलि प्रार्थना
- जालंधर बंध
- उड्डीयान बंध
- मूलबंध
- हस्त मुद्राएं: ज्ञान मुद्रा, चिन् मुद्रा, वायु मुद्रा

Unit- II Pranayama and Yog Nidra:

- Naddishodhan
- Suryabhedan
- Chandrabhedan
- Bhastrika
- Sheetali
- Sheetkari
- Bhramari
- Ujjayi
- Udgeetha
- Yog Nidra

इकाई-२ प्राणायाम व योग निद्रा

- नाडीशोधन
- सूर्यभेदन
- चंद्र भेदन
- भस्त्रिका
- शीतली

- शीतकारी
- भ्रामरी
- उज्जायी
- उद्गीथ
- योग निद्रा

Unit- III Shatkarma and Meditation:

- Neti: Jal Neti and Sutra Neti
- Dhauti: Vaman
- Kapalbhathi: Vata karma and Sheet Karma
- Pranav Meditation

इकाई-३ षट्कर्म व ध्यान

- नेति: जल नेति और सूत्र नेती
- धौति: वमन
- कपालभाती: वातक्रम और शीतक्रम
- प्रणव ध्यान

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.
- Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
- Yog Chikitsa evam Siddhant Rahasya, Swami Ramdev.
- Yogic Suksham Vyayam, Swami Dhirendra Brahmachari.

Course Outcomes (COs):

CO1: Recall and correctly chant foundational yogic prayers and mantras such as Om Chanting, Sangathan Mantra, and Patanjali Prayer. *RBT Level:L1- Remember*

CO2: Explain the physiological effects and significance of various Bandhas and Mudras used in yogic practices. *RBT Level:L2- Understand*

CO3: Demonstrate key Pranayama techniques like Nadi Shodhan, Bhastrika, and Ujjayi along with Yog Nidra practice under guided supervision. *RBT Level:L3- Apply*

CO4: Differentiate between the techniques and purposes of various Shatkarmas such as Jal Neti, Sutra Neti, and Vaman Dhauti. *RBT Level:L4 Analyze*

CO5: Assess and reflect on the impact of integrating Pranayama, Shatkarma, and meditation practices into daily lifestyle through self-practice and practical file documentation. *RBT Level:L5- Evaluate*

Semester-II
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Patanjal Yogsutra

Paper Code: U25YOG201T

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 To impart comprehensive knowledge of Patanjala's Yoga Sutras, enabling students to understand, interpret, and apply the philosophical foundations and practices of Yoga for personal transformation and spiritual liberation through systematic study of Samadhi, Sadhana, Vibhuti, and Kaivalya Padas.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: SAMADHI PADA

- What is Yoga? (sutra: 2)
- Culmination of Yoga (sutra: 3)
- Vritti's and their classifications (sutra: 5-11)
- Necessity of Abhyāsa&Vairāgya (sutra: 12)
- Foundation of Abhyāsa (sutra: 13-14)
- Lower & higher form of Vairagya(sutra: 15-16)
- Definition of Samprjnata and Asamprajnata Samādhi (sutra: 17-20, 41-51)
- Definition & attribute of Ishwara (sutra: 24-25)
- Pranava and Sādhana for Ishwara (sutra: 27-28)
- Result of Sādhana (sutra: 29)
- Obstructions in the path of Yoga(sutra: 30-31)
- Aids in the path of Yoga(sutra: 32-40)

इकाई-1: समाधि पाद

- योग क्या है?(सूत्र: 2)
- योग की पराकाष्ठा (सूत्र: 3)
- वृत्ति और उनका वर्गीकरण (सूत्र: 5-11)
- अभ्यास और वैराग्य की आवश्यकता (सूत्र: 12)
- अभ्यास की नींव (सूत्र: 13-14)
- वैराग्य का निचला और उच्च रूप (सूत्र: 15-16)
- सम्प्रज्ञात और असम्प्रज्ञातसमाधि की परिभाषा (सूत्र: 17-20,41-51)
- ईश्वर की परिभाषा एवं गुण (सूत्र: 24-25)
- ईश्वर के लिए प्रणव और साधना (सूत्र: 27-28)
- साधना का परिणाम (सूत्र: 29)
- योग के मार्ग में बाधक तत्व(सूत्र: 30-31)
- योग के मार्ग में साधक तत्व (सूत्र: 32-40)

Unit-2: SADHANA PADA

- Discipline for Sādhana (sutra: 1-2)
- Klesha – Avidya, Asmita, Rāga, Dvesha and Abhinivesha (3-9)

- Modifications of the Klesha and meditation (sutra 10-11)
- Karmāshaya and its fruits (sutra: 12-14)
- Pleasure and Pains are both painful (sutra: 15-17)
- Four stages of Gunās (sutra: 19)
- Purusha and Prakriti(20-24)
- Definition of Hāna (sutra: 25-26)
- Stages of enlightenment (sutra: 27)
- Necessity of Yoga Practice (sutra: 28)
- Bahiranga Yoga (sutra: 29-55)

इकाई-2: साधना पद

- साधना के लिए अनुशासन (सूत्र: 1-2)
- क्लेश – अविद्या, अस्मिता, राग, द्वेषा और अभिनिवेश (3-9)
- क्लेश का संशोधन। ध्यान (सूत्र: 10-11)
- कर्माशय और उसके फल (सूत्र: 12-14)
- सुख और दुःख दोनों ही दुःखदायी हैं (सूत्र: 15-17)
- गुणों के चार चरण (सूत्र: 19)
- पुरुष और प्रकृति (20-24)
- हन की परिभाषा (सूत्र: 25-26)
- आत्मज्ञान के चरण (सूत्र: 27)
- योगाभ्यास की आवश्यकता (सूत्र: 28)
- बहिरंग योग (सूत्र: 29-55)

Unit- 3: VIBHUTI PADA

- Antaranga Yoga(sutra: 1-3)
- Kaivalya siddhis
- Sāyama its results, applications (sutra: -6)
- Parināma (sutra: 9-13)
- Siddhis(sutra: 16-49)
- Attainment of Kaivalya (sutra: 56)
- Sources of Siddhis (sutra: 1)
- Influence of Karma (sutra: 7)

इकाई-3: विभूतिपाद

- अन्तरंग योग (सूत्र: 1-3)
- कैवल्य सिद्धियाँ
- संयम और उसके परिणाम, अनुप्रयोग (सूत्र: -6)
- परिणाम (सूत्र: 9-13)
- सिद्धियाँ (सूत्र: 16-49)
- कैवल्य प्राप्ति (सूत्र: 56)
- सिद्धियों के स्रोत (सूत्र: 1)
- कर्म का प्रभाव (सूत्र: 7)

Unit-4: KAIVALYA PADA

- Five means of Siddhis,
- Concept of NirmanChitta
- Manifestation, Source and disappearance of Vāsanās (sutra: 8-11)
- Theory of perception (sutra: 15)
- Mind and its manifestation (sutra: 16-23)
- Heading to Kaivalya (sutra: 27-34)

- सिद्धियों के पाँच साधन,
- निर्माणचित्त की अवधारणा
- वासनाओं का प्रकटीकरण, स्रोत और लुप्त होना (सूत्र: 8-11)
- अनुभूति का सिद्धांत (सूत्र: 15)
- मन और उसकी अभिव्यक्ति (सूत्र: 16-23)
- कैवल्य की ओर बढ़ना (सूत्र: 27-34)

Reference Books:

1. Four Chapters of Freedom, Swami Satyanadasaraswati, BYS, Munger
2. The Science of Yoga, Taimini
3. Patanjala Yoga Sutra- Geeta Press Gorakhpur
4. Patanjala Yoga Sutra- NandalalDashora
5. Mukhtike Char Sopan, Swami Satyanadasaraswati, BYS, Munger
6. योग विज्ञान, तैमिनी
7. पतंजला योग सूत्र- गीता प्रेस गोरखपुर
8. पतंजला योग सूत्र- नंदलालदशोरा
9. मुक्तिके चार सोपान, स्वामी सत्यनदासरस्वती, बीवाईएस, मुंगेर

Course Outcomes (COs):

CO1: The students will be able to **recall** and **recite** the key sutras and foundational concepts of Samadhi Pada and Sadhana Pada. **(RBT Level: L1- Remember)**

CO2: The students will be able to **explain** the classifications of mental modifications (vrittis), the nature of kleshas, and the role of Abhyāsa and Vairāgya in Yogic discipline. **(RBT Level: L2- Understand)**

CO3: The students will be able to **implement** the principles of Samprijñāta and Asamprijñāta Samādhi and Antaranga Yoga in designing a personal sadhana (practice) plan. **(RBT Level: L3- Apply)**

CO4: The students will be able to **examine** the interrelationship between Prakriti and Purusha, Gunas, Karma, and their influence on bondage and liberation. **(RBT Level: L4-Analyze)**

CO5: The students will be able to **appraise** the relevance of siddhis, vasanas, and mental transformations in the context of achieving Kaivalya (liberation). **(RBT Level: L5- Evaluate)**

Semester-II
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Essence of Srimad Bhagwad Geeta and Samkhya Karika

Paper Code: U25YOG202T

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 To provide philosophical understanding of the Bhagavad Gita and Samkhya Karika, focusing on concepts like soul, karma, yoga, liberation, and metaphysical principles.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit:1 Bhagwad Geeta-I

- General introduction to Bhagwad geeta
- Nature of Soul
- Sthita Prajana
- Karma Siddhant
- Srishti chakra Parampara
- Lokasanghaha ki Parampara

इकाई-1: भगवद् गीता – I

- भगवद् गीता का सामान्य परिचय
- आत्मा का स्वरूप
- स्थितप्रज्ञ
- कर्म सिद्धांत
- सृष्टि चक्र परंपरा
- लोकसंग्रह की परंपरा

Unit:2: Bhagwad Geeta-II

- Tradition of Karma Yoga
- Nature of Yajna
- Gyana ki Aagni
- Unity of Samkhya Yoga and Karma Yoga
- Nature and Utility of Sanyasa
- Symptoms of Karma Yogi
- Solution of Brahmagyana
- Abhyasa and Varigya
- Prakarti and Maya
- Ishwar ki Vibhootiyan
- Virat Swaroop
- Bhakti Yoga
- Interpretation of Triguna
- Devasursampad-vibhag

- Trividh-shraddha

इकाई-II: भगवद् गीता - II

- कर्मयोग की परंपरा
- यज्ञ का स्वरूप
- ज्ञान की अग्नि
- सांख्य योग और कर्म योग की एकता
- संन्यास का स्वरूप और उपयोगिता
- कर्मयोगी के लक्षण
- ब्रह्मज्ञान का समाधान
- अभ्यास और वैराग्य
- प्रकृति और माया
- ईश्वर की विभूतियाँ
- विराट स्वरूप
- भक्ति योग
- त्रिगुणों की व्याख्या
- देवासुर संपद् विभाग
- त्रिविध श्रद्धा

Unit-III: Samkhya Karika-I

- General Introduction to Samkhya karika
- Sawroop of Dukha
- Introduction to twenty five elements
- Praman Vivechan
- Satkaryavada
- Anaplabbddhi ke karan
- Interpretation of Vyakta and avyakta

इकाई-III: सांख्य कारिका - I

- सांख्य कारिका का सामान्य परिचय
- दुःख का स्वरूप
- पंचविंशति तत्त्वों का परिचय
- प्रमाण विचार
- सत्कार्यवाद
- अनुपलब्धि के कारण
- व्यक्त और अव्यक्त की व्याख्या

Unit-IV: Samkhya Karika-II

- Nature of gunas
- Interpretation of Purusha
- Nature and Symptoms of Buddhi
- Amhkara se sargpravritti
- Troyodasha karan
- Sukshma Sharira
- Interpretation of mukti

इकाई-IV: सांख्य कारिका - II

- गुणों का स्वरूप
- पुरुष की व्याख्या
- बुद्धि का स्वरूप और लक्षण
- अहंकार से सर्ग प्रवृत्ति
- त्रयोदश कारण

- सूक्ष्म शरीर
- मोक्ष की व्याख्या

Reference Books:

1. Sankhya Karika- Ishvar Krishna, Chaukhamba Prakashan Delhi
2. Sankhya Pravachan Bhashya- Vijyan Bhikshu,
3. Shrimad Bhagvat geeta, Geeta press Gorakhpur,
4. Sadhak Sanjeevani, Geeta press Gorakhpur,
5. Shrimad Bhagvatgeeta, lokmanyaTilak

Course Outcomes (COs):

CO1 (Remembering): Recall key philosophical concepts from the Bhagavad Gita and Samkhya Karika such as soul (आत्मा), karma (कर्म), gunas (गुण), and moksha (मोक्ष)। (RBT Level: Remember)

CO2 (Understanding): Explain the relationship between Prakriti, Purusha, and the evolution of the universe as presented in Samkhya philosophy. (RBT Level: Understand)

CO3 (Applying): Apply the principles of Karma Yoga, Bhakti Yoga, and Jnana Yoga to understand their practical relevance in modern life. (RBT Level: Apply)

CO4 (Analyzing): Analyze the distinctions and synthesis between Samkhya Yoga and Karma Yoga in the Bhagavad Gita. (RBT Level: Analyze)

CO5 (Evaluating): Evaluate the philosophical significance of concepts like Sthitaprajna, Virat Swaroop, and Triguna in the context of spiritual development and self-realization. (RBT Level: Evaluate)

Semester-II
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Evidence based Yoga Therapy

Paper Code: U25YOG203T

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: To provide learners with a comprehensive understanding of Yoga Therapy, its principles, and its application in the prevention and management of psychosomatic, musculoskeletal, gastrointestinal, cardiovascular, excretory, endocrine, neurological, and psychological disorders, with a focus on evidence-based approaches.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Introduction Yoga Therapy and concept of Stress

- Yoga Therapy-Definition, Principles and concept of Adhija Vyadhi
- Qualities of Yoga Therapist,
- Integrated Approach to Yoga Therapy(IAYT)and Panchakosha
- Introduction to stress and Physiology of stress
- Psychosomatic ailments and Autoimmunity

योग चिकित्सा का परिचय और तनाव की अवधारणा

- योग चिकित्सा – परिभाषा, सिद्धांत और अधिज व्याधि की अवधारणा
- योग चिकित्सक के गुण
- योग चिकित्सा के एकीकृत दृष्टिकोण (IAYT) और पंचकोश
- तनाव का परिचय और तनाव की शारीरिक क्रिया विज्ञान
- मनोदैहिक रोग और स्वप्रतिरक्षित रोग

Unit-2: Musculo-Skeletal Disorders and GastroIntestinal Disorders

Definition, Classification(if any), Causes and Clinical Features, Diagnosis, Medical Management and Yoga management

- Backpain: Lumbar Spondylosis, Inter Vertebral Disc Prolapse(IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago, Sciatica,
- Neck pain: Cervical Spondylosis, Radiculopathy, Functional neck pain, Whiplash injury
- Arthritis: Rheumatoid Arthritis, Osteoarthritis
- Gastritis, Dyspepsia, Peptic Ulcers
- Constipation and Diarrhea
- Irritable Bowel Syndrome
- Inflammatory Bowel Disease: Ulcerative colitis & Crohn's diseases
- Evidence based Yoga therapy for musculo-skeletal Disorders and GastroIntestinal Disorders

पेशीय-कंकाल तंत्र विकार और जठरांत्र विकार

परिभाषा, वर्गीकरण (यदि कोई हो), कारण और नैदानिक लक्षण, निदान, चिकित्सा उपचार और योग आधारित प्रबंधन

- पीठ दर्द: लम्बर स्पॉन्डिलोसिस, इंटरवर्टिब्रल डिस्क प्रोलैप्स (IVDP), स्पॉन्डिलोलिस्थिसिस, स्पॉन्डिलाइटिस, मानसिक-लंबैगो, सायटिका
- गर्दन का दर्द: सर्वाइकल स्पॉन्डिलोसिस, रेडिकुलोपैथी, क्रियात्मक गर्दन दर्द, व्हिपलैश चोट

- गठिया: रूमेटॉइड आर्थराइटिस, ऑस्टियोआर्थराइटिस
- गैस्ट्राइटिस, अपच (डिस्पेप्सिया), पेट्रिक अल्सर
- कब्ज और दस्त
- इरिटेबलआंत्र सिंड्रोम (IBS)
- सूजन आंत्र रोग: अल्सेरेटिव कोलाइटिस और क्रोहन रोग
- मांसपेशीय-कंकाल और जठरांत्र विकारों के लिए प्रमाण आधारित योग चिकित्सा

Unit-3: Respiratory and Cardiovascular Disorders

Definition, Classification(if any), Causes and Clinical Features, Diagnosis, Medical Management and Yoga management

- Bronchial Asthma
- Allergic Rhinitis & Sinusitis
- Chronic Obstructive Pulmonary Disease (COPD)
- Hypertension and Hypotension
- Atherosclerosis/Coronary artery disease/ Ischemic Heart disease–Angina pectoris/Myocardial Infarction
- Evidence based Yoga therapy for Cardiovascular and Respiratory Disorders

श्वसन और हृदयवाहिनी विकार

परिभाषा, वर्गीकरण (यदि कोई हो), कारण और नैदानिक लक्षण, निदान, चिकित्सा उपचार और योग आधारित प्रबंधन

- ब्रोंकियल दमा
- एलर्जिक राइनाइटिस और साइनोसाइटिस
- पुरानी प्रतिरोधी फेफड़ों की बीमारी (COPD)
- उच्च रक्तचाप और निम्न रक्तचाप
- धमनियों का कठोर होना/कोरोनरी आर्टरी डिजीज/इस्कीमिक हृदय रोग – एनजाइना पेक्टोरिस/मायोकार्डियल इन्फ्रक्शन
- हृदयवाहिनी और श्वसन रोगों के लिए प्रमाण आधारित योग चिकित्सा

Unit 3: Excretory system, Obstetrics and Gynaecological Disorders

Definition, Classification(if any), Causes and Clinical Features, Diagnosis, Medical Management and Yoga management

- Chronic Renal Failure
- Renal Stones
- Irritable Bladder
- Pre-menstrual Syndrome, Menopause and Menstrual disorders
- Pregnancy (Pregnancy Induced Hypertension and Gestational DM)
- Infertility-male and female & Poly Cystic Ovary Syndrome
- Evidence based Yoga therapy for Excretory and Gynaecological Disorders

उत्सर्जन प्रणाली, प्रसूति और स्त्रीरोग संबंधी विकार

परिभाषा, वर्गीकरण (यदि कोई हो), कारण और नैदानिक लक्षण, निदान, चिकित्सा उपचार और योग आधारित प्रबंधन

- पुरानी वृक्क (गुर्दे) विफलता
- वृक्क पथरी (गुर्दे की पथरी)
- चिड़चिड़ा मूत्राशय
- प्री-मैस्ट्रुअल सिंड्रोम, रजोनिवृत्ति और मासिक धर्म संबंधी विकार
- गर्भावस्था (गर्भावस्था प्रेरित उच्च रक्तचाप और गर्भकालीन मधुमेह)
- बांझपन – पुरुष एवं महिला, और पॉलिसिस्टिक ओवरी सिंड्रोम (PCOS)
- उत्सर्जन प्रणाली और स्त्रीरोग संबंधी विकारों के लिए प्रमाण आधारित योग चिकित्सा

Unit-4: Endocrine, Neurological and Psychological Disorders

- Diabetes Mellitus
- Thyroidism: Hypo and hyper
- Obesity

- Metabolic Syndrome
Neurological disorders
- Headaches: Migraine and Tension headache
- Cerebro-vascular accidents
- Epilepsy
- Parkinson's disease
Psychological disorders
- Neurosis- Anxiety disorders: Generalised anxiety disorder: Panic Anxiety, Obsessive Compulsive Disorder, Post-traumatic stress disorder, Phobias and Depression: Dysthymia and Major depression
- Psychosis: Bipolar Disorder and Schizophrenia
- Evidence based Yoga therapy for Endocrinal, neurological and psychological disorders

अंतःस्रावी, तंत्रिका और मानसिक विकार

- अंतःस्रावी विकार
- मधुमेह (डायबिटीज मेलिटस)
- थायरॉइड विकार: हाइपोथायरॉइडिज्म और हाइपरथायरॉइडिज्म
- मोटापा
- चयापचय सिंड्रोम
तंत्रिका विकार
- सिरदर्द: माइग्रेन और तनाव से होने वाला सिरदर्द
- मस्तिष्कवाहिनी घटनाएं (Cerebrovascular Accidents)
- मिर्गी (एपिलेप्सी)
- पार्किंसंस रोग
मानसिक विकार
- न्यूरोसिस – चिंता विकार: सामान्यीकृत चिंता विकार, पैनिक अटैक, ऑब्सेसिव कंपल्सिव डिसऑर्डर (OCD), पोस्ट टॉमैटिक स्ट्रेस डिसऑर्डर (PTSD), भय (फोबिया), और अवसाद: डिस्थाइमिया और प्रमुख अवसाद
- मनोविकृति (Psychosis): बायपोलर डिसऑर्डर और सिज़ोफ्रेनिया
- अंतःस्रावी, तंत्रिका और मानसिक विकारों के लिए प्रमाण आधारित योग चिकित्सा

Reference Books:

1. Swami Ramdev- Yoga Sadhana avm Chikitsa Rahasya, Divya Prakashan, Haridwar.2012
2. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham, S.M.Y.S. samiti, Lonavala,2015.
3. K.N. Udupa- Stress and its management by Yoga, Motilal Banarsidass publication,1998.
4. Dr. Arun K. Sao & Dr. Akhileshwar Sao – Tanav Avm Yoga, Radha Pub. New Delhi,2013.
5. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi,2002.
6. Swami Satyananda Saraswati-Yoga Therapy BYS, Munger
7. Swami Karmananda -Yoga Therapy for Common Disease, Yoga Publication trust, Munger
8. Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
9. Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
10. Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
11. Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
12. Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
13. Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
14. Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
15. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP

Course Outcomes (COs)

CO1 (Remembering): Recall the definitions, classifications, and clinical features of common disorders such as musculoskeletal, gastrointestinal, respiratory, endocrine, and psychological conditions, along with core yogic therapy principles like Adhija Vyadhi and Panchakosha. *(RBT Level: Remember)*

CO2 (Understanding): Describe the physiological impact of stress and psychosomatic pathways, and explain the Integrated Approach to Yoga Therapy (IAYT) in addressing systemic disorders. *(RBT Level: Understand)*

CO3 (Applying): Apply appropriate yoga therapy techniques for managing specific health conditions such as asthma, hypertension, arthritis, gastritis, and diabetes based on medical and yogic principles. *(RBT Level: Apply)*

CO4 (Analyzing): Analyze the relationship between psychosomatic illness and autoimmunity, and differentiate yoga-based interventions for various disorders across the musculoskeletal, gastrointestinal, and cardiovascular systems. *(RBT Level: Analyze)*

CO5 (Evaluating): Evaluate the effectiveness of evidence-based yoga therapy protocols in managing endocrine, neurological, and psychological disorders in the context of holistic health care. *(RBT Level: Evaluate)*

Semester-II
M.Sc. Yoga Science and Therapy
Discipline Specific Course (DSC)
Alternate Therapy

Paper Code: U25YOG204T

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: To introduce students to the foundational concepts, principles, and practices of Alternative Medicine with a focus on Naturopathy, enabling them to understand its historical background, therapeutic techniques (such as water, mud, sun, diet, and fasting therapies), and their effects on health and disease management, while also exploring the benefits and limitations of various alternative medical systems.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-I: Alternative medicine and Naturopathy

- 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,
- Mud therapy,
- Sun therapy,
- Diet therapy,
- Fasting therapy, effects of all therapies on the body, methods, their effects on various diseases.

वैकल्पिक चिकित्सा, प्राकृतिक चिकित्सा

- 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-II Acupressure, Magnetic therapy

- 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, चुम्बकीय चिकित्सा

- 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-III Swara Yoga Chikitsa

- 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

- 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-IV: Prana Chikitsa, Yagna Chikitsa.

- 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, यज्ञ चिकित्सा

- 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।

Reference Books:

1. एक्यूप्रे र- अतर सिंह
2. एक्यूप्रे र- डा० एल. एन कोठारी
3. मिरेकल्स प्राणिक हीलिंग- मास्टर निकाझो उसूर्ई
4. स्वर चिकित्सा- डा० राके ।
5. स्वर योग विज्ञान- डा० राके ।
6. एडवांस प्राणिक हीलिंग- मा० मिकाओं उसूर्ई
7. य । चिकित्सा- बाह्य वर्चस
8. य । 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 पियूश त्रिवेदी

Course Outcomes (COs);

CO1 (L1 – Remember): 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.

CO2 (L2 – Understand): The students will be able to explain the conceptual framework, objectives, and applications of therapies such as water, sun, fasting, magnet, swara, pranic, and yagna therapy.

CO3 (L3 – Apply): The students will be able to apply the learned therapeutic procedures to common ailments such as diabetes, asthma, constipation, blood pressure, and back pain.

CO4 (L4 – Analyze): The students will be able to analyze the physiological and psychological effects of various alternative therapies on different body systems (digestive, cardiac, nervous, etc.) and identify their strengths and limitations.

CO5 (L5 – Evaluate): The students will be able to evaluate the relevance and effectiveness of holistic healing approaches like Pranic and Yajna Chikitsa in modern healthcare contexts.

Semester-II
M.Sc. Yoga Science and Therapy
Practicum
Yoga Skill and Prowess Lab

Paper Code: U25YOG205P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course objective: To develop practical proficiency in yoga through hands-on training in basic kriyas, asanas, breathing techniques, and meditation practices, fostering physical vitality and inner awareness.

Note: 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

Unit-I: Prayer, Sithili-karana Vyayama, Breathing Practices

- Prayer
- Surya Namaskara

Sithilikarana Vyayama

- Simple Jogging---Mukha Dhouti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Back stretch
- Side Bending
- Neck Movement

Breathing Practices

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Breathing

इकाई-I: प्रार्थना, सिथिलिकरण व्यायाम, श्वास अभ्यास

प्रार्थना

सूर्य नमस्कार

सिथिलिकरण व्यायाम

- सरल जॉगिंग---मुख धौति
- आगे की ओर जॉगिंग
- पीछे की ओर जॉगिंग
- साइड जॉगिंग
- घुमाव
- बाहों का घुमाव
- आगे और पीछे की ओर झुकना
- पीठ को खींचना
- साइड झुकना
- गर्दन को हिलाना

श्वास अभ्यास

- हाथों से श्वास अंदर और बाहर लेना
- हाथों को खींचना श्वास
- टखने को खींचना श्वास

- कुत्ते की श्वास
- खरगोश की श्वास
- बाघ की श्वास

Unit-II: Kriya and Meditation

- Neti: Jal Neti and Rubber Neti
- Dhauti: Vaman
- Kapalbhathi: Vata karma and Vyut Karma
- Breath meditation, Om Meditation

यूनिट- II: क्रिया और ध्यान

- नेति: जल नेति और रबर नेति
- धौति: वमन
- कपालभाति: वात कर्म और व्युत् कर्म
- श्वास ध्यान, ओम ध्यान

Unit-III Asana

Standing Asana

- Tadasana
- Triyaktadasana
- Katichakrasana
- Vrikshasana
- Trikonasana
- Shankatasana
- Utkatasana
- Urdhavasttotansana
- Sirshpadanghusthasana
- Padhashastana

Sitting Asana

- Dandasana
- Vakrasana
- Ardhamatesendryasana
- Akarnadhanurasana
- Mrjariasana
- Vygrasana
- Gomukhasana
- Vajrasana
- Ardha-Ustrasana
- Sashankasana
- Supta-Vajrasana
- Padmasana
- Tolangulasana
- Utthithapadmasana
- Matsyasana

Supine Asana

- Uttanpadasana
- Ardha-Halasanana
- Halasana
- Naukasana
- Setubandhasana
- Shavasana

Prone Asana

- Salabhasana
- Makrasana
- Dhanurasana
- Viprit
- Naukasana

यूनिट-III आसन

खड़े होकर किए जाने वाले आसन

- ताड़ासन
- त्रिकोणताड़ासन
- कटिचक्रासन
- वृक्षासन

- त्रिकोणासन
- शंकटासन
- उत्कटासन

- उर्ध्वहस्तोतानासन
- शीर्षपादंगुष्ठासन
- पादहस्तासन

बैठकर किए जाने वाले आसन

- दंडासन
- वक्रासन
- अर्धमत्स्येन्द्र आसन
- आकर्णधनुरासन
- मार्जरी आसन
- व्याघ्रासन
- गोमुखासन
- वज्रासन

- अर्ध-उष्ट्रासन
- शशांकासन
- सुप्त-वज्रासन
- पद्मासन
- तोलांगुलासन
- उत्थिथपद्मासन
- मत्स्यासन

कमर के बल लेटकर किए जाने वाले आसन

- उत्तानपादासन
- अर्ध-हलासन
- हलासन

- नौकासन
- सेतुबंधासन
- शवासन

पेट के बल लेटकर किए जाने वाले आसन

- शलभासन
- मकरासन
- धनुरासन
- विपरीत नौकासन

Reference Books:

1. Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger
2. Light on Yoga, BKS Iyenger
3. Hatha Yoga Pradipika, Swami SatyanadaSaraswati, BSY, Munger
4. आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
5. योग पर प्रकाश, बीकेएस अयंगर
6. हठ योग प्रदीपिका, स्वामी सत्यानंदसरस्वती, बीएसवाई, मुंगेर

Course Outcomes (COs):

CO1: Recall the names, sequences, and key steps of basic asanas, kriyas, and breathing exercises practiced in the lab. **RBT Level: L1- Remember.**

CO2: Explain the physiological and mental benefits of various yogic practices, including surya namaskara, kriyas, and meditation techniques. **RBT Level: L2- Understand.**

CO3: Demonstrate correct techniques and posture alignment for selected standing, sitting, supine, and prone asanas, kriyas, and breathing practices. **RBT Level: L3- Apply.**

CO4: Differentiate the effects of kriyas and asanas on different body systems and analyze their suitability for specific needs or conditions. **RBT Level: L4- Analyze.**

CO5: Design a customized daily yoga practice sequence incorporating prayer, sithilikarana vyayama, breathing practices, kriyas, and meditation for self or a group. **RBT Level: L5- Create.**

Semester-II
M.Sc. Yoga Science and Therapy
Practicum
Yoga Therapy Lab

Paper Code: U25YOG206P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Course objective: To enable students to understand, apply, and design therapeutic yoga modules for managing specific physical, psychological, and lifestyle-related disorders such as asthma, diabetes, arthritis, anxiety, and more, using evidence-based yogic practices.

Note: 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. Yoga modules for the following:

- Asthma (other Respiratory disorders)
- Anxiety and Depression (other Psychological disorders)
- Arthritis
- Backpain
- Neck pain
- Diabetes Mellitus
- Hypertension
- Menstrual disorders
- Obesity
- Migrane
- Sinusitis
- Headache
- Constipation
- Vision disorder
- Sciatica

निम्नलिखित के लिए योग मॉड्यूलसः

- अस्थमा (अन्य श्वसन तंत्र संबंधी विकार)
- चिंता और अवसाद (अन्य मानसिक विकार)
 - गठिया
 - पीठ दर्द
 - गर्दन दर्द
 - मधुमेह
 - उच्च रक्तचाप
 - मासिक धर्म संबंधी विकार
 - मोटापा
 - माइग्रेन
 - साइनसाइटिस
 - सिरदर्द
 - कब्ज

- दृष्टि विकार
- सियाटिका

Reference books:

1. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
2. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
3. MSRT – Dr H R Nagendra, SVYP.
4. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagaratna, SVYP.
5. तनाव प्रबंधन का परिप्रेक्ष्य- डॉ. एच. आर. नागेंद्र और डॉ. आर. नागरत्ना, एसवीवाईपी।
6. प्राणिक ऊर्जाकरण तकनीक- डॉ. एच आर नागेंद्र, एसवीवाईपी।
7. एमएसआरटी - डॉ एच आर नागेंद्र, एसवीवाईपी।
8. कैंसर के लिए योग - डॉ. एच आर नागेंद्र, डॉ. आर नागरत्न, एसवीवाईपी।

Course Outcomes (COs)

CO1 (Remembering): Recall the names and purposes of yoga modules and meditation techniques used in managing specific diseases such as asthma, diabetes, anxiety, and hypertension. (RBT Level: Remember)

CO2 (Understanding): Explain the physiological and psychological benefits of basic and advanced meditation techniques like breath awareness, mantra meditation, cyclic meditation, and mind sound resonance technique. (RBT Level: Understand)

CO3 (Applying): Apply appropriate yoga modules and meditation practices based on disease profiles to address conditions such as back pain, obesity, menstrual disorders, and vision problems. (RBT Level: Apply)

CO4 (Analysing): Analyse the role of specific yoga and meditation techniques in managing psychosomatic and neurological disorders such as depression, muscular dystrophy, and headaches. (RBT Level: Analyze)

CO5 (Evaluating): Evaluate the effectiveness of integrated yoga therapy and meditation in enhancing quality of life and reducing dependency on pharmacological interventions in chronic disease management. (RBT Level: Evaluate)