

UNIVERSITY OF LUCKNOW



DEPARTMENT OF YOGA

M.A./M.Sc. IN YOGA

FACULTY OF YOGA AND ALTERNATIVE MEDICINE



ORDINANCE AND SYLLABUS M.A./M.Sc. IN YOGA



Introduction

Yoga is considered to be science of man which explores the avenues for human functioning. It is also the foundation of Indian Culture which gives emphasis on code of human behavior resulting in richness of life i.e. psychological, physical and social. Yoga is an art of living. A person who knows how to handle the different situations and problems is considered a successful individual and possesses sound mental health. Yoga teaches us how to live peacefully enjoying whatever we have in our possession.

Mission

The mission of the programme is to prepare competent man power capable of working as a skilled and educated yoga professionals to solve the Health problems of people in their day to day living and also to make the people learn to satisfy their unmet needs while ensuring Self Management and balance.

Vision

Through this programme, to stand in the first row of leading yoga Institution in the world which may prepare the professionals to find the permanent solutions of human Health problems in the fast changing and complex societal conditions in the 21st century.

Programme Objectives

1. Impart education and training in yoga profession in order to create qualified personnel and provide equipped manpower in development and allied fields through culture-sensitive, eclectic and evidence-based practice at various levels.
2. To help students to develop knowledge, skills, attitudes and values appropriate to the practices of Yoga profession.
3. To stimulate and encourage integration of theory and practice in the fields of yoga profession.
4. To facilitate and provide interdisciplinary collaboration for better understanding of Health issues, Diseases and needed Services.

Programme Outcomes

- PO-1** Able to understand education and training in professional field of yoga in order to create qualified personnel and provide equipped manpower in development and allied fields.
- PO-2** Able to develop culture-sensitive, eclectic and evidence-based participatory practice at various levels in the field of yogic science.

- PO-3** Able to imbibe the basic knowledge, skills, attitudes, ethics and values appropriate to the practices of yoga profession;
- PO-4** Able to develop integration of theory and practice in the various fields of yoga profession; and
- PO-5** Able to develop and improve skills in interdisciplinary collaboration for better understanding of Adjustment all issues, Health problems, issues of Moral development and needed services.

Programme Specific Outcome

- PSO-1.** Learn about the Medical potential of ASANAS PRANAYAM, SHATKARMA on various Human diseases.
- PSO-2.** Understand and apply the physiological effects of asanas and pranayam on human body.
- PSO-3.** Study the use of pranayam in mental disorders.
- PSO-4.** Learn the classical status of yoga practices.
- PSO-5.** Global level research opportunities to pursue Ph.D. programme targeted approach of - NET examination.

Programme Description:

There shall be a minimum 96 credits for the Master of Yoga Programme which is spread over four semesters in two academic years including 15 Core Courses (60 Credits) with option of MOOC Course and Yoga Practicum, three Open Elective Courses (12 Credits), two Value added course out of which one is of 4 credits, besides one course of Interdepartmental (4 credits) and one course of Intra-departmental (4 credits), Summer Internship (4 credits) and Master's dissertation (8 credits).

Pedagogy of the Programme

During the two years M.A/M.Sc. in Yoga programme lecture cum discussion, brain storming, techniques analysis and discussion, interactive/facilitated discussions, class instruction, (students' seminars), visits, non-credit trainings, orientation programme, extension, field based assignments or experience sharing lectures by guest or visiting faculties and practitioners, exposure of information technology in teaching-learning process, skill workshops, opportunity to attend seminar and conferences, career guidance, induction/exit/follow-up meeting etc. constitute the pedagogy of the course.

In addition, the department will organize seminars, workshops, cultural programmes, special lectures etc. for the students to develop professional competencies among them.

Duration: The total duration of the Course shall be of two years spread over in four semesters.

Seats: 50 (Fifty)

Eligibility: B.A./B.Sc. in Yoga/graduate in science, Arts or Commerce with 45% marks (for general & OBC

applicants)/40% marks (for SC & ST applicants).

Candidates with B.A./B.Com./B.A (YOGA) in Graduation, will be awarded M.A. (YOGA) degree and candidate with B.Sc./B.Sc. (YOGA) in graduation, will be awarded as M.Sc. (YOGA) degree.

Procedure of Admission: As per University norms. **Medium of Instruction:** Hindi and English

Attendance: As per University norms.

Fee: As per University norms.

Result: As per University norms.

Evaluation Criteria

- The medium of instruction shall be English and/or Hindi and University of Lucknow permits the students to write examination answer books in English or Hindi and no other language subjects.
- Examinations shall be conducted at the completion of all units in each paper of a semester as per the academic/examination calendar notified by the University of Lucknow.
- Each theory paper will be valued for 100 marks, out of which 70 marks will be for end-semester written examinations and 30 marks are for Continuous Internal Assessment (CIA).
- For Continuous Internal Assessment (CIA) in each paper, the following method will be followed:

Continuous Internal Assessment (CIA)		
S. No.	Components	Marks
1.	Written Unit Test	15 marks
2.	Presentation and Hand Written Submission of Assignment	10 marks
3.	Attendance*	05 marks
Total		30 marks

- For Continuous Internal Assessment (CIA), the schedule of conduct of written unit test, presentation sessions and/or submission of written assignment will be announced among the students well in advance by each respective faculty member. After completion of internal assessment, the related records including award lists should be submitted in the department as per University norms.

Faculty of Yoga and Alternative Medicine, University of Lucknow
Department of Yoga
Syllabus For M.A./M.Sc. in Yoga
(Proposed to be implemented from July, 2020)

Course No.	Name of the Course	Credits	Remark
	Semester I		
YOGCC-101	Fundamental of Yogic Sciences	04	Core Course
YOGCC-102	Human Anatomy and Physiology	04	Core Course
YOGCC-103	Yoga Theory and Practice-1	04	Core Course
YOGCC-104	Indian Philosophy and Yoga	04	Core Course
YOGCC-105	Patanjala Yoga Darshan	04	Core Course
YOGVC-101	Yoga and Mental Health	04	Value added Course (Credited)
	Semester I Total	24	
	Semester II		
YOGCC-201	Human Consciousness	04	Core Course
YOGCC-202	Science of Soul	04	Core Course
YOGCC-203	Yoga Theory and Practice-2	04	Core Course
YOGCC-204	Yoga in Upanishad	04	Core Course
YOGCC-205	Hath Yoga	04	Core Course
YOGCC-206	Yoga and Health	04	Core Course
YOGVNC-201	Therapies in Nature Cure	00	Value added Course (Non Credited)
	Semester Total	24	
	Semester III		
YOGCC-301	Yoga in Bhagwat Geeta	04	Core Course/MOOC
YOGCC-302	Research and Statistical Methodology in Yoga	04	Core Course
YOGCC-303	Yoga Theory and Practice-3	04	Core Course
YOGEL-301A	Eminent Indian Yogis	04	Elective
YOGEL-301B	Yoga and Value Based Education		
YOGEL-301C	Ayurveda, Swasthvirritta & Yogic Diet		
YOGIN-301	Summer Internship	04	Educational Visit/Institutional visit
YOGIEF-301	Diet, Nutrition & Herbal Medicine	04	Interdepartmental Course
	Semester Total	24	
	Semester IV		
YOGCC-401	Yoga; A Management of Health & Diseases	04	Core Course
YOGEL-401A	Teaching Methods in Yoga	04	Elective
YOGEL-401B	Reflexology, Exercise & Massage Therapy		
YOGEL-402A	Yoga & Personality Development	04	Elective
YOGEL-402B	Applied Psychology & Yogic Counseling		
YOGMT-401	Master Dissertation	08	Master Thesis
YOGIRA-401	Diagnostic Methods & Management of Diseases Through Naturopathy	04	Intra-departmental Course
	Semester Total	24	
	Grand Total	96	

YOG-Subject; CC-Core Course; VC-Value added Course (Credited);
VNC-Value added Course (Non Credited), EL-Elective,
IER-Interdepartmental Course, IRA-Interdepartmental Course

Faculty of Yoga and Alternative Medicine, University of Lucknow, Lucknow
Department of Yoga

Syllabus for M.A. /M.Sc. in Yoga
(FIRST SEMESTER) (YOGCC- 101)
Fundamentals of Yogic Science

Credits 4

MM 100 (70+30)

Unit-I:

Yoga: History, Concepts and Development

Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions. Aim and Objectives of Yoga. Introduction as the basis of Yogic contact; Vedas, Principal Upanishads, Shankhya, Vedant, Epics (Ramayana, Mahabharata), Smritis, Agams & Tantras, Yoga Vashistha, Ayurveda, Sufism, Medieval Literature and Narad Bhakti Sutras.

Unit-II

Introduction of yogis

Brief Introduction to the important Yoga Paramparas(Lineages) of Gorakhanatha, Maharshi Ramana, Swami Dayanand Saraswati, Swami Vivekanand, Sri Arvind, Swami Yoganand, Sri T.krishnamacharya, Swami Shivananda Saraswati and Mahesh Yogi.

Unit-III

Analysis of Creation of World

Creation process in Vedas Creation process in Upanishads Concept of creation in Nyaya & Vaisesik
Concept of creation in Jain tradition Concept of creation in Buddha tradition Concept of creation in Shankhya and Yoga Philosophy

Unit-IV:

Prakarati and Purush

Meaning, Concept and Nature of Prakrati & Purush in Shankhya Philosophy, Yoga Philosophy, Bhagvad Geeta, Charak and Sushrut Samhita.

Function of Prakrati and Purusha. Relationship between Prakrati and Purusha.

Unit-V

School of Yoga

Ashtang Yoga, Hatha Yoga, Karma Yoga, Raja Yoga, Bhakti Yoga, Gyana Yoga

Books Recommended

1. Swami Vigyananda Saraswati- Yoga Vigyan.
2. Misra, P.D.- An Introduction of Yoga
3. Paramhans Niranjanda – Yoga Darshan
4. Misra, Bachaspati- Sankhya tatva Kaumudi
5. लहमणान=द- *यानयोग Pकाश

**Syllabus for M.A. /M.Sc. in Yoga
(FIRST SEMESTER) (YOGCC- 102)
Human Anatomy and Physiology**

Credits 4

MM 100 (70+30)

Unit-I

Anatomy

Introduction to Human Anatomy, Bones of Upper limb, Bones of Lower Limb, Relevance of yogic practices with Human Anatomy, Bones: Types of Bones, classification, Description of Various bones of the body, Vertebrae, skull, bones of thorax and pelvis etc.

Unit-II

Myology

Structure of Muscle Types of muscles, Muscles of upper limb, lower limb, trunk, head and neck, Origin, insertion, blood supply, nerve supply and actions of the muscles. Classification of joints

Arthrology

Construction of joints in general, Description of the various joints, Joints of upper limb, shoulder joint, elbow joint, wrist joint etc., Joints of lower limb- Hip joint, knee joint, Ankle Joint, Joints of Thorax and Head, Neck, Sternoclavicular Joint.

Unit-III:

Meaning and definition of physiology Importance of Physiology Cell and Its, Functions Cell Division

Digestive System

Structure and functions of different organs of digestive System, Diseases of the digestive system, Effects of Yogic Practices on digestive system

Blood Circulatory System

Composition and formation of blood, Function of Blood Constituent, Structures and function of heart, Greater Blood Circulation, Smaller Blood Circulation, Diseases of the Heart and other circulatory system. Effects of Yogic Practices on Blood Circulatory System

Unit-IV:

Excretory System

Structure and functions of the organs involved in excretory system. Diseases of the excretory system. Effects of Yogic Practices on excretory system.

Endocrine System

Types of Ductless Gland, Functions of each gland and its diseases. Effects of Yogic Practices on Endocrine system.

Respiratory System

Structure and functions of different organs of Respiratory System, Diseases of the Respiratory System. Effects of Yogic Practices on Respiratory System.

Unit-V:

Nervous System

Structure of the organs involved in Central Nervous System functions of the Central nervous System. Structure and functions of sympathetic nervous system. Structure and functions of para- sympathetic nervous system. Relationship between body and autonomous nervous system. Structure and functions Mind and its functions Relationship between Body and Mind.

Books Recommended

1. Guyton- Medical Physiology
2. Vander, Sherman, Luciano- Human Physiology
3. Gore, M.M.- Anatomy and Physiology of Yogic Practices
4. Gray- textbook of Anatomy

5. Cunningham's –Anatomy
6. Chaurasia, B.D.- Human Anatomy
7. Shell- Anatomy for Medical Student
8. Gore, M.M.- Anatomy and Physiology of Yogic Exercise
9. पीन=दनबंसल-शरीररचनाविधानं एवं शरीरऽयविधान।

**Syllabus for M.A. /M.Sc. in Yoga
(FIRST SEMESTER) (YOGCC-103)
Yoga Theory and Practice - 1**

MM 100 (70+30)

Credits 4

Unit-I:

Yogic Sthule Vyayam

Meaning and its Benefits. Types of Yogic Sthule & Sukshma Vyayam, Precautions concerning the following Sthule Vyayama :Rekha Gati, Hridgati (injan dour), Utkuradan (Jumping), Urdha Gathi, Sarvang Pusti.

Unit-II:

Sukshma Vyayam: Uchcharansthal Tatha Vishuddhi Chakra Shuddhi, Buddhi tatha Dhriti Shakti Vikasak Kriya, Smaran Shakti Vikasak Kriya, Medha Shakti Vikasak Kriya, Netra Shakti Vikasak Kriya, Kapol Shakti Vikasak Kriya, Karna Shakti Vikasak Kriya, Greeva Shakti Vikasak Kriya

Unit-III:

Asanas (Yogic Postures)

Meaning and its Benefits. Types of Asanas in Laying Posture. Techniques and Precautions concerning the following asanas: Shavasana, Vipritkakni, Sarvangasana, Karnapidasan, Halasana, Uttanpadasana, Pawan Muktasana, Naukasana, setubandhasana, Chakrasana

Surya Namaskar - Meaning, Techniques, Precautions and Benefits.

Unit-IV:

Pranayama

Meaning and Types of Pranayama, Preparation for Pranayama. Techniques of Pranayama. benefits and Precautions, Time, Concerning the following Pranayama: Nadi-Shodhan, Surya Bhedi, Ujjai, Sheetal, Shitakari, Bhastrika, Bhramari, Murchha, Plavini.

Unit-V:

Shat Karma

Meaning and its Benefits Types of Shat Karmas, Precautions of concerning the following Shat-Karmas: Dhauti, Vasti, neti, Nauli, Trataka, Kapalbhati.

Books Recommended

1. Bramhachari, Swami Dhirendra- Yogic SukshmaVyayam
2. Swami, Satyananda- Asana, Pranayam, BandhaMudra
3. Misra, P.D.- Yoga: AnIntroduction
4. Gupta, Rameshwar Das - YogaRashmi
5. Bharadwaj, ishwar-Yoagasana
6. Iyenger, B.K.S.-Pranayama
7. Kavalyananda, Swami- Pran,Pranvidya
8. Tiwari, Om Prakash- Asanas: why andHow?

**Syllabus for M.A. /M.Sc. in Yoga
(FIRST SEMESTER) (YOGCC- 104)
Indian Philosophy and Yoga**

Credits 4

Credits 4

MM 100 (70+30)

Unit-I:

Philosophy: Meaning, Definition, Nature and Dimensions. Concept of Metaphysics, Epistemology and Ethics Characteristics and Classification of Indian Philosophy

Unit-II:

General account of Categories in Nyaya-Vaisesika Philosophy, Dravya, Guna, Karma, Samanya, Visesa, Samvaya and Abhava Prama, Prameya and Pramana, Karya-Karana Sambandh

Unit-III:

Subject of Purva Mimamsa and Uttar Mimamsa. Types of Vedant Darshan: Advaita, Vishistadwait, Dwaita, Suddhadwaita and Dwaitadhwait, Metaphysical Background of Samkhya–Yoga Philosophy
Description of Cittavriti, Cittabhumi and Path of Yoga.

Unit-IV:

Concept of Anekantvada, Syadavada and Saptbhanginaya. Ethical Discipline and means to Liberation in Jainism. Buddhist Philosophy and Concept of Four Noble Truths. Aim, Objective and Misconceptions of Yoga Conceptual analysis of Yoga and its Importance.

Unit-V:

Yoga Philosophy-general Introduction, Chitta, Chichh Bhumi & the eight fold path of yoga samadhi, vibhutiyan & Existence of god.

Books Recommended

1. Upadhyaya, Acharya Baldeo- Indian Philosophy
2. Sinha, J.N. – Indian Philosophy
3. Saxena, Sri Krishna- Nature of Consciousness in India
4. Saxena, Kanchan- Concept of Salvation in Hinduism and Christianity
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Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(YOGCC 105)
Patanjala Yoga Darshan

Credits 4

MM 100 (70+30)

Unit-I :

Introduction of maharshi Patanjali, Definition of yoga according to patanjali

Unit-II :

Samadhi Pada

concept of Chitta- Vriti, Chitta- Vriti nirodhopaya, Abhyasa and Vairagya. Types and nature of Samadhi, Concept of ishvar chitta –prasadanam. Chitta- Vikshepas (Antrayas) & Sah-Vikshepas. Ritambharaprajna and Adhyatmaprasada.

Unit-III :

Sadhana Pada

Concept of Kriya Yoga, Theory of Kleshes, Concept of Dukhavada , Viveka Khyati, Karma and Rebirth, Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayam, Pratyahar and their usefulness in Chittavritti nirodhopayah.

Unit-IV :

Vibhuti Pada

Concept of Vibhuti, Meaning of Antranga Yoga, Introduction of Dharana, Dhyan and Samadhi, Concept of Sanyama, Sanyam of Parinaamtraya, Sanyama of pratyaysya, Sanyama of kayaroop, Sanyama of Surya, Chandra & dhurva, Sanyam of Chakra Sanyam of Udan & Samana, Concept of Parkaya pravesh & Astamaha Siddhi.

Unit-V :

Kaivalya Pada

Sources of Siddhis, Four types of Karmas, Expression, Smarti-Sanskar, Concept of Dharmmedha Samadhi, Principle of Knowledge, Concept of Chittashakti, Concepts of Kaivalya.

Books Recommended

1. Daushora, Nand Lal- Patanjala Yoga Sutra Shastri,
2. Vijay pal- Patanjala Yoga Vimarsha Shastri,
3. Omanand- patanjala Yoga Pradeep Misra,
4. Bachaspati- Yoga Sutra tatvavaishardi Shastri,
5. Rajveer- Yoga Darshan
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Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(YOGVC-101) Value added Course (Creditted)
Yoga and Mental Health

Credits 4

MM 100 (70+30)

Unit-I:

Role of Mental Health in total health, Normal and Abnormal behavior

Unit- II

Psycho-social factors in abnormal behavior, Types of mental disorders, Fundamental principles of Psycho-somatic approach

Unit- III

Emotional factors in different physical diseases, Gastro intestinal disturbances Cardio vascular disturbances, skin diseases

Unit-IV

Respiratory disturbances, Metabolic and Endocrine disturbances

Unit-V

Role of Naturopathy and yoga in the management of Psycho-somatic disorders

Books Recommended :

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| 5. | Coleman | Abnormal Psychology and ModernLife. |
| 6. | Diein,N. | MentalHysiene |
| 7. | Chubey,C.P. | AbnormalPsychology |
| 8. | feJ ih0Mh0 | ;ksx rFkk ekufldLokLF; |
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Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC- 201)
Human consciousness

Credits - 4

MM 100 (70+30)

Unit-I

Consciousness: Meaning, Definition, Nature and scope. Metaphysical and Epistemological Concept of Consciousness, Mystery of life and Human Consciousness

Unit-II

Indian Concept of Consciousness, Western Concept of Consciousness

Unit-III

Consciousness in Vedas and Upanishads. Consciousness in Samkhya-Yoga Philosophy. Consciousness in Nyaya-Vasesika Philosophy. Consciousness in Mimamsa and Advaita- Vedanta. Consciousness in Jainism and Buddhism

Unit-IV

Soul in Vedas, Upanishad and Bhagwad Gita. Soul in Samkhya-Yoga Philosophy. Soul in Nyaya-Vasesika Philosophy Soul in Mimamsa and Advaita Vedanta Soul in Jainism and Buddhism

Relation between Consciousness and Soul

Unit-V

Nature and Definition of Behaviour. Psychic forces and Psychological basis of Human behaviour
Concept of Perception, Attention, Emotion and Motivation. Consciousness and Human Behaviour.

Books Recommended

1. Gupta, Bina- Consciousness, Oxford University Press, NewDelhi.
2. Yogehswaranad – Science of Soul, Yoga Niketan
3. Hkwfe= nso& ekuopsruk
4. Vander, A.J & Others- HumanPhysiology
5. “kekZ]iafMrJhjke&psru]vpsru,oalqijpsru
6. Singh, R.P.- Indian Concept ofConsciousness
7. Hkkj}kt] bZ”oj] ekuopsruk

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC- 202)
SCIENCE OF SOUL

Credits - 4

MM 100 (70+30)

Unit-1

The Physical and gross Body, The Astral Body The Causal Body, The first four limb of Yoga and their functions- Yama, Niyama, Asana,Pranayam. Last four limbs of Yoga- Pratyahar, Dharna, Dhyana, Samadhi

Unit-II:

Annamaya Kosh or Food Sheaths

Need for Food, Essentiality of Body for the Liberation of Soul, Atmapuri- The abode of the soul. The main parts of the Physical Body, Entry into Annamaya Kosha, Developing of the Food Sheath Functions of the sheath

Unit-III:**Pranamaya Kosha and Manomaya Kosha (Vital air sheath and Mind Sheath)**

The general description of Prana Characteristics of Prana, Origin of Prana, Nature of Prana, The abode of Prana. The Relation of Prana. The Functions of pranmaya Kosha, The Characteristics of Mind

Unit-IV:

Origin and Functions of Manomaya kosha. The Origin of Mind, The Nature of Mind The abode of Mind, The Relationship of Mind. The Nature of Mind as influenced by three gunas Sattvik Mind, Rajasik Mind, Tamsik Mind, The Qualities and Duties of Mind, speed of Mind. The Characteristics of Intellect
The origin of Buddhis

Unit-V:**Vigyanmaya Kosha and Anandmaya (Intellect Bliss Sheaths)**

Truth being intellect Power of Sanyama. The Essential Nature of Five Gross Elements Realizations Pertaining to Intellect Sheaths, Nature of Bliss Sheath, Position of Bliss Sheath, Constituents of Bliss Sheaths.

Books Recommended

1. Bihar Yoga Bharti- Panch Kosha
2. Shivanand- Essence of Yoga
3. Feuerstein, George- The Yoga Tradition
4. Taimini- The Science of Yoga
5. Paramhans, Yogeshwarananda- Science of Soul

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC- 203)
YOGA THEORY AND PRACTICE - 2

Credits - 4

MM 100 (70+30)

Unit-I**Yogic Sukshma Vyayam**

Meaning and its principle, Techniques of Yogic Suksham Vyayam, Precautions concerning the following Sukshma Vyayam

Unit-II

Skandha Tatha Bahumul Shakti Vikashak, Bhujbandha Shakti Vikashak, Kohani Shakti Vikashak , Bhujballi Shakti Vikashak, Purnbhuj Shakti Vikashak, Manibandha Shakti Vikashak, Karprastha Shakti Vikashak, Kartal Shakti Vikashak, AnguliMul Shakti Vikashak, Anguli Shakti Vikashak.

Unit-III:**Asanas**

Techniques and Benefits of Asanas, Types of Asanas in Sitting Posture Precautions concerning the following Asanas: Pashchimottasana, Ardmatyendrasana, Gaumukhasana, Singhasana, Mandukasana, Kurmasana, Akarndhanurasana, Parvatasana, Vajrasana, Shashankasana, Yoga Mudra, Brahmamudra, Marjariasana etc.

Unit-IV:**Pranayama**

Techniques of pranayama, Benefits and Precautions concerning the following Pranayama: Bhramari Pranayama, Murcha Pranayama, Kapal Bhati Pranayama, BhastrikaPranayama.

Unit-V:**Shatkarma**

Meaning Benefits and Precautions concerning the following Shatkarma: Danda Dhati, Bagi Kriya, Techniques and

Benefits. Basti- Techniques and Benefits Nauli- Techniques and Benefits. Kapal Bhati- Techniques and Benefits Tartak- Techniques and Benefits.

Books Recommended

1. Bramhachari, Swami Dharendra- Yogic Sukshma Vyayam
2. Swami Styanand, Asana, Pranayam, Bandha Mudra
3. Misra, P.D.- Yoga- An Introduction
4. Gupta, Rameshwar Das- Yoga Rashmi
5. Bhardwaj, Ishwar-Yogasana
6. Iyenger, B.K.S.-Pranayama
7. Kuvalyananda, Swami- Pran, Pranvidya

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC- 204)
Yoga in Upanishad

Credits - 4

MM 100 (70+30)

Unit I:

Shandilya Upanishad. Brief Introduction to Shandilya Upanishad, Ashtanga Yoga: Types of Yama, Types of Niyama, Types of Asana, Concept and Types of Nadi & Prana, Stages of Pranayama, Concept & Types of Pratyahara, Concept & Types of Dharana, Concept & Types of Dhyana. Concept of Samadhi.

Unit II:

Jabaldarshanopanishad

Brief Introduction to Jabaldarshanopanishad, Ashtanga Yoga: Yama (10 Types), Niyama (10 Types), Asana (9 Types), Types of Prana & Nadi, Types of Pranayama , Pratyahara, Dharana, Dhyana (Its Types) & Samadhi.

Unit III:

Trishikhibrahmanopanishad. Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of Yamas and Niyamas, Concept & Types of Asanas, Types of Nadi, Types of Prana & Pranayama, Concept of Pratyahara, Dharana, Dhyana, Samadhi.

Unit IV:

Yogchudamanyupanishad. Brief Introduction to Yogchudamanyupanishad, Shadanga Yoga- Asana & its types, Types of Chakra, Nadi, Prana, Pranayama: Its types & Benefits

Unit V:

Concept of Kundalini , Mitahara, Mudra & Bandhas, Concept of Pratyayahara, Concept of Dharana, Concept of Dhyana, Concept of Samadhi.

Books Recommended

1. Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj,Haridwar.
2. Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj,Haridwar.
3. Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj,Haridwar.
4. Swami Nikhilananda - The Principal Upanishads, Courier Corporation,2003
5. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society,1980
6. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi,Chennai.

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC- 205)
Hath Yoga

Credits - 4

MM 100 (70+30)

Unit- I

Introduction: Hath Yoga-Its definition & objectives. Origin & tradition of Hath yoga.

General introduction of Basic Hath yogic text.

Unit- II

Essentials of Hath yoga: Importance of Place. Environment & Season for Hath sadhana. Aids & Obstructions to Hath sadhana. Prohibited & conducive food in Hath sadhana

Unit- III

Meaning, Definition, Objectives, Techniques, Benefits and Cautions: Shatkarma Asanas Pranayama Mudra & Bandhas

Unit- IV

Meaning, Definition, Objectives, Types, Techniques, Process and Benefits: Pratyahara Dhyana Samskari Nadanusandhan

Unit- V

Spiritual Energy; Prana & Nadi Panch Kosha Chakras Kundalini shakti Techniques of awakening Kundalini shakti

Books Recommended

1. B.K.S. Tyenger-Light on yoga, Harper collins publisher New Delhi,2012
2. B.K.S. Tyenger-Light on Pranayama, Harper collins Publisher New Delhi,2012
3. SW.Kuvalyanand & S.A.Sukla-Goraksha shatakam, Kaivalyadham SMYM samiti, Lonavala,2006
4. M.L. Gharote- Health Ratnavali, Kaivalyandham SMYM samiti, Lonavala,2009
5. M.L. Gharote- Siddhasidhant Padhati, Kaivalyadham SMYM samiti, Lonavala,2005

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGCC-206)
Yoga and Health

Credits - 4

MM 100 (70+30)

Unit-I:

Health

Definition and Importance, Dimensions of Health Physical Health, Mental Health Social Health, Spiritual Health

Unit-II:

Ancient theory of Disease

Multifactorial theory Supernatural theory Germ theory Yogic concept of disease

Unit-III:

Yoga and Mental Health Definition of Mental Health Mental health in Yoga. Classification of Mental Disorder Characteristics of Mentally Healthy Person. Mental health in total health, Determinants of mental health, Obstructers of mental health, Promotion of mental health.

Unit-IV:

Holistic Health

Definition of Holistic Health, Concept of Holistic Health, Characteristics of Holistic Healthy Person

Unit-V:

Role of Yoga in Development of Holistic Health Yam, Niyam, Asanas, Pranayam, Pityharan, Dhrna, Dhyana, Samadhi.

Books Recommended

1. Misra, P.D.- Yoga and mental Health
2. Singh, Surendra & P.D. Misra- Health and Disease- Dynamics & Dimension
3. Joshi, Kalidas- Arogya
4. Yadav, Amarjeet & S.Tater- Yoga and Samagra Swasthya
5. Yadav, Amarjeet & S.Tater- Yoga and Total Health
6. Rai D.N- Yoga Therapy: Body and Mind

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(SECOND SEMESTER) (YOGVNC- 201)
Value Added Course (Non Credited)
Therapies in Naturopathy

Unit-I

History of hydrotherapy, Physical properties of water, physiological base of hydrotherapy, Heat production and heat distribution in the body, Regulation Heat temperature classification, physiological effects of hot and cold water, Application of water on different temperature, Reflex effects of cold and hot applications.

Unit- II

Action and reactions, Incomplete reaction, conditions that encourage and discourage reaction, Types of reactions, General principles of hydrotherapy, Theapeutic use of hydrotherapy, classification of hydriatic effects, prophylactic use of water. The techniques of hydrotherapy- Plain water, bath, vapour bath and air bath. Fomentation and Douche, compress and packs, Internal use of water, irrigation and enemas Hydriatic prescriptions.

Unit-III

Concept of mudtherapy Types of Mud and chemical composition. Various effect of mud Natural Mud baths, Mud packs, Dry bath, Sandbath

Unit-IV

Chromotherapy and Heliotherapy Composition of sun rays. Difference between morning, mid day and evening sun rays, Physiological effects of sunlight on: metabolism, blood formation, blood circulation, fermentation, nervous system, skin.

Unit- V

Effects of sun rays on micro organism Therapeutic uses of various colours. Techniques of application of sun rays.

Books Recommended

- | | | |
|----|------------------|-----------------------------------|
| 1. | Kullogg, J.H. | Rational Hydro-therapy |
| 2. | Knipp, S. | My Water Cure |
| 3. | Singh, S.J. | Chromotherapy |
| 4. | ⊞ MkOuhj t | feVVhfpdRlk |
| 5. | ⊞ feJ]ihOMh0feJ] | chukikdfrdfpdrllkfl)klr, o0; kikj |

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGCC- 301)/ MOOC
Yoga in Bhagwat Geeta

Credits - 4

MM 100 (70+30)

Unit-I

Introduction of Geeta. Historical Background of Bhagwad Geeta. Concept of Yoga in Geeta. Characteristics of a Yoga

Unit-II

General Introduction of Bhagwad Geeta

Relevance of Scope; Essentials of Bhagwad Geeta the meaning of the terms- Atmaswrupa, Stithaprajna. Bhagwad Geeta- A Discovery of Life: Varna & Ashram Vyavastha

Unit-III

Man and Different Fields of Perfection

Detachment Nature & Definities Diversity of no Self-control Blessings of Self-control. The Man of Perfection- concept of Sthitapragya

Unit-IV

Karma Yoga

Classification of Karma, Concept of Svadharma Concept of Loksangraha, Philosophy of Nishkama karmayoga

Unit-V

Dhyana Yoga

The techniques of realising meditation, Pre meditational care Concentration, techniques of concentration, Conditions for meditation, The supreme state of Yoga: Concept of Salvation.

Books Recommended

1. Ved Vyas- Sri Mad Bhagwat Gita
2. Acharya Shankar (Translation)- Sri Mad Bhagwat Gita
3. Lok Manya Tilak- Sri Mad Bhagwat Gita
4. Satya Vrat- Shiddhalankar- Sri Mad Bhagwat Gita
5. Goyanka, G- Sri Mad Bhagwat Gita
6. 3वामीचिम=यानंद- मानविनमाणकला

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGCC- 302)
Research and Statistical Methodology in Yoga

Credits - 4

MM 100 (70+30)

Unit -I

Meaning of research. Definitions of research. Concept of research. Importance of research

Unit -II

Meaning of Research in Yoga. Historical background of Yogic Research. Development of Yogic Research with special reference to health & therapy, Need of Research in Yoga. Scientific Methods in Yogic Research Methods for Selection of Problem in Research of Yoga. Importance of Research in Yoga

Unit –III:**Design of Research in Yoga**

Sampling, Methods of Data Collection, Observation, Questionnaire, Interview and Case study Tools of Data Collection

Unit-IV: Measurement of Scaling

Processing of Data, Analysis and Application Methods of Preparing Reports

Unit-V: Statistics

Meaning, Uses and Limitations of statistics, Measurement of Central Tendency, Mean, Median and Mode. Standard Deviation (S.D.) Correlation(R), Chi Square (χ^2).

Books Recommended

1. Garrat- Statistics in Psychology and Education
2. Good and Hatt- Methods of Social Research
3. Festinger and kartz- Research Methods in the Behavioural Science
4. Young, P.V.- Scientific Social Surveys and research
5. Ghosh and Chaudhary- Statistics: Theory and Practice

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGCC- 303)
Yoga theory and Practice-3

Credits - 4

MM 100 (70+30)

Unit-I:

Yogic Sukshma Vyayam

Meaning and its Benefits. Techniques of Yogic Sukshma Vyayam. Precautions concerning the following Sukshma Vyayam- Vakkshasthal Shakti vikasak- 2 step; Udar Shakti Vikasak- 10 step; Kati Shakti Vikasak- 5 step; Muladhar Chakra Shuddhi; Swadhisthan Chakra Shuddhi; Kudalini Shakti Vikasak; Jangha Shakti Vikasak- 2 step; Janu Shakti Vikasak; Pindali Shakti Vikasak; Pad Mul Shakti Vikasak; Pad Tal Shakti Vikasak; Padanguli ShaktiVikasak.

Unit-II

Asanas

Techniques and Benefits of Asanas Types of Asanas in standing Posture. Precautions concerning the following Asanas: Utkatansana, Tarasana, Trikonasana, Kotichakrasana (side bendings), Ardha Katicharasana, Garunasana, Vrakshasana, Virasana Natrajansana, Padhastana

Unit-III

Bandha

Meanings Types of Bandha, Techniques and Precautions of the following Bandha Jalandhar Bandha, Mul bandha, Uddiyan Bandha, Maha bandha.

Unit-IV:

Mudra

Types of Mudra, Benefits of Mudra.

Techniques and Precautions of the following Mudras: Gyan Mudra, Chin Mudra, Shambhavi Mudra, Nasikagra Mudra, Bhuchari Mudra, Akashi Mudra, Kaki Mudra.

Unit-V:

Meditation

Meaning, Types of Meditation Benefits of Meditation, Difference between Dharana and Dhyana Yoga Nidra-meaning and Benefits.

Books Recommended

1. Swami, Shivananda- DhyanaYoga
2. Swami Vivekananda- DhyanaYoga
3. Swami Satyanand Saraswati- YogaNidra
4. Iyenger, B.K.S.-Pranayama

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGEL- 301A)
Eminent Indian Yogis

Credits - 4

MM 100 (70+30)

Unit- I

Life sketch and their contribution to Yoga:

Maharshi Patanjali, Maharshi Yagyavalakya, Maharshi VedVyasa, Maharshi Nath

Unit- II

Life sketch and their contribution to Yoga: Gorakshanath, Adi Shankracharya, Sant Jnaneshwar, Swami Ramkrishan Paramhansa

Unit-III

Life sketch and their contribution to Yoga; Yogiraj Shyama CharanLahidi, Swami Vishuddhanand, Swami Vivekanand, Maharshi Dayanand Sarswati

Unit-IV

Life sketch and their contribution to Yoga: Maharshi Raman, Shri Aurobindo, Swami Shivanand, Paramhansa Yoganand

Unit- V

Life Sketch and their contribution to Yoga:

Swami Sayanand, Swami Kuvalyananda, Maharshi Mahesh Yogi.

Books Recommended

1. VishwanathMukharjee-BharatKeMahanYogi, VishwavidyalayaPrakashan, NewDelhi, 2005
2. VishwanathMukherjee, Bharatkimahaansaadhikayen, VishwavidyalayaPrakashan, New Delhi, 2005
3. Kalyan (Bhakt Ank)- Gita PressGorakhpur,
4. Kalyan (Sant Ank)- Gita pressGorakhpur,
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGEL- 301B)
Yoga and Value based Education

Credits - 4

MM 100 (70+30)

Unit-I**Value**

Meaning and Definition of Value Value in yoga, Importance of Value in life Self Management and Value

Unit-II

Material Value, Aesthetic Value, Educational Value, Ethical Value, Spiritual Value, Role of Yoga in Value Education.

Unit-III:**Thoughts**

Meaning of thoughts, Necessary Thoughts, Waste (Super fluous) Positive Thoughts, Negative Thoughts.

Power and Effect of Thoughts, Role of Yoga in Positive Thoughts

Unit-IV:**Empathy**

Meaning and Definition, How Empathy develops, Empathy at work, Empathy and Sensitivity, Empathy and Consciousness. Empathy and the Process of Socialization Yoga in Development of Empathy

Unit-V:**Normality**

Meaning of Normality, Concept of Normality, Normality as Health, Normality as Ideal, Normality as Average. Normality as Social Acceptance, Normality as a Process, Yogic tools for Sanskar Re-Engineering.

Books Recommended

1. Devey, John- Human Nature and Conduct

2. Pandiamani, P.K.- Value Education
3. Anatheraman- Personal Communication

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGEL- 301C)
Ayurveda, Swashavritta & Yogic Diet

Credits - 4

MM 100 (70+30)

Unit-I:

Meaning and definition of Ayurveda Aims and objective of Ayurveda Basic Principles of Ayurveda Ayurvedic Principle of Healthy Living.

Unit-II:

General Introduction, Tridosha- Vata, Pitta and Kapha Sapta Dhatu, Mala Agni

Unit-III:

Meaning and definition of Swasthavritta Dincharya, Rituchrya Sadvritta

Unit-IV:

Meaning and definition of Diet Ancient & Modern classification Quality of diet, Contents of diet for daily use

Unit-V:

Yogic Ahar Sattvic Ahar Rajsic Ahar Tamsic Ahar.

Books Recommended

1. Prof. Ramharsh Singh, Swashthavritta VigyanChaukhambha
2. Sriram Sharma Acharya- Liven sharadah shatam, Akhand JyotiMathura
3. Dr. Rudolf Diet and Nutrition, Himalayan InstitutePress.

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(THIRD SEMESTER) (YOGAIEF-301)
(Inter Departmental Course)
Diet Nutrition and Herbal Medicine

Credits - 4

MM 100 (70+30)

Unit- I

Diet, Meaning, Importance and Nutrition, Nutritive Value of Foodstuff, Nutritional Diagnosis, Nutritional Diseases

Unit- II

Precautions in Nutritional Prescription, Therapeutic Nutrition, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, Fruits and raw Ingredients and sprouted grains

Unit- III Fasting

Concept, Significances and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases

Unit- IV Kalpa

Concept, significance, Types of Kalp, Precautions of Kalp, Role of Kalpas in the Management of Major Disorders

Unit- V Herbal

Ayurvedic concept of nutrition, Therapeutic use of Amla, Ashwagandha, Ajwin, Bilva, Guduchi, Haridra, Hingu, Kalinirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem, Ghrit, Kumari, Methi, Jeera, Adrakh, Arjuna, Kalegh, Kutaki, Shirish, Vasa, Shigru.

Books Recommended

1. M.Swaminathan Principle of Nutrition and Dietetics
2. M.Swaminathan Food and Nutrition
3. DewanA.P. Food and Nutrition
4. VijaiLaxmi Dietetics
5. JussawalaJ.M. Food that Heals : Natural Dietetics
6. HknhfoVBynkI nVkdYi
7. bgjVvukYM miokI
8. LokchukFku],e0 vkgkj,oi'kk °
9. cãoplid'ku tMhcVh,dlnf'kdk
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Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGCC- 401)
Yoga: A Management of Health and Diseases

Credits - 4

MM 100 (70+30)

Unit-I:

Concept of Disease

Causes and types of Diseases, Life Style Diseases, Healthy Life Style, Prevention of Disease

Unit –II:

Management of Diseases through Yoga

Diseases of Respiratory System: Asthama, Pneumonia, Cough and Cold, Bronchitis. Diseases of the Digestive System - Indigestion, Constipation, Diarrhea, Peptic Ulcer, Colitis Diseases of the Liver and Gall Bladder, Jaundice, Hepatitis, Cirrhosis of Liver etc.

Unit –III:

Diseases of Heart and Circulatory Disorders, Heart Pain, Angina Pain, High and Low Blood Pressure, Diseases of Urinary System- Enuresis, Nephritis Diseases of Connective Tissue, Joints and Bones Diseases of endocrine System- Diabetes, Diseases of Nervous System-Epilepsy, Paralysis, Migraine, Dementia.

Unit –IV:

Yogic Concept of Diet

Classification of Diet : Sattvic, Rajasic & Tamasik. Theory of Balanced Diet. Diet and its Importance in Cure of Certain Disorders, Diet's relevance in management of lifestyle. Basic concepts, Components Of food, Nutrition & Their Role, Cereals & Millets; Pulses, Nuts and Oil Seeds. Food and metabolism.

Unit –V:

Management of Mental Disorders through Yoga.

Psychoneurosis and its types, Management of Schizophrenia, Paranoia, Manic Depression and Melancholia Management of Anxiety, Hysteria, Obsessive Compulsive neurosis. Depression, Phobia, etc. Stress: Causes, Symptoms and Managements.

Books Recommended

1. Sharma, Suresh Chandra- Modern Diagnosis
2. Kublyanand- Yoga Chikitsa
3. Joshi, Kailash- Arogya Through Yoga
4. Singh, Surendra & P.D. Misra - Health ad Disease- Dynamics and Dimensions
5. Misra, P.D.- Yoga and Mental Health
6. Singh, R.H.-Yoga and Yogic Chikitsa
7. Sri Anand- The Complete Book of Yoga Harmony of Body &Mind
8. Chandrasekaran, K- Sound Health through Yoga
9. Yadav, Amarjeet- Medical Application of Yoga

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGEL- 401A)
(Elective)
Teaching Methods in yoga

Credits - 4

MM 100 (70+30)

Unit-I

Asanas and Pranayama, Shatkarm Bandha and Mudra. Types of Asanas: Laying Posture, Sitting Posture, Standing Pasture, Meditative Asanas. Types of Meditation- All Types of Dhyan. Types of bandha and Mudra: All bandha and Mudras Meaning & Types of Chakras.

Unit-II:

Teaching and Learning: Concepts and Relationship between the two; Principles of teaching: Levels and phases of teaching, Quality of a perfect Yoga Guru, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu.

Unit- III:

Meaning and Scoper of Teaching methods, and factors influencing them; Sources of teaching methods; Role of Yoga Teachers and teacher training, Techniques of Individualized Teaching and Group Teaching; Techniques of Mass Instructions; Organization of teaching (time management, Discipline etc.)

Unit- IV:

Essentials of Good lesson Plan; Concepts, Needs, Planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama and Meditation); Models of Lesson Plan; Illustration of the need for a Lesson Plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama

Unit- V:

Evaluation Methods of an ideal Yoga class; Methods of customizing Yoga Class to meet individual needs. The students will have demonstrations and training in the above mentioned aspects of teaching methods.Yoga classroom:Essential features, area, seating arrangement in Yoga class. Student's approach to the teacher: Pranipaata; Pariprashna; Seva;(BG4.34).

Books Recommended

1. Vibhav, Devakinandan – Yoga Sadhan
2. Sri Yogendra – Yoga Asanas Simplified
3. Lysebeth, Andra Van- Yoga Self-Taught
4. घरोटे, लहमण, योगाेयाासैकतअयापनविधया

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGSEL- 401B)
(Elective)
Reflexology, Exercise and Massage Therapy

Credits - 4

MM 100 (70+30)

Unit- I

Exercise Meaning, Classification, Techniques of Various exercises, Exercise applied to various Joints and Muscles (Disease's effect of Exercise).

Unit- II

Hemiplegia, Sciatica, frozen Shoulder, Osteo-Arthritis, Kneejoint, Obesity, Cervical Spondylitis.

Unit- III

Effect of Exercise on various system, Heart, Regional Circulation, Respiratory changes, Metabolic changes, Nervous system, sympathetic change, Digestive changes.

Unit- IV

Massage, Types, Principles and Effect of Massage, Massage in various ailments, Ayurvedic concept of Massage with various oils.

Unit- V

Reflexotherapy Meaning, Methods and therapeutic effects.

Books Recommended

- | | | |
|----|----------------------|-----------------------------|
| 1. | Govingan, S. | Techniques of Massage |
| 2. | M.DenaGardner | Exercise Therapy |
| 3. | Miller | Meridianology |
| 4. | SatyendraKumarMishra | a,b,c of Remedial exercises |
| 5. | SatyendraKumarMishra | Introduction of Reflexology |
| 6. | SatyendraKumarMishra | Massage as Therapy |

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGSEL- 402A)
(Elective)
Yoga and Personality Development

Credits - 4

MM 100 (70+30)

Unit-I:

Personality

Meaning and Definition Concept of Personality Principles of Personality Yogic concept of Personality Relevance of Yogic practices in personality Development

Unit-II:

Indian Concept of Personality

Upanishad, Sankhya & Yoga Boudh & Jain Vedant, Ayurved Geeta Aurobindo

Unit-III:

Western Concept of Personality

Watson, G. Allport, B.F. Skinner R.B. Cattell Adler, C.G. Jung Freud

Unit-IV:

Diagnostic and statical Manual of Mental Disorder (D.S.M) Paranoid Personality, Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder, Histrionic Personality Disorder,

Unit-V:

Narcissistic Personality Disorder, Anti-Social Personality Disorder, Borderline Personality Disorder, Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive, Compulsive Personality Disorder

Books Recommended

1. Vrinte, Joseph- The Concept of Personality
2. Sri Aurbindo- Integral Yoga
3. Misra, P.D.- Yoga and mental Health
4. Sachdeva, I.P.- Yoga and Depth Psychology
5. Udupa, K.N. & R.H. Singh- Science & Philosophy of Indian Medicine
6. vi=-;]“kfl”ridi”k&;ixeufoKlu
7. tk;Ioly]lhrjtje&l;fDrRodkeulfoKlu

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGSEL- 402B)
(Elective)
Applied Psychology and Yogic Counseling

Credits - 4

MM 100 (70+30)

Unit-I**Introduction to Models of Psychology**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders

Unit-II:**Case History Taking and Mental Status Examination**

Disorders of attention, perception, thought movement, Psycho diagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

Unit-III:**Mental Disorders of Children and Their Treatment**

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

Unit-IV:**Yogic Counseling**

Introduction to counseling, nature approaches and challenges; Approach to counseling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment.

Unit-V:

Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Paranayama, Shatkarma; Bandhaand Mudra; Psycho-physiological effects and health benefits of Meditation.

Books Recommended

1. Baxter, R., Hastings, N., Law, A., & Glass, E. J. . (2008). Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. Animal Genetics (Vol. 39). New York: Springer Publishing Company.
2. Cortright, B. (2007). Integral psychology: yoga, growth, and opening the heart. SUNY series in transpersonal and humanistic psychology.
3. Cortright - Integral psychology yoga, growth, and opening the heart.
4. Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. Biological Psychology,
5. Jung, C. G. (1999). The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932. New Jersey, NJ: Princeton University Press.
6. Jung, C. G. (2008). C. G. Jung Psychology and the Occult. Abingdon, Oxon: Routledge.

Department of Yoga
Syllabus for M.A. /M.Sc. in Yoga
(FOURTH SEMESTER) (YOGIRA- 401)
(Intra-departmental course)

Diagnostic Methods and Management of Diseases through Naturopathy

Credits - 4

MM 100 (70+30)

Unit-I

Diagnosis Concept, types and methods Facial Expression, Concept of Foreign Matter, Encumbrance, Back encumbrance, the whole encumbrance, Mixed back and partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation

Unit-II

It in Diagnosis Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and for Proper Diagnosis.

Unit-III

Naturopathic Management of Diseases of the Digestive System-(Indigestion, Constipation, Diarrhea, Gastritis, Colic pain, Appendicitis, Peptic ulcer, colitis; diseases of the liver and gall Bladder, Jaundice, Hepatitis, Cirrhosis of liver).

Unit-IV

Diseases of Urinary system-Enuresis, Nephritis, Infection of Urinary tract Diseases of Heart and circulatory disorders

Angina Pectoris, High and Low blood pressure

Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis.

Unit-V

Diseases of the Nervous system-Epilepsy Migraine, Paralysis, Sciatica, Diseases of connective tissues, joints and bones-Rheumatoid arthritis, Osteoarthritis, Spondylitis, Gout, Diseases of Endocrine system Diabetes Hypothyroidism, Diseases of the Uro-Genital System-Syphilis Gonorrhea, AIDS, Impotency, Frigidity
First Aid and Emergency

Books Recommended

- 2- “kek]Ij”kpUn ekMuMk ;XukfII
- 3- flg]tglu ekMuMk ;XukfII
- 4- Sharma Suresh Chandra Modern Diagnosis