

# **BHUPAL NOBLE'S UNIVERSITY**

**DEPARTMENT OF PHYSICAL & YOGA EDUCATION  
Udaipur- 313001 (Raj.)**



## **M.A. IN YOGA EDUCATION**

### ***SYLLABUS***

# **M.A./M.SC. YOGA SYLLABUS**

## **1. Objectives of the Course**

- The course will provide deeper insight into the curriculum of Yoga along with the therapeutic applications of Yoga and alternative therapies.
- At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.
- To promote people for adopting yoga education in their life in order to live healthy & happy life.

## **2. Minimum eligibility for admission**

- Graduate in any discipline from a recognized University shall be eligible for admission candidate with B.S.c will be awarded degree of M.Sc. Yoga and all other graduate will be awarded M.A. Yoga.

## **3. Course of study:**

- The curriculum of M.A./MSc.Yog is a suitable mix of general education papers and skill development components
- The structure of the course of study is given in the following table 1

# SYLLABUS FOR M.A. IN YOGA EDUCATION

## Semester – I

Sub. Code	Title of Paper	Credit Maximum – Marks			
		Credits	End Term Examination	Mid Term Examination	Total
MYCC-101	Principles of Hath Yoga	3	70	30	100
MYCC-102	Anatomy, Physiology and Yogic Practice-I	3	70	30	100
MYCC-103	Indian Philosophy and Yoga	3	70	30	100
MYCC-104	Patanjali Yog Sutra	3	70	30	100
MYPC-105	Practical - I	3	70	30	100

## Semester – II

Sub. Code	Title of Paper	Credit Maximum – Marks			
		Credits	End Term Examination	Mid Term Examination	Total
MYCC-201	Bhagavad Gita and Yog Vashisht	3	70	30	100
MYCC-202	Anatomy, Physiology and Yogic Practice-II	3	70	30	100
MYCC-203	Research Methodology in Yogic Science	3	70	30	100
MYCC-204	Teaching Methodology of Yoga Practice	3	70	30	100
MYPC-205	Practical- II	3	70	30	100

### Semester - III

Sub. Code	Title of Paper	Credit Maximum – Marks			
		Credits	End Term Examination	Mid Term Examination	Total
MYCC-301	Yogic Upanishads	3	70	30	100
MYCC-302	Yoga and Allied Sciences	3	70	30	100
MYCC-303	Yoga Therapy	3	70	30	100
MYCC-304	Principle of Psychology and Personality Development	3	70	30	100
MYPC-305	Practical - III	3	70	30	100

### Semester - IV

Sub. Code	Title of Paper	Credit Maximum – Marks			
		Credits	End Term Examination	Mid Term Examination	Total
MYCC-401	Yoga and Health	3	70	30	100
MYCC-402	Yoga in Ancient Literature	3	70	30	100
MYCC-403	Yoga and Stress Management	3	70	30	100
MYCC-404	Diet And Nutrition	3	70	30	100
MYPC-405	Practical - IV	3	70	30	100

**SEMESTER – I**  
**PAPER - I**  
**PRINCIPLES OF HATH YOGA, MYCC-101**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

**UNIT-I**

1. Meaning , Definition , Aims & Objectives of Hath Yoga,
2. Sign & Symptoms of Success in Hathyoga.

**UNIT-II**

1. Shatkarmas - Its Meaning, Definition & Objectives,  
Classification of Shatkarmas According to Hath Pradeepika & Gherand Samhita
2. Types of Nadis, Meaning, Definition,

**UNIT-III**

1. Meaning, Definitions & Objectives of Asana & Pranayama
2. Principles of Practicing Asanas & Pranayama
3. Pranayama with reference to Hath Pradipika & Gherand Samhita.

**UNIT-IV**

1. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha),
2. Relationship Between Hath Yoga and Raj Yoga.

**UNIT-V**

1. Concept, Meaning & Definition of Mudra & Bandhas,
2. Kundalini Jagaran & Nadanusandhan.

**REFERENCE:**

Hath Yog Pradipika, Swami Muktibodhananda, Yog Publication Trust, Munger, Bihar

Hath Pradipika: Swami Digambar, Kaivalyadham Lonawala

Gherand Samhita : Swami Niranjanananda Sarswati, Yog Publication Trust, Munger, Bihar

## **SEMESTER – I**

### **PAPER - II**

#### **ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE-I, MYCC-102**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT – I**

1. Concept of cell, tissue & organs.
2. Structure & function of Cell & Tissues.
3. Structure of main organs (Heart, Lungs, Stomach, Liver & Kidney)

#### **UNIT-II**

1. Classification of Blood & their function.
2. Digestive System - Structure & Function.
3. Physiology of Digestion and effect of yogic practices on the digestive system.

#### **UNIT-III**

1. Respiratory System – Structure & Function and effects of yogic practices on respiratory system.
2. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.

#### **UNIT-IV**

1. Metabolism of carbohydrate, Fat and protein, energy production.

#### **UNIT-V**

1. Muscular system, types of muscles, properties of muscles
2. Contraction & relaxation of muscles, effect of yoga on muscular system

#### **Reference :**

1. By as Deb Ghosh (2007): Human anatomy for Students, Jaypee Brothers, New Delhi.
2. Gore M.M.(2005): Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavla.
3. Swami Kunalayananda- Yoga Therapy

## **SEMESTER – I**

### **PAPER - III**

#### **INDIAN PHILOSOPHY AND YOGA, MYCC-103**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### **UNIT- I**

Nature, Characteristics and Development of Indian Philosophy Speculations of the Upanishads, Atman and Brahman Central teachings of Gita : Karmayoga, and Jnana Yoga, Sthita Prajna.

##### **UNIT- II**

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ;Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

##### **UNIT- III**

Nyaya Darsana : (i) Sixteen Logical Categories of Nyaya, (ii) Nyaya Epistemology : (1) Perception and (2) Inference, (iii) Nyaya theory of soul and its Destiny The Vaisesika Darsana : (i) The Seven Categories, (ii) The Atomic Theory.

##### **UNIT- III**

The Samkhya Darsana : (i) Theory of Causation, (ii) Satkaryavada, (iii) Proofs for the existence of Prakruti and Purusha, (iv) Evolution of Prakrit ;The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

##### **UNIT- IV**

Sankara Vedanta : (i) Brahman as Saguna and Nirguna, (ii) Status of Individual soul and the world, (iii) The Doctrine of Maya ;The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified, (ii)The Nature of God, soul, world, (iii) Doctrine of Bhakti, Saranagati and Prapatti ; The Dvaita Vedanta of Madhvacharya : (i) Matter, souls, and god, (ii) Means of Liberation.

**REFERENCE :**

1. C.D.Sharma:Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
2. N.V.Banergee: The Spirit of Indian Philosophy, Arnold-HeinemannPublishers,1974.
3. P.T. Raju: Structural Depths of Indian Thought, SUNY Press, 1985
4. Baldeo Upadhyay: Indian Philosophy
5. Dr.Harendra Prasad Sinha: Bhartiya Darshan Ki Rooprekha
6. S.Radhakrishnan: Indian Philosophy.



## SEMESTER – I

### PAPER - IV

#### PATANJALI YOG SUTRA, MYCC-104

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### UNIT-I

- ❖ Yoga :its meaning, purpose & brief introduction to Patanjali's Yoga Sutras
- ❖ Concept of Chitta, Chitta-bhumis, Chitta-vrittis, Chitta- vritti nirodho paya (Abhyasa and Vairagya)
- ❖ Chitta-Vikshepas (Antarayās), Chitta-prasadanamandits' associates.

##### UNIT-II

- ❖ Types and nature of Samadhi in Yoga Sūtra
- ❖ Ritambhara prajya and Adhyatma prasada
- ❖ Samprajnata, Asamprajnata (Sabija & Nirbija Samadhi)
- ❖ Concept of Ishvara and qualities of Ishvara.

##### UNIT-III

- ❖ Concept of Kriya Yoga of Patanjali, theory of Kleshas
- ❖ Concept of Dukhavada (chaturvyuhvada); Drishyanirupanam, Drasthanirupanama
- ❖ Prakriti Purusha Sanyoga
- ❖ Means of elimination of Kleshas, Vivekakhyaati

##### UNIT-IV

- ❖ Brief Introduction to Ashtanga Yoga
- ❖ Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavritti nirodhopaya
- ❖ Introduction of Dharana , Dhyana and Samadhi.

##### UNIT-V

- ❖ Sanyama and three Parinama of Samyama
- ❖ Siddhis, The concept and description of Ashtha Siddhis and vibhūties
- ❖ Four types of Karmas
- ❖ Vivek Khyati Nirupanam

❖ Kaivalya.-Nirvachana

:Nature of Kaivalya,Kaivalyain relation to Triguna and Dharmamegha Samadhi.

**REFERENCE:**

1. Iyengar B.K.S.:Lighton PatanjaliYoga(New York,Schocken Books, 1994)
2. SwamiOmanandatirtha:PatanjalaYogaPradeepa,GeetaPress,Gorakhpur,1994
3. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi),  
Swami Keshwananda YogaSangthan, Delhi
4. Four Chapter of Freedom (Mukti ke Char Sopan) Swami  
Satyanand Saraswati. Bihar Yog Vidhyalaya Munger.

## SEMESTER – I

### PAPER - V

#### PRACTICAL-I, MYPC-105

MARKS: 100

**1. Suryanamaskar with Mantras:**

**2. ASANAS**

1. Tadasan- Standing
2. Ardhakatichakrasan -Standing
3. Garudasan- Standing
4. Vrikshasan -Standing
5. Hasttotanasan -Standing
6. Padhastasan- Standing
7. Trikon Asan -Standing
8. Padmasan- Sitting
9. Vajrasan - Sitting
10. Swastikasan – Sitting
11. Siddhasan- Sitting
12. Gomukhasan- Sitting
13. Bhadrasan- Sitting
14. Ardh Matsyendrasan- Sitting
15. Dhaanurasan- Prone
16. Shalabhasan- Prone
17. Bhujangasan- Prone
18. Vakrasan- Prone
19. Uttanpadasan –Supine
20. Halasan-Supine
21. Vipritkarniasan –Supine
22. Sarvangasan-Supine
23. Matsyasan –Supine
24. Suptavajrasasan –Supine
25. Naukasan –Supine
26. Shavasana- Supine

**3. Pranayam-**

1. Anuloma-Viloma Pranayam
2. Suryabhedi Prayanam
3. Chandrabhedi Prayanam
4. Ujjai Pranayama

**4- Shudhi Kriya-**

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

**5- Mudra & Bandh -**

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

**Meditation- 1- Pranav 2- Meditation Relaxation 3- Yog Nidra**

**REFERENCE :**

1. Asana, Pranayam, Mudra, Bandh - Swami Satyanand Saraswati, Yoga Publication Trust, Munger, Bihar
2. Hatha Yoga Pradipika, Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar
3. Gheranda Samhita, Swami Niranjanananda, Saraswati, Yoga Publication Trust, Munger, Bihar

## **SEMESTER-II**

### **PAPER – I**

#### **BHAGAVAD GITA AND YOG VASHISHT, MYCC-201**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT-I**

- ❖ Meaning and definition of Yoga
- ❖ Samkhya Yoga : Nature of Atman, Sthit Pragya

#### **UNIT-II**

- ❖ Jnana – Karma Sanyas
- ❖ Atma – Sanyam Yoga
- ❖ Jnana – Vijnana Yoga

#### **UNIT-III**

- ❖ Bhakti Yoga
- ❖ Kshetra – Kshetrajna Vibhag.
- ❖ Guna – Traya Vibhag

#### **UNIT-IV**

- ❖ Guna- Traya Vibhag
- ❖ Trividh- Shraddha
- ❖ Moksha SanyasYog

#### **UNIT-V**

- ❖ Adhis – Vyadhis
- ❖ Psychosomatic Ailments : The four Dwar paals to freedom
- ❖ Sukha attained in highest state of Bliss
- ❖ Development of satvaguna
- ❖ Eight limbs of meditation
- ❖ Gyan saptabhumika

**REFERENCE:**

- 1- Sadhak Sanjivani Commentrary of Bhagwad Gita by Swami Ramsukhdasji (Gita Press, Gorakhpur)
- 2- Radha Krishnan, Bhagwat Gita, Hind Pocket Books, Delhi, 2004.
- 3- Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri ramakrishna Math, Madras, 1993.
- 4- Yog Vashistha : Gita Press Gorakhpur

## **SEMESTER-II**

### **PAPER – II**

#### **ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE-II, MYCC-202**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT-I**

1. Introduction of Endocrine system
2. Pituitary Gland
3. Adrenal Gland
4. Thyroid Gland
5. Excretory System

#### **UNIT-II**

1. Introduction of Reproductive system
2. Structure of Sperm and ova
3. Spermatogenesis Ovarian cycle
4. Menstrual Cycle

#### **UNIT-III**

1. Nervous system
2. Properties of Neurons
3. Subdivisions of Nervous system
4. Their Function

#### **UNIT-IV**

1. Sensory nervous System
2. Motor nervous system
3. Higher Functions of the Nervous system

#### **UNIT-V**

1. Synapse
2. Reflexes Cerebrospinal fluid
3. Blood Brain and blood CSF Barrier

#### **REFERENCE :**

1. By as Deb Ghosh (2007): Human anatomy for Students, Jaypee Brothers, NewDelhi.
2. Gore M.M.(2005): Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavla.
3. Swami Kuvalayananda- Yoga Therapy

## **SEMESTER-II**

### **PAPER – III**

#### **RESEARCH METHODOLOGY IN YOGIC SCIENCE, MYCC-203**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT - I**

1. Meaning & Definition of Research
2. Nature & type of Research
3. Importance of Research in Yoga

#### **UNIT- II**

1. Problem & its Meaning
2. Hypothesis & its types
3. Types of Sampling, Tools of data collection.

#### **UNIT- III**

1. Observational, experimental
2. Correlation Variables, meaning & Nature
3. Research Design

#### **UNIT- IV**

1. Measurement of Central Tendencies
2. Mean, Mode Median
3. Standard deviation
4. Correlation coefficient

#### **UNIT – V**

1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report.

#### **REFERENCE :**

1. Kerlinger, Foundation of Behaviour Research
2. Festinger and Katz : Research Methods in Behaviour Sciences
3. Garrat : Statistics in Psychology and Education



## **SEMESTER-II**

### **PAPER – IV**

#### **TEACHING METHODOLOGY OF YOGA PRACTICE, MYCC-204**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### **UNIT – I**

1. Concept of Teaching Methods
2. Meaning & scope of Teaching Methods in Yoga
3. Principles of Teaching Methods in Yoga

##### **UNIT – II**

1. Teaching Technology
2. Teaching Methods in yoga
3. Class Management & Formation of class in yoga, Lesson Planning

##### **UNIT – III**

1. Lecture & Demonstration Methods
2. Specimen of notes & observation of Yogic Practice lessons
3. Audio Visual Presentation

##### **UNIT – IV**

1. Concept of Counseling of Yoga
2. AIMS & Principles of Counseling
3. Importance of Counseling in Yoga

##### **UNIT – V**

1. Salient points in Teaching importance kriyas, Asanas, Pranayam & bandhas

##### **Reference book :**

1. Methods & Techniques of teaching Sterling Publication Pvt. Ltd., Sh. S.K. Kochar.
2. Educational Teaching & Management Sharma M.K./H.P. Bhagana book house Agra.
3. Teaching Methods for Yoga Practices Kaivalys Dham Lonaijala Gharote M.L. & Ganguli.
4. Early teaching of Bihar School of Yoga Munger Bihar.
5. Yogic Techniques Lonavala, Dr. Charote.
6. Teaching yoga Bombay Yoga Institute Sh. Yogendra.

## SEMESTER- II

### PAPER – V

#### PRACTICAL-II, MYPC-205

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **ASANAS-**

1. Utkatasan- Standing
2. Konasan- Standing
3. Natrajasan- Standing
4. Konasan- Standing
5. Dolasana- Standing
6. Hastpadangushthasan- Standing
7. Paschimottanasan- Sitting
8. Vrishabhasan- Sitting
9. Kukkutasan- Sitting
10. Koormasan- Sitting
11. Vakasan- Sitting
12. Akarndhanurasan- Sitting
13. Baddh-Padmasan—Sitting
14. Shashankasan- Sitting
15. Ushtrasan- Sitting
16. Padangushthasan- Sitting
17. Chakrasan- Supine
18. Padma Sarvangasana- Supine
19. Parvatasan- Prone
20. Utthit-Padmasan- Prone

#### **Pranayam-**

1. Sheetali Pranayama
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

#### **Shatkarm-**

1. Agnisar Kriya,
2. Sheetkram Kapalbhati,
3. Sutraneti
4. Danda Dhouti

#### **Mudra & Bandh-**

1. Shambhavi Mudra,
2. Tadagi Mudra,
3. Shanmukhi Mudra,
4. Kaki Mudra

#### **Meditation- Preksha or Transcendental**

1. Brief introduction Asthanga Yoga
2. Concept of Kriya Yoga & Panch Kleshas Purusha, (drishta) & Prakriti, (drishya)

**REFERENCE:**

1. Asana, Pranayam, Mudra, Bandh - Swami Satyanand Saraswati, Yoga Publication Trust, Munger, Bihar
2. Hatha Yoga Pradipika, Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar
3. Gheranda Samhita, Swami Niranjanananda, Saraswati, Yoga Publication Trust, Munger, Bihar

## **SEMESTER- III**

### **PAPER – I**

#### **YOGIC UPANISHADS, MYCC-301**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### **UNIT -I**

1. Swetaswataropaniṣad:(ChapterII)Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yoga siddhis.
2. Importance of Yogasiddhis,Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.

##### **UNIT -II**

1. YogakundaliUpanishad:MethodsofPranayamaSiddhi,TypesofPranayama,meansof Self-realization.
2. Yogachudamadi Upanishad: The description of the six limbs of yoga, their results andsequence

##### **UNIT -III**

Trishikhibrahmanopaniṣad:descriptionofAshtangayoga,KarmayogaandJnanayoga.

YogatattvaUpniṣad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages,dietand Dincharya, primarysymptomsofyogasiddhis andprecautions.

##### **UNIT -IV**

1. Dhyānbindu Upaniṣad: importance of Dhyānyoga, Nature of Pranav, Techniques of Pranav meditation, Shadāngyoga, Atmadarshan through Nadanusandhan.
2. Nadabindu Upaniṣad : Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.

##### **UNIT -V**

1. Yogaraj upniṣad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, ninechakras, proced of Dhyanaand its results.

**REFERENCE :**

- 1- Gita Press Gorakhpur :Upnishad
- 2- Pt. ShriRam Sharma Acharya 108 Upnishad - Gyan Khand
- 3- The Principal Upnishads : Swami Shiva Nand
- 4- The Philosophy of Upnishads : Paul Deysen

## **SEMESTER- III**

### **PAPER – II**

#### **YOGA AND ALLIED SCIENCES, MYCC-302**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT-I**

1. Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy.
3. Relation Between Yoga Therapy and Alternative Therapy

#### **UNIT-II**

1. Meaning of Acupressure, Benefits of Acupressure.
2. Principles and Techniques of Acupressure.
3. Instruments of Acupressure. Introduction of Different Pressure Points.
4. Difference between yoga & Naturopathy

#### **UNIT-III**

1. Philosophy of Naturopathy Yoga & Naturopathy
2. Various methods of treatment in Naturopathy,
3. fasting nutrition's & dietetics, Balance diet, Basic element component of diet (carbohydrate, Fat, Protein, Vitani, Minerals, electrolyte)
4. Hydrotherapy, mud therapy, chromo therapy, magneto therapy & Message Therapy

#### **UNIT-IV**

1. Defination Of Swasthya; Swisthweit , Definatoin of Health According WHO.
2. Dincharya,Ratrichrya, Ritucharya.
3. Sodhan , Panchkarma , Purvakarma.
4. Nadi Vigyan.
5. Dosh. Dhatu , Mal, Ojjas, Agni In Ayurveda.

#### **UNIT-V**

1. Meaning & Nature of Prana,
2. Introduction & Principles of Pranic Healing,
3. Various Techniques of Pranic Healing

**REFERENCE :**

1. Singh Ramharsh, Swasth vritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
2. Kaushik, MaiRam, Ayurveda Kya Hai?, Bikaner: Anand Prakashan, 2003
3. Dash, V.B., Ayurvedic Treatment For Common Diseases, Delhi Diary, 1974.
4. Mental Hygiene through yoga-Dr. Vinod P. Nautiyal Swastha Vratt–National Ayurved Institute
5. S.J. Singh : History and Philosophy of Nature Cure.
6. M.K. Gandhi : My Nature Cure.

## **SEMESTER- III**

### **PAPER – III**

#### **YOGA THERAPY, MYCC-303**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT-I**

1. Yoga Therapy : Meaning, scope, effectiveness and limitations
2. Principles Health: Preventive, Promotive, and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

#### **UNIT-II**

1. Rules to be followed by the Therapist
2. Rules to be followed by Patient
3. Patient – Therapist relationship

#### **UNIT-III**

1. Yogic management for Asthma, Constipation,
2. Yogic management for Hypertension, Hypotension & Heart disease.

#### **UNIT-IV**

1. Yogic management for Stress, Anxiety, Depression
2. Yogic management for Head ache & Migraine, Cervical & Lumber Problems

#### **UNIT-V**

1. Yogic management for Pregnancy, Menstrual disorders,
2. Yogic management for Diabetes & Obesity.

#### **REFERENCE :**

1. Yoga and Pregnancy – Dr. Swami Nirmalanand Saraswati. Yoga Publication Trust Munger, Bihar.
2. Yogic Management of Common Diseases – Dr. Swami Karmanand Saraswati, Yoga Publication Trust Munger, Bihar
3. Yogic Management of Asthma and Diabetes – Dr. Swami Shankar Devananda, Yoga Publication Trust Munger, Bihar
4. Yoga and Hypertension - Dr. Swami Shankar Devananda, Yoga Publication Trust Munger, Bihar



## **SEMESTER- III**

### **PAPER – IV**

#### **PRINCIPLE OF PSYCHOLOGY & PERSONALITY DEVELOPMENT, MYCC-304**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT-I:**

1. Basic Concept of psychology, Emotion, Motivation,
2. Intelligence, cognition, Behavior, Attitude
3. Psychology and Holistic Health
4. Theoretical understanding of Yoga and Modern Psychology,
2. Concept of Holistic Health
3. Concepts and models of Normality,

#### **UNIT-II:**

1. Sleep, circadian Rhythm
2. Concepts of Psychosomatic disorders
3. Meaning, Definitions of Psychosomatic disorders
4. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders

#### **UNIT-III:**

1. Personality & Behavior
2. Eastern and western concepts of personality,
3. Modern theories of personality,
4. Indian approach to consciousness and human behavior,

#### **UNIT-IV: Personality**

1. Integration through Yoga
2. Personal and interpersonal adjustment
3. Attitude formation for total personality integration
4. Role of yoga in personality integration

#### **REFERENCE :**

1. Internal Yoga Psychology – V. Madhupudhan Reddy
2. Yoga Psychology – Shanti Parkash Attari
3. Yoga and Yogic Therapy – Dr. Suresh Barnwal
4. Integrated Approach of Yoga, R. Nagarathna and H.R. Nagendra,

**SEMESTER- III**  
**PAPER – V**  
**PRACTICAL-III, MYPC-305**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

**Asanas**

1. Hanumansana
2. Mayurasana
3. Shirshasana
4. Tolangulasana
5. EK Pad Skandhasana
6. Garbhasana
7. Shispadangusthasana – Sitting
8. Sankatasana
9. Padmvakasan
10. Tittibhasana
11. Sapta Kurmasana
12. Rajkapotasana

**Pranayam**

1. Bhrumri
2. Murcha Pranayam
3. Sheett Pranayam

**Sat Karm**

1. Dand dhauti
2. Vyut Kram Kapalbhata
3. Tratak
4. Agnisar

**Mudra Bandh**

1. Sanmukhi Mudra
2. Ashwani Mudra
3. Tadaki Mudra
4. Mool Bandh

**Meditation**

1. Pranav Meditation
2. Viva

**REFERENCE :**

1. Asana, Pranayam, Mudra, Bandh - Swami Satyanand Saraswati, Yoga Publication Trust, Munger, Bihar
2. Hatha Yoga Pradipika, Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar
3. Gheranda Samhita, Swami Niranjanananda, Saraswati, Yoga Publication Trust, Munger, Bihar

## **SEMESTER- IV**

### **PAPER – I**

#### **YOGA & HEALTH, MYCC- 401**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### **UNIT – I**

1. Definition & importance of Health according WHO
2. Dimension of Health, Physical, Mental, Social, Spiritual
3. Concept of Health & Disease, concept of Adhi & Vyadhi

#### **UNIT – II**

1. Pancha Mahabhutas, Pancha, Prana & their role in Health & Healing
2. Concept of Panch Kosha's Shat Chakra & their Role in Health & Healing.

#### **UNIT – III**

1. Yoga as a way of life, Heyam, dukham, anagam Patanjali causes of Health,
2. Taptrayas, Kleshas Physical & Physiological Manifestation of Disease Vyadhi, Alasya.

#### **UNIT – IV**

1. Styana, Samshya, Pramada, Avirati Bhranti, Darsana, Alabdha.
2. Bhumiktva Anavasthitva, Duhkha & Daurmanasya.

#### **UNIT – V**

1. Ahara, Vihara, Acharya & Vichara, Role of Positive attitude.
2. Maltri, Karune, Maduta, Upeksha for Healthy living concept of Bhavas & Bhavanas.

#### **REFERENCE :**

1. Community Medicine – Park
2. Community Medicine – Sahynasayan
3. Sarasthvir – Ram Harsh Singh
4. Ayurveda Kya hai Mand Prakashan, Kashik Mai Ram
5. Basis Prinsiples of Ayurveda Lakshmipati
6. Ayurvedic for health & long life. Garde R.K.
7. Reg Vikrati Vigyan –
8. Baiss Principle of Ayuvedia – Atridey Tripathi

## SEMESTER- IV

### PAPER – II

#### YOGA IN ANCIENT LITERATURE, MYCC-402

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

#### UNIT – I

1. General introduction to Bhagwat Gita
2. Definition of Yoga in B.G. & their Relavance & Scope
3. Essentials of B.G. the Meaning of the term & Atmaswarup Stitha prajna, Sankhya Yoga (Chapt II), Karma Yoga (Chpt III), Samnyasa, Dhyana, Yogas (Chapt VI)  
Nature of Bhakti (Chapt XII) Goals of Bhakti Yoga Daivasura, Sampad Vibhaga Yoga (Chapt XVI) Moksha Upadesa Yoga (Chapt XVIII)

#### UNIT – II

1. Ishvasyopnished : Concept & Karmanistha, Concept of Vidya, Avidya, Knoweldge of Brahmin, Atmabhava
2. Kena Upanishat indwelling power Indriya & Antahtarana, self & mind, intutive Realization of the truth.
3. Katha Upanishad : Definition of Yoga, Nature of Soul importance of self Realization.

#### UNIT – III

1. Prashna Upnishad concept of Prana, & Raji (Creation) Pancha Pranas, the five main questions.
2. Mundaka Upnishad two approaches to Prahma, Vidya the, Para & apara The greatness of Brahavidya worthlessness of selfish Karma Tapas & Gurubhakti The origin of creation Brahman the target of meditation.
3. Mandukya : Four states of consciousness & its relation to syllabus in omichra

#### UNIT – IV

1. Aitareya Upnishad : Concept of Atma Universe & Bhahaman
2. Taittiriya Upnishad : Concept of Pancha Kosha, Summany of Shikasha Valli, Anand Valli, Bhruguvalli.
3. Chandogya Upanishad : Om (Udgitha) Meditation, Sandilya Vidya

#### UNIT – V

1. Brihadaryanka Upnishad : Concept of Atman & gyan yoga, Union of Atman & Paramatman
2. Yoga Vasistha : High lights of Yoga Vashitha, concept of Adhis & Vyadhis. The four gatekeepers (Pillars) to freedom, How sukh is attained the highest state of bliss
3. Development of Satvaguna, Eight limits of meditation gyana saptabhumika

#### Reference book :

1. Gita Markaranda Kalashtai, Shrisukha Brahma Shivdya Prakashnanda Swami Ashram.
2. Bhagvat gita for daily living Allahabad Jajoo Books Sh. Ekanath Eswaran.
3. Ancient yoga & Modern Science Dr. T.R. Anantharnan Munshiram Manoharlal Pvt.td.

## **SEMESTER- IV**

### **PAPER – III**

#### **YOGA & STRESS MANAGEMENT, MYCC-403**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### **UNIT – I**

1. Concept of Stress, Stress Mechanism
2. Causes of Stress

##### **UNIT – II**

1. Psychological
2. Physiological
3. Symptoms of Stress

##### **UNIT – III**

1. Psychological Health
2. Physiological Health
3. Personality & Society

##### **UNIT – IV**

1. Stress Management through Yama & Niyama
2. Stress Management through Pranayam & Meditation
3. Stress Management through yoga Nidra & Relaxation Techniques, Bhagwat Gita

##### **UNIT – V**

1. Shavasan & Stress
2. Breath awareness
3. Mandukya Karika (Relaxation & Stimulation)

##### **Reference Book :**

1. Stress & its Management through Yoga Upuppa K.N.
2. Spiritualize to lead a stress free life Krishna Murthy
3. Yoga & Yogic therapy Ram Harsh Singh
4. Yoga Therapy Swami Kuvalyananda
5. Yogic Management of PSY Chiatricdisorder Sh. Basvareddy I.V.
6. Yog Nidra – Swami Satyanand Saraswati, Yoga Publication Trust, MUnger, Bihar.

## SEMESTER- IV

### PAPER – IV

#### DIET AND NUTRITION, MYCC-404

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

##### UNIT – I

1. Components of food & Nutrition
2. Basic Nutritional Requirement, Functions of Food.
3. Concept of Diet Pathya & apanya according to Gheranda Samhita, Hatha Pradeepika & Bhagwada Gita

##### UNIT – II

1. Diet according to the body constitution (Prakriti) Vata, Pitta & Kapha as also gunas.
2. Macro & Micro Nutrition, Sources, Functions & effects on the body.
3. Significance of Carbohydrates, Protein, Lipids, Vitamins Minerals & Water in the body, Antioxidants & their role

##### UNIT – III

1. Proximate Principles of Diet
2. Balance diet concept
3. Carbohydrate, fat, protein, nutrition, values, importance.

##### UNIT – IV

1. Minerals, Calcium, Iron, Phosphorus etc. Vitamins Sources Roles, requirements.
2. Cereals, Millets, Selection Preparation & Nutrition Value.
3. Pulses, Nuts and Oil seeds-selection preparation & Nutrition Value, Milk & Milk products selection, preparation & Nutritive Value, Vegetables & Fruits.

##### UNIT – V

###### **Food & Metabolism**

1. Energy Basic concepts, Definition & Components of energy requirements.
2. Metabolism, Carbohydrate, Fat, Protein BMR, Calorie requirement.

##### **Reference Book :**

1. A hand book of Food & Nutrition – F.P. Antia
2. Food & Nutrition – Swaminathan
3. Normal & Therapeutic Nutrition – Robinson Lawler
4. Fundamentals of Food & Nutrition SR Mandambi & M.V. Raja Gopal
5. Principles of Nutrition E.D. Wilson K.H. Fisher
6. Swasthrit Dr. Harsh Singh

**SEMESTER- IV**  
**PAPER – V**  
**PRACTICAL-IV, MYPC- 405**

**MARKS: 100**

**DURATION OF EXAM. : 3 HRS.**

**Asans**

1. Karnpeedasan
2. Poorna Chakrasan
3. Poorna Bhujangasam
4. Gorakshasan
5. Pakshiasan
6. Poorn Matsyendrasan
7. Poorn Dhanurasan
8. Akarna Dhanurasan
9. Pranavasan
10. Bal garbhasan
11. Vrish Chikasan
12. Dwipadas Kandhasan

**Pranayam**

1. Plavini Pranayam
2. Ujjayi Pranayam
3. Bhramari Pranayam
4. Pranayama (With Antah & Bahya Kumbhak)

**Shatkarm**

1. Nauli (Clock wise & Anti Clock wise)
2. Vastra Dhauti
3. Laghoo & Poorna Sankha Prakshalan

**Mudra & Bandh**

1. Maha Mudra
2. Khechari Mudra
3. Viparecet Karni Mudra
4. Maha Bandh
5. Shakti Chalini
6. Meditation – Practice of Dhyana (Raj Yoga)



## 7. Meditation) Brahamakumaris

### **REFERENCE :**

1. Asana, Pranayam, Mudra, Bandh - Swami Satyanand Saraswati, Yoga Publication Trust, Munger, Bihar
2. Hatha Yoga Pradipika, Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar
3. Gheranda Samhita, Swami Niranjanananda, Saraswati, Yoga Publication Trust, Munger, Bihar