

# **RADHA GOVIND UNIVERSITY**

## **RAMGARH, JHARKHAND**



### **REGULATIONS AND COURSES OF STUDY FOR MASTER OF ARTS (YOGA) UNDER CHOICE BASED CREDIT SYSTEM (CBCS)**

**FACULTY OF PHYSICAL EDUCATION RADHA GOVIND UNIVERSITY  
RAMGARH, JHARKHAND**

## **Regulation For Conducting The M.A. Yoga Degree Programme**

### **Objective:**

The primary objective of a Master of Arts (M.A.) in Yoga is to deepen students' understanding and practice of yoga, both theoretically and practically, enabling them to become proficient yoga instructors, therapists, researchers, or scholars. This program typically emphasizes the philosophical, historical, and scientific aspects of yoga, along with advanced training in yoga techniques, teaching methodologies, and research skills.

### **Minimum Eligibility**

- Graduate in any discipline with 48% marks from a recognized University.
- The extra weightage of 10% marks will be given to that applicant who is having one year regular diploma in Yoga Education / Yoga, from a recognized University or Institution, along with Graduation.
- The Applicant who is opted yoga as one of the optional subject at graduate level will also be given weightage of 10% marks, from recognized University or Institution.
- The extra weightage of 5% marks will be given to those applicants who is having regular certificate in Yog Education / Training / Yoga, along with Graduation from recognized University or Institution.

### **Minimum passing marks and criteria for promotion to next higher semester**

1. The minimum marks for passing a semester shall be 36% in each paper.
2. A candidate would be promoted to the next semester if he/she has secured at least 36% marks in minimum four papers prescribed in one semester. Such candidate shall be required to appear in papers in which he/she secured less than 36% marks along with the next examination of the semester.
3. In case of result of a particular semester being not declared by the university, before the starting of the next higher semester, the students who have appeared in all the papers in the semester will be allowed to attend the classes of the next higher semester at their own risk. Candidates who are not later found eligible to be promoted to the next higher semester will have to leave that semester.

### **Procedure of Admission**

In order to select the candidate from amongst the applications, the institution may either prepare a merit list giving suitable weight-age to marks obtained in previous qualifications and other factors or may conduct a written

test/interview or may adopt both of these two methods giving suitable weight-age to them. The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

### **Reservation**

Candidates belonging to S.T./S.C. and OBC categories will get relaxations as per the general admission rules of the University.

### **Medical Fitness Certificate**

The selected candidates must submit a medical fitness certificate along with academic certificates/ testimonials and migration certificate also, if needed.

### **Seats**

There are only 40 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University

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### **Attendance**

Regular attendance of the student is an important factor in the semester system. No candidate can be allowed to appear in the Semester Examination as a regular student unless he/she has attended the course regularly as per University rules.

1. Minimum 75% attendance is compulsory for all students for every course for appearing in examination. 2. For students participating in Sports/Cultural event/NCC camps during a particular semester, the maximum number of days of absence shall not exceed 8 days. Any waiver in this context shall be on the recommendation of the concerned Head / Incharge and the student will be required to apply in advance for the leave to the Head / Course Director / Coordinator.

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional work	30
Discipline	05
Unit Test	10
Assignments	10
Attendance	05

## SCHEME OF EXAMINATION

M.A. Yoga

Semester – I

<b>Theoretical Course</b>						
<b>Title of the Papers and its abbreviation</b>	<b>Weekly Hours</b>	<b>Credit</b>	<b>Exam Duration (Hrs.)</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Full Marks</b>
<b>Core Course</b>						
<b>Fundamentals of Yoga (FY)</b>	5	4	3	30	70	100
<b>Recent Trends in Yoga(RTY)</b>	5	4	3	30	70	100
<b>Anatomy and Physiology (AP)</b>	5	4	3	30	70	100
<b>Research Methodology (RM)</b>	5	4	3	30	70	100
<b>Practicum</b>						
<b>Yoga Practical (YP)</b>	6	4	1	30	70	100
<b>Practice teaching (PT)</b>	6	4	1	30	70	100
<b>Total</b>	32	24		180	420	600

## Semester -II

<b>Theoretical Course</b>						
<b>Title of the Papers and its abbreviation</b>	<b>Weekly Hours</b>	<b>Credit</b>	<b>Exam Duration (Hrs.)</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Full Marks</b>
<b>Core Course</b>						
<b>Health Management (HM)</b>	5	4	3	30	70	100
<b>Yoga Methodology (YM)</b>	5	4	3	30	70	100
<b>Physiology of Yogic Practices (PYP)</b>	5	4	3	30	70	100
<b>Research Process in Yoga (RPY)</b>	5	4	3	30	70	100
<b>Practicum</b>						
<b>Yoga Practical (YP)</b>	6	4	1	30	70	100
<b>Practice Teaching (PT)</b>	6	4	1	30	70	100
<b>Total</b>	32	24		180	420	600

### Semester - III

<b>Theoretical Course</b>						
<b>Title of the Papers and its abbreviation</b>	<b>Weekly Hours</b>	<b>Credit</b>	<b>Exam Duration (Hrs.)</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Full Marks</b>
<b>Core Course</b>						
<b>Applied Yoga (AY)</b>	5	4	3	30	70	100
<b>Philosophy of Yoga (PY)</b>	5	4	3	30	70	100
<b>Alternative Therapies (AT)</b>	5	4	3	30	70	100
<b>Yoga Therapy (YT)</b>	5	4	3	30	70	100
<b>Practicum</b>						
<b>Yoga Practical (YP)</b>	6	4	1	30	70	100
<b>Practice teaching (PT)</b>	6	4	1	30	70	100
<b>Total</b>	32	24		180	420	600

## Semester – IV

<b>Theoretical Course</b>						
<b>Title of the Papers and its abbreviation</b>	<b>Weekly Hours</b>	<b>Credit</b>	<b>Exam Duration (Hrs.)</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Full Marks</b>
<b>Core Course</b>						
<b>Stress Management by Yoga (SMY)</b>	5	4	3	30	70	100
<b>Principles of Indian Philosophy (PIP)</b>	5	4	3	30	70	100
<b>Applied Alternative Therapies (AAT)</b>	5	4	3	30	70	100
<b>Dissertation (DISS)</b>	5	4	3	30	70	100
<b>Practicum</b>						
<b>Yoga Practical (YP)</b>	6	4	1	30	70	100
<b>Project Work (PW)</b>	6	4	1	30	70	100
<b>Total</b>	32	24		180	420	600

# SYLLABUS

## M.A. Yoga

### Semester- I (Theory)

#### Paper – I: FUNDAMENTALS OF YOGA

##### Unit – I

1. Yoga –Meaning, Concept, Definitions, aims and objectives of Yoga. 2. Historical Background of Yoga 3. Introduction of Hatha Yogic text and their practices with reference to Hathapradipika & Gherand Samhita.

##### Unit-II

1. Introduction to Patanjali Yoga Sutra, Four Padas-Samadhi, Sadhana, Vibhuti and Kaivalya. 2. Concept of Chitta- Vritti, Chitta -Vikshepa 3. Concept of Chitta-Prasadana, Kriya yoga and Ishwara.

##### Unit-III

1. Concepts of Ashtang Yoga, according to Patanjali. 2. Concept of Bandha-Mudra and Kundalini. 3. Concept of Shatkarma, according to Hathapradipika

##### Unit-IV

1. Sankhya Philosophy, Twenty-five entities according to Sankhya, Means of Knowledge, Satkaryavada. 2. Relation of Yoga with Sankhya, Similarities and Dissimilarities 3. Relation of Yoga with Vyakta and Avyakta, Triguna.

##### Reference Books: -

1. Patanjali Yoga Sutra - Dr. P. V. Karambelkar Kaivalyadhama, Lonavala, 2. Yoga Darshan - Dr. S. V. Karandikar Subhar Pal 3. Yoga Dipika - B. K. S. Ayangar Orient Langman, N. D.
4. Hathapradipika - Dr. M. L. Gharote, Yoga Institute, Lonavala . 5. Gherand Samhita - Swami Digambarji & Dr. M.L..Gharote Lonavala. 6. Asana – Swami Kunalayanand Kaivalyadhama, Lonavala . 7. Pranayama - Swami Kunalayanand - Kaivalyadhama, Lonavala . 8. Shiva Sutra – Jayadeosingh , Motilal Banarasidas , Delhi 9. Vyayam Vidhyana - Dhirendra Brahmachari Vishvayatan , Delhi . 10. Physical Education in ancient India - Dr. S. H. Deshpande. 11. Prachin Bharat Main Sharirikshikshan Darshan. - Dr. R. H. Tiwari. 12. Kalyan Yogank , - Geeta Press, Gorakhpur. 13. Essays on yoga - Swami Shivananda 14. Bases of Yoga - Arbindo. 15. Patanjali Yoga Sutra - Dr. N. V. Karbelkar., H.V.P.M. Amravati. (Marathi Edn.) 16. Shiksha Manovidyan - P.D. Pathak 17. Sharirik Shiksha Me Manodarshnik tatha Jaivayantrik Pahalu - Dr. R.C. Kapil

## **Paper - II: RECENT TRENDS IN YOGA**

### **Unit-I**

Information of the following Yoga Institutions/ University with their contributions in the Field of Yoga propagation and development.

Kaivalyadhama, Lonavala, Pune.

Moraraji Desai National Yoga Institute, New Delhi.

Central Council for Research in Yoga and Naturopathy, New Delhi.

Shree Hanuman Vyayam Prasarak Mandal, Amravati.

Dev Sanskruti Vishwa-vidyalaya Haridwar,

Gurukul Kangari Vishwavidyalaya Haridwar,

Harising Gour Vishwavidyalaya Sagar, (M.P.),

Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore.

Patanjali Vidyapith, Haridwar.

### **Unit- II**

Communication Skilled Teaching Practice 1. Knowledge and demonstration ability  
2.To prepare the course schedule giving due weight age to various aspects of the practice of Yoga 3.to teach to a pre- defined script through a standard teaching process. 4. Describing the practice (name, meaning, justification, category, type, counts, complementary postures) 5. Demonstration (Silent demo, demo with counts, demo with counts breathing and explanation) 6. Benefits and limitation 7. Single group practice 8. Practice in pairs 9. Explanation of Subtle points 10. Question answers 11. To teach as per the daily and the course schedule 12.To keep records of aspirants enrolled, their attendance and their progress report during the programme 13.To obtain feedback from the aspirants and make course correction as appropriate.

### **Unit-III**

Conferences, Seminars, Symposia and workshops: 2. Importance, nature and organizational set up of Conference, Seminar, Symposium, Workshop. 3. Review and general outlook of Yoga text books, journals, periodicals, reference books and Bibliographical approach.

### **Unit-IV**

Tools of propagation and advertisement techniques: 2. Yoga camps, demonstration, exhibition, propagation tour, Yoga lecture Series 3. News writing, Radio, Television, Internet, technique of propagation and its.

### **Reference Books:**

1.Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli. 2.Principles of Education: – Dr. R. S. Pandey. 3. Principles of Methods of Teaching: – Bhatia. 4. Introduction to Teaching: – Bernard H. C.

## **PAPER - III: ANATOMY AND PHYSIOLOGY**

### **Unit - I**

Detail Structure and Functions of Cell Contain. 2. Types of tissue and functions. Classification of bones and functions. 3. Muscular System: Type of muscle, their structure and functions, Neuro muscular trans mission of impulse, muscle tone, stretch reflex. 4. Isometric and isotonic muscles, fatigue, Oxygen debt.

### **Unit-II**

1. Respiratory system: Mechanism of Respiration. 2. Transport of Oxygen and Carbon dioxide. Factors affecting it. 3. Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air. 4. Circulatory system; structure and function of heart, cardiac cycle, Heart sound.

### **Unit-III**

1. Blood Composition, Plasma proteins and their function. Blood cell and their structure and function. 2. Mechanism of Blood coagulation. Blending time, coagulation.3. Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation. 4. Uro-genital system organs and their functions.

### **Unit-IV**

1. Various endocrinal glands and their functions. 2. Special senses: Structure and functions of eye,errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord) 3. Central nervous system Parts and their functions, Autonomic nervous system. 4. Spinal cord structure and function, cranial nerves, Reflex action.

### **Reference Books:**

1. Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Health Education & Bureau, Govt. Of Vinekar India, New Delhi 1963. "Asanas" – Kuvalayananda Swami Kaivalyadhama, Lonavala. "Pranayama"- Kuvalayananda Swami Kaivalyadhama Lonavala 4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala 5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical - Evely Pearce, Oxford University Application" (1974 Ed) Press, Kolkata 6. Physiology of Yoga - Dr. P. N. Ronghe7."Yogamimansa Journals"- Kaivalyadhama, Lonavala 8.Swadhay and Yoga Therapy - Dr. Waze, Pune 9. Anatomy & Physiology Of Yogic Practices - M.M.Gore "Kanchan Prakashan Lonavala, 1990".

## **PAPER - IV: RESEARCH METHODOLOGY**

### **Unit-I**

#### Introduction

1. Meaning, concept and Definition of Research
2. Need, Importance and Characteristics of Research in Yoga
3. Type of Research – Analytical, Descriptive, Experimental and Evaluative.
4. Qualities of a Good Researcher.

### **Unit-II**

#### Developing the Research Problem

1. Definition and Meaning of Research Problem. 2. Location of Research Problem. 3. Criteria for Selecting a Research problem. 4. Meaning, Definition and types of Research Hypothesis Formulation of Research hypothesis.

### **Unit-III**

#### Survey of Related Literature

1. Need and Purpose for Surveying Related Literature
2. Kinds of Related Literature
3. Sources of Literature
4. Steps in Literature Search.
5. Use of Library Sources.

### **Unit-IV**

#### Methods of Research

1. Need and Importance of Formulating Method
2. Sampling and population – meaning, importance.
3. Types of sampling – Probability and Non-Probability Methods, Design and analysis of Study, Meaning, Definition and types

#### **Reference Books:**

1. Statistics for Psychology – J. P. Varma Tata McGraw Hill Education Private Limited New Delhi.
2. Research Methods applied - Scott, G.M. (Ed): Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959. 3. Manual for Writing of -Turabian, Kate. L.A. Research papers, thesis Chicago University of Chicago and Dissertation Press, 1967. 4. Methods of Research: - Good Cater, V. & Douglas, E.S. Carts Educational Psychological New York, Appleton Cent, Crofts, 1954 and Sociological 5. Introduction to Research -Hilway, Tyrus Boston, Houghton Mifflin Co. 1956. 6. Education Research: - Smith, H.L. Bloomington Principles and practices Indian Educational Pub; 7. The Elements of Research -Whitney, F.L.: New York Prentice Hall Inc. 1961. 8. Research in Physical Education - Clarke.

# PRACTICAL

## Semester-I

### Yoga Practical

- Asana Standing Asanas: Tadasana, Garudasana, Ardhakatichakrasana.
- Sitting Asanas: Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.
- Prone Position: ArdhaShalbhasana (Akpada), Makarasana, Bhujangasana.
- Supine Position: Shavasana, Ardhalasana, Pawanmuktasana, Setubandhasana.
- Balancing Asanas: Parvatasana, Bakasana, Vrikshasana.
- Shatkarma 1. Neti: Jala and Sutra.
- Dhauti: Danta, Jivhashodhan, Karnarandhra, and Kapalrandhra.
- Pranayam and Bandha – Mudra: Pranayama (without Kumbhak): Nadishodhan, Suryabhedhan, Ujjai, Shitali. Bandha: Jalandhar, Jivha. Mudra: Nabhomudra, Vipritkarni, Tadagi.
- Yogic Sukshma Vyayama, Yogic Sthula Vyayama and Suryanamaskar  
Yogic Sukshma Vyayama 1) Vishudh Chakra OR Uccharan-sthalaShudhi 2) Prarthana  
3) Buddhitatha Dhriti Shakti – Vikasaka 4) Smaran Shakti Vikasaka 5) Medha  
Shakti – Vikasaka 6) Kapal – Shakti Vikasaka 7) Netra Shakti Vikasaka 8)  
Karna Shakti Vikasaka 9) Griva Shakti Vikasaka 10) Skandh & Bahumula  
Shakti Vikasaka 11) Bhujabandha Shakti Vikasaka 12) Kohni Shakti Vikasaka  
13) Bhujavalli Shakti Vikasaka 14) Purnabhuj Shakti Vikasaka 15)  
Manibandha Shakti Vikasaka 16) Karaprastha Shakti Vikasaka 17) Kara-tala  
Shakti Vikasaka 18) Anguli Shakti Vikasaka 19) Ansuli Shakti Vikasaka 20)  
Vaksha Shakti Vikasaka 21) Vakshasthala Shakti Vikasaka 22) Udara Shakti  
Vikasaka
- Yogic Sthula Vyayama 1) Rekha-gati 2) Hrid-gati 3) Utkurdana

## **Practice Teaching**

The candidate will be required to take three supervised lessons in Yoga practices.

One lesson to be taken at the final practice teaching examination from Yog asana Group

The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position.
2. Plan of the lesson. Formation of the class.
3. Teacher's Practical Demo
4. Report. [Approaches & Relationship]

## **Semester – II (Theory)**

### **Paper – I: HEALTH MANAGEMENT**

#### **Unit – I**

1. Meaning and concept of health, various dimensions of health. 2. Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health.

#### **Unit - II**

1. First Aid – Wounds, fractures, Bandages, Blood flow. 2. Accidents, drowning, poison, Snakebite, electrical shocks, unconsciousness.

#### **Unit - III**

1. Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress  
2. Meaning and concept, Psychic forces i.e., id, ego and superego. 3. Role of Yoga in Solving personal and social Psychic problems.

#### **Unit – IV**

1. Various Health problems: - health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard. 2. Role of Shatkarma, Asana, Pranayama, Mudra, Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems.

#### **Reference Books:**

1. Yoga Therapy in management of Stress - Dr. S.V. Karandikar
2. Mental Tension its Cure - Dr. O.P.Jaggi
3. A Life Saver - Dr. S.V. Karandikar
4. Psychology of Personality Development A.A. Raback
5. Nutrition & Health - K.R. Raghunath
6. Diet Cure for Common Diseases - Bakhru H. K.
7. Yoga for Stress Relief - Thakur, Bharat
8. Managing Stress - Shrivastava H.S.
9. Food for Health Mool Raj
10. Commonsense Restoration of Health - Felix-o-Striet
11. Key to Health - M.K. Gandhi
12. Secretes for Health & Longevity - Dr. OmkarNath
13. Food for Health - A.P. Dewan
14. AaharVidnyan - Satyapal
15. Yogasana - Dr. P. D. Sharma

## **Paper – II: Yoga Methodology**

### **Unit-I**

1. Lesson Planning; meaning definitions and Importance. 2. Factors affecting the teaching and planning 3. Different formats of lesson plans Planning and observation and field activity lesson and classroom teaching lesson

### **Unit- II**

1. Methods of Yoga teaching 2. Tradition and Modern methods 3. Lecture, demonstration, orientation, homework, assignment, project, supervised study.

### **Unit-III**

1. Teaching aids; Meaning need definition and classification of teaching aid necessary precaution for the use of teaching aids. 2. Evaluation procedure old concept, new approach, tools of evaluation. 3. Team teaching, micro teaching 4. Yoga and sports.

### **Unit-IV**

Types of lessons 1. Knowledge lessons 2. Skill lesson 3. Appreciation lesson, planning and observation of different yogic lesson 4. Asanas, shatkarma, pranayama, Bandas, Mudra lesson.

### **Reference Books:**

1. Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli.
2. Principles of Education: – Dr. R. S. Pandey.
3. Principles of Methods of Teaching: – Bhatia.
4. Introduction to Teaching: – Bernard H. C.

## **PAPER - III: PHYSIOLOGY OF YOGIC PRACTICES**

### **Unit-I**

1. Psycho-Physiological importance of Yoga. 2. Yogic management of stress and behavior. 3. Mental health and Yam-Niyama. 4. Postural therapy. Benefits of different postures in Balancing, Standing, Sitting inverted and corrective asanas.

### **Unit-II**

1. Neural mechanism for the regulation of respiration (Pran energy) during Yogic Pranayam practice. 2. Physiological difference in normal exercise breathing and Pranayama. 3. Therapeutic importance of Hatha yogic Pranayam. 4. Scientific importance of Mudras.

### **Unit-III**

1. Physiological effects of Asana 2. Effect of Shudhikriya (cleaning techniques) 3. Importance of Pratyahar and Dharna. 4. Nadanusandhan and Pranavajapa and effects on Autonomous Nervous system.

### **Unit-IV**

1. Biochemical, Physiological and EEG changes in Dhyan (meditation) 2. Scientific study of modern relaxation techniques, Progressive relaxation. 3. Comparison between sleep and Yoga Nidra 4. Kundalini Yoga chakras and centers of energy distribution (Shakti Kendra)

### **Reference Books:**

1. Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Vinekar Health Education & Bureau, Govt. of India, New Delhi 1963.  
"Asanas"- Kuvalayananda Swami Kaivalyadhama, Lonavala.  
"Pranayama" - Kuvalayananda Swami Kaivalyadhama Lonavala 4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, MeghaPrakashan, Lonavala 5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical Application" (1974 Ed) - Evely Pearce, Oxford University Press, Kolkata 6. Physiology of Yoga - Dr. P. N. Ronghe  
"Yogamimansa Journals" - Kaivalyadhama, Lonavala  
Swadhay and Yoga Therapy - Dr. Waze, Pune  
ANATOMY & PHYSIOLOGY Of YOGIC PRACTICES - M.M.Gore "Kanchan Prakashan Lonavala, 1990".

## **Paper-IV: RESEARCH PROCESS IN YOGA**

### **UNIT-I**

Experimental Research

1. Meaning Experimental Research
2. Sources of validity in experimental research.
3. Threats in Thesis / Dissertation/Research reports Validity
4. Controlling threats to internal and External Validity
5. Type of experimental design.

### **UNIT-II**

Organization of thesis/Dissertation/Research reports

1. Research proposal- Meaning, Need and Preparation of research proposals.
2. Research Reports – Purpose, Characteristics of good report, Parts of Research Report and Procedure of Preparation of Reports.
3. Abstracts- Thesis or Dissertation abstracts, Abstracts for published papers, conference abstracts.
4. Writing a Scientific paper
5. Poster presentation
6. Mechanics of typing and printing research reports.
7. Use of figures and illustrations.
8. Reference materials – Bibliography and Foot note forms.
9. Ethics and Research
10. Unethical ways of reporting research

### **UNIT-III**

An Introduction of Statistics

1. Statistics – Meaning, Definition, Nature and Importance.
2. Data- Meaning and Types
3. Class Interval – Raw Score, continuous and Discrete series, construction of Frequency table.
4. Graphical representation of data Measures of central Tendencies- 1. Mean – Definition, importance, Advantages and Disadvantages calculation from Groups and Ungrouped data. 2. Median- Definition, importance, Advantages and Disadvantages. 3. Mode – Definition, Importance, Advantages and Disadvantages, Calculation from Grouped and Ungrouped data.

### **UNIT-IV**

Measures of Variability

1. Range – Meaning, Importance and Calculation.
2. Mean Deviation- Meaning Importance and Calculation from Grouped and ungrouped data.
3. Standard Deviation- Meaning Importance and Calculation from Groups and Ungrouped data.
4. Quartile Deviation – Meaning Importance and Calculation from Groups and Ungrouped data.
5. percentiles \_ Meaning, importance and Calculation
6. Mean Difference method- Independent and Dependent
7. Correlation – Meaning and calculation person and spearman methods

**Reference Book:-**

1. Research Methods applied - Scott, G.M. (Ed): Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959
2. Manual for Writing of -Turabian, Kate. L.A. Research papers, thesis Chicago University of Chicago and Dissertation Press, 1967
3. Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964.
4. Methods of Research: - Good Cater, V. & Douglas, E.S. Carts Educational Psychological New York, Appleton Cent, Crofts, 1954 and Sociological
5. Introduction to Research -Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
6. Education Research: - Smith, H.L.Bloomington Principles and practices Indian Educational Pub;
7. The Elements of Research - Whitney, F.L.: New York Prentice Hall Inc. 1961.
8. Research in Physical Education- Clarke. H.

# PRACTICAL SYLLABUS

## Semester-II

### Yoga Practical

i - Asana. 20 marks.

ii - Shatkarma. 20 marks.

iii - Pranayama and Bandha-Mudra. 10 marks.

iv - Yogic SukshmaVyayam, SthulaVyayam and Suryanamaskar. 20 marks.

- **Asana Standing Asanas:** Trikonasana, Utkatasana , Sankatasana.
- **Sitting Asanas:** Bhadrasana, Badnapadmasana, ArdhaMatsyendrasana, Guptasana.
- **Prone Position:** Dhanurasana, Naukasana.
- **Supine Position:** Uttanpadasana, Viparitkarni, Setubandhasana, Sarvangasana.
- **Balancing Asanas:** Vatayanasana, Shirsasana.
- **Shatkarma** 1. Dhauti : Dand Dhauti, Vastra Dhauti      2. Trataka :Samip and Sudur
  
- **With Instrument**
- One Instrumental Kriya as told by examiner.6 marks.
- One Instrumental Kriya of candidate's choice 6 marks.
  
- **Pranayam and Bandha – Mudra :** Pranayama (without Kumbhak):Sitkari, Bhastrika, and Bhramari.
- **Bandha:** Uddiyan, Mul Uddiyan bandha. Mudra: Shambhavi, Kaki, Bhujangi and Mahamudra.
  
- **Yogic Sukshma Vyayama, Sthula Vyayama and Suryanamaskar**
  - Yogic SukshmaVyayam
  - UdaraShaktiVikasaka (2)
  - Kati
  - ShaktiVikasaka (1)
  - Kati ShaktiVikasaka (2)
  - Muladhar Chakra Shudhi
  - Upasthathatha swadhisthan Chakara shuddhi
  - Kundalini Shakti Vikasaka
  - Jangha ShaktiVikasaka (1)
  - Pada-mula Shakti Vikasaka
  - Padanguli – Shakti Vikasaka
  - Pada-Prushtha-Pada Tala Gulpha- shakti-vikasaka
  - Yogic SthulaVyayama 1) Urdva-gati  
2) Sarvanga-pustiSuryanamaskar

## **Practice Teaching**

The candidate will be required to take three supervised lessons in Yoga practices.

One lesson to be taken at the Final Examination from Yogasana group

One lesson to be taken at the final practice teaching examination from Yogasana Group

The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position. Plan of the lesson.
2. Formation of the class.
3. Teacher's Practical Demo
4. Report. [Approaches & Relationship]

## **Semester-III (Theory)**

### **PAPER-I: APPLIED YOGA**

#### **Unit-I**

##### **INTRODUCTION**

1. Yoga and its application, scope and limitations of the applied aspect of Yoga. Aims and objectives of such application.
2. International movement of Yoga consciousness: Spiritual consciousness, psychosocial consciousness.
3. Introduction of Yoga Therapy.

#### **Unit-II**

##### **YOGA AND HEALTH**

1. Yoga and Physical Health: Concept of Physical health, Factors of physical Health. Relation of health with fitness. Area of Health and fitness dealt with yoga.
2. Yoga and Mental Health: Meaning and definition of Mental Health, importance of mental health for an individual and society.
3. Relation of Mental Health with Physical Health.

#### **Unit-III**

##### **YOGA AND SPORTS**

1. Yoga and Sports - Sports as an instinctive need. Special recognition for sports, varieties of sports and capacities Effect on basic skills of sports.
2. Role of yogic practices to enrich the qualities required for different sport

#### **Unit-IV**

- ##### **YOGA AND EXECUTIVE JOBS**
1. Yoga and executive Jobs - problems of executives. Conflicts resulting in fatigue.
  2. Use of artificial stimulants & their untoward effects, Contribution of yoga to solve the problems of the executives.

#### **Reference Books:**

1. Yogic Therapy New-Delhi, Central Bureau of Health services. – Kuvalayananda & Vinekar, 2. Day by Day Yoga', London : Hamlyn. - Kent H
3. Proceedings of the seminar on yoga, science – Sinha A.K. and Man. Delhi central Council for research in Indian Medical Hoemeopathy.
4. Hathayoga - Bharat Manilal Goswami S. S.
5. Yoga essay - Yogendra (Ed)
7. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur.
8. Essays on Yoga - Swami Shivananda.

## PAPER – II: PHILOSOPHY OF YOGA

### Unit-I

1. Origin of Yoga, History and Development of Yoga.
2. Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga,
3. Introduction to Indian philosophy: Meaning and characteristics.
4. Introduction to Epics- (Ramayana and Mahabharata) Yoga in Ramayana, Yoga in Mahabharata

### Unit-II

1. Introduction to Schools (Streams) of Yoga:
2. Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana),
3. Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali)
4. Yoga Schools with Tantric Tradition ( Hatha Yoga, Swara Yoga and Mantra Yoga)

### Unit-III

#### Hatha Yoga

1. Introduction to Hatha Yoga and Hatha Yoga Texts. Hatha Pradeepika, Gheranda Samhita, and Shiva Samhita.
2. Aim & objectives, misconceptions about Hatha Yoga.
3. Prerequisites of Hatha Yoga (dashayama and dashaniyama), Sadhaka and Badhakatattvas in Hatha Yoga. Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;
4. Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga;
5. Importance of Shodhana kriyas in health and disease.

### Unit-IV

1. Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.
2. Concept, definition of Bandha and Mudras, in Hatha Pradeepika and Gheranda Samhita; Benefits, precautions and contraindications.
3. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita;
4. Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas(stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga.

### Reference Books:

- 1 Ancient Indian culture ed. - By Mogen Chand Dept. of Sanskrit, Delhi.
- 2 Mokasa :The ultimate goal of Indian philosoph- Dr.Pramod Kumar,.
- 3 Introduction to Indian philosophy - Chatterjee&Dutta
- 4 Relevance of Indian philosophy to modern - Dr.TanajiAcharya
- 5 The philosophy of the Bhagavad-Gita - Swami Krishnanda
- 6 Man and movement principle of physical education - Harold M. Barrow Janie P.Brown
- 7 Vishwakemahanshikshashastra (Hindi) -Dr.Baidyanath,Prasad. Verma
- 8 Bharatiyadarshan ka ruprekha- Prof. Harendra Prasad
- 9 Prachinbharat main sharirikshikshandarshan,Dr. R. H.Tiwari

## **Paper III: ALTERNATIVE THERAPIES**

### **Unit-I**

1. Meanings, Definition, importance and principles of Naturopathy, Science of Facial Expression 2. Hydrotherapy and their application. Hipbath, Foot bath, Foot wet pack, Local Wet Pack, Stem Bath Local Stem bath, Enema, Arm Bath, Full Emersion bath, Sitz bath, Spinal bath and Spinal Spray.

### **Unit-II**

1. Traditional yogic methods (Shatkarmas) and natural way of living 2. Concept of Diet in yoga (Satvik, Rajsik, Tamsik) Eliminative soothing and curative diet and balance diet, Mithar. Concepts of Diet Pathya and Apathya according to Gheranda Samhita 3. Yogic concept of diet and its relevance in the management of lifestyle 4. Panchkarma and Tridosh of Ayurveda.

### **Unit-III**

1. Mud therapy a) Sources of mud b) Preparation of mud c) Therapeutic effects of mud d) Physiological effect of mud application  
2. Chromo Therapy a) History of Chromo Therapy b) Harmonic law of universe c) Solar family d) Chromo chemistry

### **Unit-IV**

#### **Massage Therapy**

1. Introduction and brief History of Massage, definition of massage. 2. Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils. 3. Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system. 4. Laws of Massage & techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain) 5. Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing,

#### **Reference Book:**

1. Yoga-Therapy And its basic Method. - Swami Kuvalayananda, Dr. Vinekar. Kaivalyadham Lonavala.
2. Philosophy and Practice Of Nature Cure - Henry Lindlhar. satsahityaPrakashan, Hyderabad.
3. My Nature Cure - M. K Gandhi.
4. Text Book of Human Methods of Nutrition - Bambji, Vinodini Reddy. Oxford and B.H. Publishing Co. Pvt. Ltd. New Delhi -1995.

## **Paper IV: YOGA THERAPY**

### **Unit-I**

1. Meaning, Definition importance of Yoga therapy 2. Principles of Yoga therapy. 3. Preventive and Curative, aspects of Yoga Therapy 4. Merits and demerits of Yoga therapy

### **Unit-II**

1. Methods of Yoga therapy. 2. Traditional methods of Yoga therapy. 3. Yogic methods and natural way of living 4. Integrated approach to Yoga therapy 5. Techniques of Yoga therapy

### **Unit-III**

1. Yogic Treatment of disorders of Metabolic & Hormonal nature, e.g. Diabetes obesity 2. Yogic Treatment of disorders of Uterus, menstrual disorder. 3. Yogic Treatment of constipation, Dyspepsia, Hyper acidity.

### **Unit-IV**

1. Yogic Treatment of Psychological disorders, eg. Anxiety Neurosis. 2. Yogic Treatment of Psychological disorders, eg. Phobia, Insomnia. 3. Yogic Treatment Stress related disorders such as Hypertension, dysfunction of Thyroid.

### **Reference Book:**

1. Anatomy & Physiology - Anne Waugh & Alison Churchill Living Stoned 2. Human Anatomy- - Chourasia B. D. C. B. S. Publication, Delhi. 3. Ekkuoh "kjhjppuk & MkW- eqdaqn 4. Psychology of Personality Development - A. A. Raback Lakshya Publication Delhi. 5. Nutrition & Health (The Vegetarian Way - K. R. Raghunath Sterling Publication, New Delhi. 6. Research Process in Physical Education - Clarke & Clarke - Prentice Hall, New Jersey. Recreation & Health 7. Yogic Therapy Swami Kuvalyayanda & Dr. Vinekar, Lonavala. 8. New Perspective in stresses Management - Dr. Nagendra, Dr. Nagarathna – Bangaluru.

# PRACTICAL SYLLABUS

## Semester-III

- i.Asanas (Mechanical aids)
- ii.Shatkarmas
- iii.Pranayamas
- iv.Dhyana

- **Standing Asanas:** Trikonasana, Virasana, Sankatasana, Paravrtt Trikonansana.
- **Sitting Asanas:** Gorakshasana, Mandukasana, Rajkaputasana, Swastikasana.
- **Prone Position:** PurnaShalbhasana, Manjarasana, TiryakBhujangasana,
  
- **Supine Position:** Matsyasana, Naukasana, SetubandhSarvangasana,
- **Balancing Asanas:** Mayurasana (boys), Tolangulasana
- **Basti:** Jala and Shuska Basti
- **Pranayama:** Suryabhedhan, Ujjai, Shitali,
- **Dhayana**

## **Practice Teaching**

The candidate will be required to take three supervised lessons in Yoga practices  
One lesson to be taken at the Final Examination from Yogasana group

1. Preparation of the teacher and his position.

2. Plan of the lesson.

Formation of the class.

3. Teacher's Practical Demonstration.

4. Report. [Approaches & Relationship]

## **Semester – IV (Theory)**

### **PAPER-I: STRESS MANAGEMENT BY YOGA**

#### **UNIT-I**

1. Brief History of modern Psychology 2. Major Perspectives in Modern Psychology  
3. Key data collection methods in Psychology 4. Introduction to Altered States of Consciousness Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback Behavioral Psychology: Psychology as a Science of Behavior; Definition of Behavior; 5. Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior;

#### **UNIT-II**

1. Psycho-Social Implication of Yoga 2. Tackling ill effects of conflict and frustration through yogic methods. 3. Yoga psychology, for adjustment psychological philosophical and yogic counseling.

#### **UNIT-III**

1. Introduction to Stress, Concept of Stress; Solutions through Mandukyakarika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; 2. Yoga and Stress Management; Concepts and Techniques of Stress Management  
in Ashtanga Yoga of Patanjali and Bhagavad Gita, 3. specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, 4. Impact of yogic lifestyle on stress management.

#### **UNIT-IV**

1. Mental Health: Means of mental health; Positive Mental Health; Causes and 2. Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention. Meditation, Tradition of meditation. 3. Neurological Disorders: Headaches: Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic dysfunctions; Parkinson's disease 4. Psychiatric disorders: Psychiatric disorders: Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Depression: Dysthymia, Major depression, Psychosis: Schizophrenia, Bipolar affective disorder.

#### **Reference Books :**

1. Yogic Therapy New-Delhi, Central Bureau of Health services. – Kavalayananda & Vinekar, 2 Day by Day Yoga', London : Hamlyn. - Kent H. 3 Proceedings of the seminar on yoga, science - Sinha A.K. and Man. Delhi central Council for research in Indian Medical Homeopathy. 4. Hathayoga - Bharat Manilal Goswami S. S. 5. Yoga essay - Yogendra (Ed) 6. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur. 7. Essays on Yoga - Swami Shivananda.

## **PAPER-II: PRINCIPLES OF INDIAN PHILOSOPHY**

### **UNIT-I**

Patanjala Yoga Sutra

1. Introduction: Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes. 2. SAMADHI PADA: Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja&Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

### **UNIT-II**

1. SADHANA PADA: Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, PrakritiPurusha Sam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah. 2. VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; VivekKhyatiNirupanam, Kaivalya.- Nirvachana.

### **UNIT-III**

Basic Yoga Texts: 1. Principal Upanishads BhagavadGita, Yoga Vasishtha Principal Upanishads Brief Introduction of Ten principal Upanishadsasthebasis of Yogic context; 2. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; AtmaBhava; 3. KenaUpanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of YakshaUpakhyana; 4. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; 5. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions; 6. Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Aparah; Thegreatness of Brahmailydia, The worthlessness of Selfish-karma; Tapas and Gurubhakti, Theorigin of creation, Brahman the target of Meditation

### **UNIT-IV**

1.Mandukya: Four States of Consciousness and its relation to syllables in Omkara. 2. Aitareya: Concept of Atma, Universe and Brahman. 3. Taittiriya Upanishad Concept of PanchaKosha; Summary of ShikshaValli; AnandaValli; Bhruvalli. 4. Chandogya Upanishad: Sandilyavidya, 5. Brihadaryanaka Upanishad : Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

### **Reference Books :**

1. Ancient Indian culture education - By Mogen Chand Dept. of Sanskrit, Delhi. 2. Mokasa : The ultimate goal of Indian philosophy - Dr. Pramod Kumar, India's contribution to world thought and culture ed. 3. Introduction to Indian philosophy - Chatterjee&Dutta 4. Relevance of Indian philosophy to modern - Dr.TanajiAcharya 5. The philosophy of the Bhagavad-Gita, Swami Krishnanada 6. Man and movement principle of physical education - Harold M.BarrowJanie P.Brown 7. Vishwa kemahanshikshashastra (Hindi) - Dr.Baidyanath,Prasad. Verma.

## **Paper III: APPLIED ALTERNATIVE THERAPIES**

### **Unit-I**

Fasting 1. Definition, Difference between fasting and starvation, 2. Types of fast, short fast, intermittent fast, long fast, Treatment during fast, How to start fast, how to continue and how to breakfast, Crisis during the fast and its treatment, 3. Methods of fasting-Complete fast, Partial Fast, Water Fast, JuiceFast, Saline Fast, Fruit Fast, Mono-Diet Fast.

### **Unit-II:**

Acupressure 1. What is acupressure? Concept of yin and yang, 2. Concept of physical and metaphysical, Points of Acu-Pressure and their manipulation methods, uses and limitations.Organ clock. 3. Concept and definition of meridian, Fourteen Chinese meridians (Lung, Large Intestine, Kidney, Urinary bladder, Liver, Gallbladder, Heart Small Intestine, Pericardium, Triple warmer, Spleen & Stomach) 4. Some important points–distal points, organ source point, xi-cleft points, etc. Some important points– Alarmpoints, emergency points, etc, Some important diseases and their treatment:– i) Single point treatment, ii) Multiple point treatment,

### **Unit-III:**

Ayurveda and Diet 1. Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications. 2. Diet: Naturopathic and Yogic concept of diet, preparation & prescription of diet. Sign & symptoms of Deficiency of vitamins and minerals such as Vit. A, Vit.B6, B12, Vit. C, D, E, Calcium, Potassium, Zinc, Magnesium, Phosphorus, etc

### **Unit-IV**

Physiotherapy: 1. Basic knowledge of Physiotherapy instruments such as traction (manual & electronic) short wave diathermy, ultrasound, wax bath, infrared, cycle ergo meter, shoulder wheel & exercises.

### **Reference Book:**

1. Yoga-Therapy And its basic Method. Swami Kuvalayananda, Dr. Vinekar. Kaivalyadham Lonavala.
2. Philosophy and Practice Of Nature Cure Henry Lindlhar. Satsahitya Prakashan, Hyderabad.
3. My Nature Cure M. K. Gandhi.
4. Text Book of Human Methods of Nutrition Bambji, Vinodini Reddy. Oxford and B.H.PublishingCo.Pvt.Ltd. New Delhi -1995.

**Semester – IV: Theory Courses**  
**Dissertation**

1. A candidate shall have dissertation for M.A.(Yoga) – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate must submit his/her dissertation the beginning of the IV Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

## Yoga Practical

- i. Asanas (Mechanical aids)
- ii. Shatkarmas
- iii. Pranayamas
- iv. Dhyana

### Asana

- **Standing Asanas:** Padhastasana, Parshvkonasana, Natrajasana.
- **Sitting Asanas:** Ushtrasana, Purnamatsyasana, Akarnadhanurasana, Ugrasana.
- **Prone Position:** PurnaDhanurasana, Vrishchikasana, PurnaBhujangasana,
- **Supine Position:** Halasana, Shavasana, Karnapidasana.
- **Balancing Asanas:** Kukutasana, Padmbakasana, Omkarasana.

### Shatkarma

1. Nauli :Dakshin, Vam, Madhya and Naulichalana
2. Kapalbhati :Vatkarm, Sitkarm and Vyutkarm.
3. Shankhpakshalan: Laghushakhpakshalan

System of examination: Shatkarmas divided in two groups (1) Without Instrument. One Instrumental Kriya of candidate's choice

### Pranayam

Sitkari, Bhastrika, and Bhramari.

System of examination: 1. Any One Pranayama as told by the examiner. 2. Any one Pranayama of candidate's choice. iv Dhyana: Pranava, Soham, Other Technique.

### Dhyana

## **Project Works**

Project record / report on any one of the following

- i) Organization of Yoga treatment camps for two weeks
- ii) Educational Tour
- iii) Participation / Organization of Seminar or Conference or Workshop.
- iv) Research paper / Poster presentation at State / National level seminar or conference or workshop.
  
- v) Viva – voice