**M.A. Yoga**

**From session 2017-2018**

**New SCHEME OF EXAMINATION & New Syllabus**

**(Time: 3 hours for each Theory Paper)**

**SEMESTER -I**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paper No.** | **Nomenclature of the paper** | **Max.** | **External** | **Internal marks** |
|  |  | **Marks** | **Marks** |  |
| Paper-101 | Fundamentals of Yoga | 100 | 80 | 20 |
| Paper-102 | Anatomical and Physiological Aspects of Yoga - I | 100 | 80 | 20 |
| Paper-103 | Pantanjali Yog Sutra | 100 | 80 | 20 |
|  |  |  |  |
| Paper-104 | Research Methodology in Yoga | 100 | 80 | 20 |
|  |  |  |  |  |
| Paper-105 | Practical  (a) Demonstrations of Assan  (b) Pranayam and Shudhi  Kriya | 100 | 100 | -- |
|  | **Total** | 500 | 420 | 80 |
| **SEMESTER –II** | |  |  |  |
| **Paper No.** | **Nomenclature of the paper** | **Max.** | **External** | **Internal marks** |
|  |  | **Marks** | **Marks** |  |
| Paper-201 | Fundamentals of Hatha Yoga | 100 | 80 | 20 |
|  |  |  |  |  |
| Paper-202 | Anatomical and Physiological Aspects of Yoga - II | 100 | 80 | 20 |
| Paper-203 | Health Aspects of Yoga | 100 | 80 | 20 |
| Paper-204 | Applied Statistics in Yoga | 100 | 80 | 20 |
|  |  |  |  |  |
| Paper-205 | Practical  (i) Demonstrations of Asana, Pranayam and Shudhi Kriya  ii) Applied Statistic | 100 | 100 | -- |
|  | **Total** | 500 | 420 | 80 |
| **SEMESTER –III** | |  |  |  |
| **Paper No.** | **Nomenclature of the paper** | **Max.**  **Marks** | **External**  **Marks** | **Internal marks** |
|  |  |  |  |  |
| Paper-301 | Fundaments to Naturopathy | 100 | 80 | 20 |
| Paper-302 | Basic Yoga Texts Principle  Upanishads & Bhagwat Geeta | 100 | 80 | 20 |
| Paper-303 | Applied Yoga | 100 | 80 | 20 |
| Paper-304 | Applied Psychology in Yoga | 100 | 80 | 20 |
| Paper-305 | **Practical**  (i) Demonstrations of Asana  Pranayam and Shudhi  Kriya.  (ii) Applied Psychology | 70  30 | 70  30 | -- |
|  | **Total** | 500 | 420 | 80 |

**SEMESTER –IV**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paper No.** | **Nomenclature of the paper** | **Max.**  **Marks** | **External**  **Marks** | **Internal marks** |
|  |
| Paper-401 | Yoga Therapy | 100 | 80 | 20 |
| Paper-402 | Options:  i) Food & Nutrition /  ii) Dissertation | 100 | 80 | 20 |
|  |  |  |  |  |
|  |  |  |  |  |
| Paper-403 | Kinesiological Aspect of yoga | 100 | 80 | 20 |
|  |  |  |  |  |
| Paper-404 | Teaching Methods for Yoga | 100 | 80 | 20 |
| Paper-405 | Practical  (i) Demonstrations of Assan  Pranayam  (ii) Teaching Practices  Lesson Plan | 50  50 | 50  50 | -- |
|  |  |  |  |  |
|  | **Total** | 500 | 420 | 80 |

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 101: FUNDAMENTALS OF YOGA**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit-I**

**1. INTRODUCTION AND EVOLUTION OF YOGA**

1.1 Meaning & Definitions of Yoga according to various schools of thoughts.

1.2 Historical Background and Development of Yoga.

1.3 Importance of Yoga in different fields in modern era.

1.4 Applications and Misconceptions about Yoga in Modern Society.

**Unit-II**

**2. SCHOOLS OF YOGA**

2.1 Hatha Yoga – Aims and Objectives of Hatha Yoga

2.2 Bhakti Yoga – Types of Bhakti, Navdhabhakti

2.3 Meaning and Steps of Gyan Yog.

2.4 Meaning and Types of Mantra Yog.

**Unit-III**

**3. FAMOUS YOGIES**

3.1 Biography of Maharishi Patanjali and his contribution in yoga

3.2 Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga

3.3 Biography of Swami Vivekananda and his contribution in yoga

3.4 Biography of Maharishi Aurbindo and his contribution in yoga

**Unit-IV**

**4. INTRODUCTION OF YOGA INSTITUTES IN INDIA**

4.1 Dev Sanskriti Haridwar and its contribution in yoga

4.2 Gurukul Kangri University, Haridwar and its contribution in yoga

4.3 Kaivalyadham Lonavla, Pune and its contribution in yoga

4.4 Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga

**References Books:-**

1. “Science of Yoga” - Swami Viganand Saraswati.

2. “Indian Philosophy” - Dr. Ishwar Bhardwaj.

3. “Yog Mahavigyan” - Dr. Kamakhya Kumar.

4. “Bhart ki Mahan Vibutiyan” -

5. “Yoga Sara Samgraha” - Jha Gangadhar

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 102: Anatomical and Physiological Aspects of Yoga - I**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit-I**

**1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY**

1.1 Meaning & Importance of Anatomy & Physiology.

1.2 Structure of Cell, Function of Cell and Tissue.

1.3 Skeletal System – Name and structure of all bones and joints of human body.

1.4 Effect of Yogic Practices on Skeletal System.

**Unit-II**

**2. MUSCULAR SYSTEM**

2.1 Types and structure of muscle. Properties of Muscle.

2.2 Elementary knowledge of muscle contraction and muscle tone

2.3 Mechanism of Muscles Fatigue

2.4 Effect of Yogic Practices on Muscular System.

**Unit-III**

**3. DIGESTIVE SYSTEM**

3.1 Structure of digestive tract and organs of digestive tract

3.2 Role of each digestive organ in digestion of food.

3.3 Physiology of food digestion and absorption.

3.3 Effect of Yogic Practices on Digestive System.

**Unit-IV**

**4. RESPIRATORY SYSTEM**

4.1 Structure and functions of respiratory organs.

4.2 Physiology of external and internal respiration.

4.3 Elementary knowledge of various respiratory volumes & capacities.

4.4 Effect of yogic practices on respiratory system.

**References Books:-**

1. “Anatomy of Hath Yoga” - Coutter, H. D.

2. “Human Anatomy” Vol.-1, Fourth Edition – Chaurasia, B. D.

3. “Anatomy and Physiology” – Shiva, V. K.

4. “Essential Encyclopedia of Human Anatomy and Physinology” – Sharma J. P.

5. “Anatomy and Exercise Physiology” – Kumar R.

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 103 PATANJALI YOG SUTRA**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit – I**

**1. INTRODUCTION OF PATANJALI YOGA SUTRAS**

1.1 Historical Background of Patanjali Yoga Sutra.

1.2 Importance of Patanjali Yoga Sutras in Modern Age.

1.3 Patanjali Yoga as a Science.

1.4 Physical Mental and Social Excellence in Yoga Sutra.

**Unit – II**

**2. SAMADHI PADA**

2.1 Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi

2.2 Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.

2.3 Chitta Vikshep and Chitt Prasadhan.

2.4 Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.

**Unit – III**

**3. SADHAN AND VIBHUTI PADA**

3.1 Kriya Yoga and Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha

3.2 Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar

3.3 Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi

3.4 Samyama, Yoga Vibhootis and Ashtsiddhis

**Unit – IV**

**4. KAIVALYA PADA**

4.1 Types of Sidhis.

4.2 Concept of Dharmamegh Samadhi

4.3 Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta

4.4 Concept of Kaivalya

**References Books:-**

1. “Yog Darshan” - Pt. Shri Ram Sharma Acharya.

2. “Patanjal Yog Pradipika” – Swami Omananda Tirth.

3. “Yog Darshan” – Rajveer Shashtri.

4. “Four Step of Freedom” – Swami Shivananda Sarswati.

5. “Yoga Sutra (Tatva Vaishardi) – Mishra, Vachaspati

6. “Light on the Yoga Sutras of Patanjali” – Iyengar, B. K. S.

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 104 - Research Methodology in Yoga**

**Maximum Marks: 100 (Theory: 80 + Internal Assessment – 20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit – I: Introduction**

1.1 Meaning and Definition of Research. Need of Research in Yoga

1.2 Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.

1.3 Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.

1.4 Delimitation and limitations of research problem

**UNIT II – Concept of Sampling and Hypothesis**

2.1 Meaning and Definition of Sample and Population.

2.2 Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.

2.3 Meaning and definition of Hypothesis, Importance Hypothesis in research,

2.4 Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

**UNIT-III Review of related literature**

3.1 Meaning and need for survey of related literature, Literature Sources – Primary and Secondary sources, Steps in Literature Search. Method for writing of Literature review.

3.2 Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.

3.3 Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,

3.4 Format of a synopsis

**Unit – IV Research Report**

4.1 Research Report: Details of Chapterization of Thesis/ Dissertation,

4.2 Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals.

4.3 Technicalities of writing: Footnote and Bibliography.

4.4 Ethical Issues in Research: Areas of Dishonesty in research

**Suggested Readings:**

*Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc*

*Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.*

*Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press*

*Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;*

*Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam*

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 105 PRACTICAL SYLLABUS (PART-A)**

**(PART-A) Maximum Marks: 50**

**A SYLLABUS FOR YOGA PRACTICALS (BEGINNERS)**

**A-I PRAYER, SANKALPMANTRA**

**1. SURYA NAMASKARA-12 ROUNDS**

**2. PAWANMUKTASANA SERIES-I**

**3. SUKSHAMA VYAYAMA**

**4. MEDITATIVE ASANAS:**

Padmasan, Siddhasan, Vajarasana

**5. RELAXATIVE ASANAS:**

Shavasan, Makarasan

**6. SUPINE LYING ASANAS:**

Naukasan, Setubandhasan, Pavanmuktasan, Vipareetkaraniasan, Ardhhalasana,

Simplematsyasana

**7. PRONE LYING ASANAS:**

Bhujangasan, Ardhshalabhasan, Niralambasan

**8. SITTING ASANAS:**

Janushirasan, Vakrasan, Mandukasan, Yog Mudra Shashankasan

Ardhaushtrasana, Uttan Mandukasan, Parvatasana

**9. STANDING ASANAS:**

Tadasan, Natarajasan, Garudasan, Katichakrasan

**10. STREATCHING PRACTICES**

**M. A. IN YOGA – 1ST SEMESTER**

**PAPER – 105 PRACTICAL SYLLABUS (PART-B)**

**Maximum Marks: 50**

**(PART-B)**

**1. Concept of various practices and their applications.**

**2. PRANAYAM:**

Nadi Shodhan Pranayam, Surya Bhed Pranayam, Chandra bhed pranayam

**3. BANDH:**

Jalandhar Bandh

**4. MUDRA:**

Gyan Mudra Pranayamic Mudra

**5. SHATKARM:**

a. NETI : Two types (Jal Neti and Rubber Neti)

b. DHAUTI : Two Types (Kunjal Kriya and Agnisar Kriya)

**6. MEDITATION – Om recitation**

**7. RELAXATION TECHNIQUES** – Shavasana, Yog Nidra

**M. A. YOGA - SEMESTER – II**

**PAPER – 201 Fundamentals of Hatha Yoga**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit – I**

**1. INTRODUCTION OF HATHAPRADIPIKA**

1.1 Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice

1.2 Concept of Mitahara, Pathya and Apathya

1.3 Introduction of Asanas, Mudra, Bandh & Concept of Nadis

1.4 Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions

and Benefits.

**Unit – II**

**2. KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA**

2.1 Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits

2.2 Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits

2.3 Chakras, Kundalini and Nadis

2.4 Nadanusandhana and Various types of Samadhis.

**Unit – III**

**3. INTRODUCTION OF GHERANDA SAMHITA**

3.1 Introduction and History of Gheranda Samhita.

3.2 Concept of Ghatasth Yoga. Saptasadhana:- Shatkarma, Asanas, Pranyama, Pratyahara, Mudra, Dhyana, Smadhi

3.3 Shatkarma – Meaning Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati), Technique,

Precautions and Benefits.

3.4 Asanas and Mudras – Meaning, Definition, Types, Technique, Precautions and Benefits.

**Unit – IV**

**4. PRATYAHARA AND PRANAYAMAS**

4.1 Pratyahara – Meaning, Types, Technique, Precautions and Benefits

4.2 Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.

4.3 Dhayana – Meaning, Types, Technique, Precautions and Benefits.

4.4 Samadhi – Meaning, Types, Technique, Precautions and Benefits.

**References Books:-**

1. “Sadhan Paddhation Ka Gyan or Vigyan” – Pt Shri Ram Sharma.

2. “Hatha Yog Pradipika” – Kaivalayadham Lonavala.

3. “Hatha Yog Pradipika” – Swatmaram Krit Swami Digamberji.

4. “Ghorak Samhita” – Ghoraknath Mandir, Gorakpur.

5. “Gherand Samhita” - Kaivalayadham Lonavala.

6. “Text Book of Yoga” – Yogeshwar.

7. “Mysterious Kundalini” – Dr. Vasant Rule.

8. “Asan Pranayam Mudra, Bandh” – Swami Satyanand Saraswati.

9. “Prana and Pranayama” – Swami Niranjanananda Saraswati.

**M. A. YOGA - SEMESTER – II**

**PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF YOGA - II**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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**Unit-I**

**1. Cardio-Vascular System:**

1.1 Structure & Functions of Heart.

1.2 Blood and its composition, functions of blood.

1.3 Types of Blood circulations: Systemic and Pulmonary

1.4 Effect of Yogic Practice on Cardio-Vascular System.

**Unit-II**

**2. Nervous System:**

2.1 Introduction of Nervous System Organs.

2.2 Types of Nervous Systems: Central, Peripheral & Autonomic nervous system.

2.3 Effect of Yogic Practice on Nervous System.

2.4 Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes

**Unit-III**

**3. Excretory System**

3.1 Organs of excretory system.

3.2 Structure of Kidney and Skin

3.3 Structure of nephron and physiology of the formation of urine.

3.4 Effect of Yogic Practices on Kidney and Skin

**Unit-IV**

**4. Endocrine System:**

4.1 Meaning of Endocrine glands, Name and location of endocrine glands.

4.2 Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal gland

and their functions in body.

4.3 Meaning of Hormone and enzyme and their differentiation.

4.4 Effect of yogic practices on Endocrine glands and their secretions.

**References Books:-**

1. “Anatomy of Hatha Yoga” – Coutter, H. D.

2. “Anatomy and Exercise Physiology” – Kumar, R.

3. “Human Anatomy, Vol.-I, Fourth Addition – Chaurasia B. D.

4. “Anatomy & Physiology” – Shiva V. K.

**M. A. YOGA SEMESTER – II**

**PAPER – 203 Health Aspects of Yoga**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit-I**

**1. Introduction of Yoga & Health**

1.1 Meaning, Definition according to WHO & Importance of Health.

1.2 Dimensions of Health Physical, Mental, Social and Spiritual.

1.3 Concept of Health & Diseases in Indian Systems of Ayurveda.

1.4 Health Services and Guidance Instruction in Personal Hygiene.

**Unit-II**

**2. Role of Yoga in Health Care**

2.1 Role of Yoga in Preventing Health Care.

2.2 Asana & Health, Pranayam & Health.

2.3 Shatkarmas & Health, Mudra/Bandh & Health.

2.4 Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing

**Unit-III**

**3. Yoga & Mental Health**

3.1 Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva,

Anavasthitatva, Dukha and Daurmanasy.

3.2 Meaning of Mental Health and Positive Mental Health.

3.3 Causes and Consequences of Conflict and Frustration.

3.4 Healing through Yoga : Mental Disorders, Depressive Disorders, Anxiety Disorders and

Serious Mental Disorders.

**Unit-IV**

**4. Yoga & Diet**

4.1 Diet: Before and after yogic practices.

4.2 Concept and contents of Balance Diet, Yogic Diet and Moderation of Diet.

4.3 Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet.

4.4 Harmful Effects of Non-Vegetarian Diet.

**References Books:-**

1. “Yog & Mansic Swasthya” – Dr. Suresh Varnval.

2. “Abnormal Psychology” – Dr. A. K. Singh.

3. “Yog Sutra” - Raj Martind Bhojraj.

4. “Yog Darsan” – Rajveer Shashtri.

**M. A. IN YOGA – 2nd SEMESTER**

**PAPER – 204 – Applied Statistics in Yoga**

**Time : 3 Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

***Note:*** *Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit – I: Introduction to Statistics and Measures of Central Tendency**

1.1 Meaning of Statistics. Need and importance of statistics in Yoga

1.2 Meaning of Data, Methods of organizing Data through Frequency Distribution.

1.3 Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode.

1.4 Merits and limitations of Mean, Median and Mode

**Unit-II: Introduction of Variability**

2.1 Meaning of measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.

2.2 Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.

2.3 Meaning of term Percentile and Quartiles Deviation. Computation of Percentile and Quartiles Deviation

2.4 Meaning of term Percentile Rank and Computation of Percentile Rank.

**Unit – III: Introduction to Normal Probability Curve and Correlation**

3.1 Meaning of Normal Probability Curve and Properties of Normal Curve.

3.2 Meaning and types of Skewness and kurtosis. Sigma Scores and T – Scores.

3.3 Meaning and Types of Linear Correlation.

3.4 Computation of Correlation Coefficient with Product Movement and Rank Difference Method.

**Unit – IV: Graphical representation of data and testing of Hypothesis**

4.1 Meaning and advantage of Graphical Representation of Data.

4.2 Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.

4.3 Meaning of two – tailed and one tailed test of significance,

4.4 Computing significance of difference between two means with t – Test (independent samples) and One way ANOVA Test.

***REFERENCES:***

*Clarke.HH.The Application of Measurement in Health and Physical Education,1992.*

*Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986.*

*Shaw. Dhananjoy. Fundamental statistics in Physical Education & Sports sciences, sports publication,2007.*

*Margaret J. Safrit : Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition-1998.*

*Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.*

*Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.*

**M. A. IN YOGA – 2nd SEMESTER**

**PAPER – 205 PRACTICAL SYLLABUS**

**(i) Demonstrations of Asana, Pranayam and Shudhi Kriya Maximum Marks: 70**

**1. SURYA NAMASKARA - 12 ROUNDS**

**2. SUKSHAMA VYAYAMA**

**3. MEDITATIVE ASANAS:** Padmasan, Siddhasan, Vajarasana

**4. RELAXATIVE ASANAS:** Shavasan, Makarasan

**5. SUPINE LYING ASANAS:** Sarvangasan, Halasan, Chakrasan, Uttanpadanasan

**6. PRONE LYING ASANAS:**Bhujangasan, Ardhshalabhasan, Niralambasan

**7. SITTING ASANAS:** Paschimottanasan, Matsyanderasan, Shashankasan, Ushtrasana, Suptavajarasan

**8. STANDING ASANAS:** Tadasan, Vrikshasan, Konasan, Padhastasan

**9. PRANAYAM:**Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari

**10. BANDH:** Jalandhar Bandh, Udyan Bandh, Mool Bandh

**11. MUDRA:** Gyan Mudra Pranayamic Mudra, Vipritkarni Mudra

**12. SHATKARM:**

a) NETI : Two types (Jal Neti and Rubber Neti)

b) DHAUTI : Two Types (Kunjal Kriya and Agnisar Kriya)

c) KAPALBHATI : Vaatkarma, Sheetkarma

d) TRATAK

**13. MEDITATION – Om recitation**

**14. RELAXATION TECHNIQUES** – Shavasana, Yog Nidra,

**15. PRACTICAL NOTE BOOK**

**M. A. IN YOGA – 2nd SEMESTER**

**PAPER – 205 PRACTICAL SYLLABUS**

**ii) Applied STATISTICS: Maximum Marks: 30**

Following statistical techniques with Excel & SPSS

i) Calculation of Mean, Median & Standard Deviation (Marks = 10)

ii) t - test, ANOVA & Correlation (Marks = 10)

iii) Plotting different types of graphs (Marks = 10)