

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2019-2020)

Semester-1st

Total Credits= 21

Total Marks = 500

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -101	Fundamentals of Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -102	Anatomical and Physiological Aspects of Yoga - I	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -103	Patanjali Yog Sutra	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -104	Research Methodology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -105	<u>Practical -I</u> i) Demonstrations of Basic Asana ii) Basic Pranayam and Shudhi Kriya	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2019-2020)
Semester-2nd

Total Credits= 23

Total Marks = 550

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -201	Fundamentals of Hatha Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -202	Anatomical and Physiological Aspects of Yoga – II	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -203	Health Aspects of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -204	Applied Statistics in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -205	<u>Practical - I</u> i) Demonstrations of Asana, Pranayam and Shudhi Kriya ii) Applied Statistic	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA -206	Yoga Parichaya/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			18	5	23	18	5	23	90	360	100	550

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2019-2020)

Semester-3rd

Total Credits= 23

Total Marks = 550

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 301	Fundamentals of Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 302	Basic Yoga Texts Principle Upanishads & Bhagwat Geeta	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 303	Applications of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 304	Applied Psychology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 305	(i) Demonstrations of Asana Pranayam and Shudhi Kriya. (ii) Applied Psychology	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA - 306	Yoga and Health/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			18	5	23	18	5	23	90	360	100	550

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2020-2021)

Semester-4th

Total Credits= 21

Total Marks = 500

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 401	Yoga Therapy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 402	Options: i) Food & Nutrition ii) Dissertation	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 403	Kinesiological Aspect of yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 404	Teaching Methods of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 405	<u>Practical</u> (i) Demonstrations of Assan Pranayam (ii) Teaching Practices Lesson Plan	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

M.A Yoga–Syllabus
Modification/Revision in M.A Yoga Syllabus of Semester C.B.C.S.
System w.e.f. 2019-20

The duration of the course leading to the degree of Master of Yoga(M.A Yoga) shall be of four semesters. In the first year, there shall be two semester consisting of eleven courses (5 Courses in Ist Semester + 6 Courses in IInd Semester) in which 9 Theory, including one Open Elective Course & 2 Practicals. In the second/final year there will be two semesters consisting of eleven courses (9 theory courses including one Open Elective course & two Practicals).

Theory papers will be of 100 marks each (80 marks for external evaluation and 20 marks for internal assessment). Dissertation will be of 100 marks (80 marks for Evaluation + 20 marks for internal assessment). Practical will be of 100 marks mentioned according to the Scheme. External and Internal examiners will evaluate dissertation and practical jointly.

Internal Assessment will be based on the guidelines released by University.

In each theory paper, the candidate will be required to attempt five questions, including one compulsory question comprising of 10 short notes, in three hours.

All theory papers in all the four semesters are of four credits and Open Elective Course will have 2 Credits, Consisting of 50 marks (40 for Theory + 10 for internal assessment). Open Elective course will comprise of 2 Units out of which candidates are required to attempt 3 questions in total i.e. 2 Long questions having 16 marks each from each unit (1st & 2nd Unit) and 1 question comprising of 4 short questions having 2 marks for each question covering both the units.

M. A. YOGA – 1ST SEMESTER

PAPER – 101: FUNDAMENTALS OF YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

1. To acquaint the students with concept of yoga in ancient and modern time, its application and misconception.
2. To provide knowledge about various schools of yoga
3. To provide information about various famous yogis and their contribution in development of yoga.
4. To provide information to students about various yoga institutes functioning in India.

Learning Outcomes:

After completion of the course contents of this paper, the student will be able to:

1. Understand the concept of yoga in ancient and modern time, its application in modern society.
2. Able to gain knowledge about various schools of yoga like Hatha Yog, Bhakti Yog etc.
3. Able to gain information about various famous yogis such Meharishi Patanjali, Guru Ghorak Nath, Swami Vivekanand etc. and their contribution in development of yoga.
4. Able to gain information to students about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.

Unit-I INTRODUCTION AND EVOLUTION OF YOGA

1. Meaning & Definitions of Yoga according to various schools of thoughts.
2. Historical Background and Development of Yoga.
3. Importance of Yoga in different fields in modern era.
4. Applications and Misconceptions about Yoga in Modern Society.

Unit-II SCHOOLS OF YOGA

1. Hatha Yoga – Aims and Objectives of Hatha Yoga
2. Bhakti Yoga – Types of Bhakti, Navdhabhakti
3. Meaning and Steps of Gyan Yog.
4. Meaning and Types of Mantra Yog.

Unit-III FAMOUS YOGIES

1. Biography of Maharishi Patanjali and his contribution in yoga
2. Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga
3. Biography of Swami Vivekananda and his contribution in yoga
4. Biography of Maharishi Aurbindo and his contribution in yoga

Unit-IV INTRODUCTION OF YOGA INSTITUTES IN INDIA

1. Dev Sanskriti Haridwar and its contribution in yoga
2. Gurukul Kangri University, Haridwar and its contribution in yoga
3. Kaivalyadham Lonavla, Pune and its contribution in yoga
4. Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga.

References Books:-

- Sharma, J.P. D (2007) manav jivan & yog friends publication, New Delhi*
Parmanik T.N. D(2017) Yogkla, sports publication New Delhi
Bhargav, G.M. D (2019) Yoga Education, Sports Publication, New Delhi
Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi
Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi
Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi
Parmanik, T.N. D(2018) yoga education sports publication, New Delhi

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

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

1. To acquaint the students with basic knowledge Human Anatomy, Physiology and effects of yogic practices on body.
2. To provide knowledge about muscles its contraction and effects of yogic practices on it.
3. To acquaint the students with different processes of digestive system.
4. To provide knowledge about structure of respiratory system and its physiology.

Learning Outcomes:

After completion of the course contents of this paper, the student will be able to:

1. Understand about basic contents of Human Antinomy boniframework and its effects of yogic practices on Physiology of skeletal system.
2. Gain information and understanding about muscle property its mechanism on contraction and effects of yogic practices on it.
3. Understand digestive track, digestion and absorption of food and effects of yogic practices on digestive system.
4. Understand respiratory system and functions and its effects of yogic practices.

Unit-I GENERAL HUMAN ANATOMY AND PHYSIOLOGY

1. Meaning & Importance of Anatomy & Physiology.
2. Structure of Cell, Function of Cell and Tissue.
3. Skeletal System – Name and structure of all bones and joints of human body.
4. Effect of Yogic Practices on Skeletal System.

Unit-II MUSCULAR SYSTEM

1. Types and structure of muscle. Properties of Muscle.
2. Elementary knowledge of muscle contraction and muscle tone
3. Mechanism of Muscles Fatigue
4. Effect of Yogic Practices on Muscular System.

Unit-III DIGESTIVE SYSTEM

1. Structure of digestive tract and organs of digestive tract
2. Role of each digestive organ in digestion of food.
3. Physiology of food digestion and absorption.
4. Effect of Yogic Practices on Digestive System.

Unit-IV RESPIRATORY SYSTEM

1. Structure and functions of respiratory organs.
2. Physiology of external and internal respiration.
3. Elementary knowledge of various respiratory volumes & capacities.
4. Effect of yogic practices on respiratory system.

References Books:-

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.*
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sport: Sport Authority of India Delhi.*
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.*
- David, L Costill. (2004). Physiology of Sport and Exercise. Human Kinetics.*
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.*
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sport Physiology. WMC: Brown Publishers.*
- Sandhya Tiwaji. (1999). Exercise Physiology. Sport Publishers.*
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sport Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.*

PAPER – 103 PATANJALI YOG SUTRA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (Ist, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

1. To provide information about PATANJALI YOG SUTRA as a science in enhancing excellence in life.
2. To provide information about Samadhipada.
3. To provide information about SADHAN AND VIBHUTI PADA like Asthang Yog, Bahirang Sadhana, Antrang Sadhana etc.
4. To provide information about KAIVALYA PADA such as Karma and its variations and its of siddhi etc.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain information about Patanjali Yog Sutra, and its relevance in model age.
2. Understand concept of chit vritti and chitta Boomi and concept of sabeej & Nirbeej
3. Gain information about Panchklesha, Bahirang Sadhna, and Samyama
4. Understand about various siddhies, karamas and Kaivalya.

Unit – I INTRODUCTION OF PATANJALI YOGA SUTRAS

1. Historical Background of Patanjali Yoga Sutra.
2. Importance of Patanjali Yoga Sutras in Modern Age.
3. Patanjali Yoga as a Science.
4. Physical Mental and Social Excellence in Yoga Sutra.

Unit – II SAMADHI PADA

1. Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi
2. Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.
3. Chitta Vikshep and Chitt Prasadhan.
4. Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.

Unit – III SADHAN AND VIBHUTI PADA

1. Kriya Yoga and Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha
2. Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar
3. Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi
4. Samyama, Yoga Vibhootis and Ashtsiddhis

Unit – IV KAIVALYA PADA

1. Types of Sidhis.
2. Concept of Dharmamegh Samadhi
3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta
4. Concept of Kaivalya

References Books:-

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.*
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.*
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.*
- Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.*
- Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.*
- Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.*
- Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.*
- Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.*
- Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.*

PAPER – 104 - Research Methodology in Yoga

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (Ist, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

1. Acquaint the students will basic concept of research, need and characteristics of research in Physical Education & sports.
2. Acquaint the students with type of research, research problem and its selection and formulation with delimitation.
3. Make students aware about concept of sampling, methods of sampling and hypothesis and its testing.
4. Acquaint the students with the concept of review of related literature, types and its sources & variables.
5. Make the students understand the concept of ethical issues regarding copy right and tools of research.

Learning Outcomes:-

The students will be able to:-

1. Understand the basic concept of research and its need and characteristics in Physical Education and Sports.
2. Know about type of research, research problem it selection and formulation with delimitation.
3. Understand the concept of sampling, methods of sampling and hypothesis testing.
4. Know about review of related literature, its types sources & writing and variables.
5. To make students understand the concept of ethical issues in Physical Education & Sports and various tools of research.

Unit – I: Introduction

1. Meaning and Definition of Research. Need of Research in Yoga
2. Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.
3. Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.
4. Delimitation and limitations of research problem

UNIT II – Concept of Sampling and Hypothesis

1. Meaning and Definition of Sample and Population.
2. Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.
3. Meaning and definition of Hypothesis, Importance Hypothesis in research,
4. Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

UNIT-III Review of related literature

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.
2. Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.
3. Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,
4. Format of a synopsis

Unit – IV Research Report

1. Research Report: Details of Chapterization of Thesis/ Dissertation,
2. Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals.
3. Technicalities of writing: Footnote and Bibliography.
4. Ethical Issues in Research: Areas of Dishonesty in research.

References Books:-

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

PAPER – 105 PRACTICAL SYLLABUS (PART-1)

Credits=5

Maximum Marks: 50

Course Objectives:-

To provide practical knowledge about various yogic practices.

Learning Outcomes:

- 1. Students will Gain information about Surya Namaskara and different types of Asanas such as meditative asanas, relaxative asanas, standing, sitting and prone lying asanas with stretching practices and apply them in various condition to lead a happy life.**
 1. PRAYER, SANKALPMANTRA
 2. SURYA NAMASKARA-12 ROUNDS
 3. PAWANMUKTASANA SERIES-I
 4. SUKSHAMA VYAYAMA
 5. MEDITATIVE ASANAS
 6. Padmasan, Siddhasan, Vajarasana
- 2. RELAXATIVE ASANAS:**
Shavasana, Makarasan
- 3. SUPINE LYING ASANAS:**
Naukasan, Setubandhasana, Pavanmuktasan, Vipareetkaraniasan, Ardhhallasana, Simplematsyasana
- 4. PRONE LYING ASANAS:**
Bhujangasan, Ardhsalabhasana, Niralambasan
- 5. SITTING ASANAS:**
 1. Janushirasana, Vakrasana, Mandukasan, Yog Mudra Shashankasan
 2. Ardhaushtasana, Uttan Mandukasan, Parvatasana
- 6. STANDING ASANAS:**
Tadasana, Natarajasan, Garudasan, Katichakrasana
- 7. STRETCHING PRACTICE**

PAPER – 105 PRACTICAL SYLLABUS (PART-B)

Maximum Marks: 50

Course Objectives:

The students will be provided Knowledge of some statistical techniques with Excel and SPSS to calculate mean, median, standard deviation, t-test, ANOVA, Co-relation & Graphical representation.

Learning Outcomes:

Students will able to gain understanding and knowledge about some statistical techniques with Excel and SPSS to calculate mean, median, standard deviation, t-test, ANOVA, Correlation & Graphical representation and can apply them in their research work.

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)

M. A. YOGA – 2nd SEMESTER

PAPER – 201 FUNDAMENTALS OF HATHA YOGA

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

Credits=4

Course Objectives:-

1. To provide information about basic concept of Hath yoga, Asanas and Shatkarmas.
2. To provide information about Kumbhaka, Bandhas, Chakras, Nadis & Samadhies.
3. To provide information about Gheranda Samhita in detail.
4. To provide information about Pratyahara, Pranayamas, Dyan, Smadhi.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain information about basic concept of Hath yoga, Asanas and Shatkarmas their types, techniques, precautions and benefits.
2. Understand about Kumbhaka, Bandhas, Chakras, Nadis & Samadhies their types, techniques, precautions and benefits.
3. Understand about Gheranda Samhita and its various components.
4. Understand about Pratyahara, Pranayamas, Dyan, Smadhi its types, techniques, precautions and benefits.

Unit – I INTRODUCTION OF HATHAPRADIPIKA

1. Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice
2. Concept of Mitahara, Pathya and Apathya
3. Introduction of Asanas, Mudra, Bandh & Concept of Nadis
4. Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits.

Unit – II KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA

1. Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits
2. Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits
3. Chakras, Kundalini and Nadis
4. Nadanusandhana and Various types of Samadhies.

Unit – III INTRODUCTION OF GHERANDA SAMHITA

1. Introduction and History of Gheranda Samhita.
2. Concept of Ghatasth Yoga. Saptasadhana:- Shatkarma, Asanas, Pranyama, Pratyahara, Mudra, Dhyana, Smadhi
3. Shatkarma – Meaning Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati), Technique,
4. Precautions and Benefits.
5. Asanas and Mudras – Meaning, Definition, Types, Technique, Precautions and Benefits.

Unit – IV PRATYAHARA AND PRANAYAMAS

1. Pratyahara – Meaning, Types, Technique, Precautions and Benefits
2. Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
3. Dhayana – Meaning, Types, Technique, Precautions and Benefits.
4. Samadhi – Meaning, Types, Technique, Precautions and Benefits.

References Books:-

- “George Feuerstein, (1975). *Text Book of Yoga*. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, (1990), *Anatomy and Physiology of Yogic Practices*. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), *The Yoga Adventure for Children*. Netherlands: A Hunter House book.
- Iyengar, B.K.S. (2000), *Light on Yoga*. New Delhi: Harper Collins Publishers.
- Karbelkar N.V.(1993) *Patanjal Yogasutra Bhashya (Marathi Edition)* Amravati: Hanuman Vyayam Prasarak Mandal
- Kenghe. C.T. (1976). *Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background*, Varanasi: Bharata Manishai.
- Kuvalyananada Swami & S.L. Vinekar, (1963), *Yogic Therapy – Basic Principles and Methods*. New Delhi: Govt. of India, Central Health Education and Bureau.
- Moorthy A.M. & Alagesan. S. (2004) *Yoga Therapy*. Coimbatore: Teachers Publication House.
- Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
- Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
- Swami Satyananda Saraswathi. (1984), *Kundalini and Tantra*, Bihar: Yoga Publications Trust.
- Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.
- Thirumalai Kumar. S and Indira. S (2011) *Yoga in Your Life*, Chennai: The Parkar Publication.
- Tiwari O.P. (1998), *Asanas-Why and How*. Lonavala: Kaivalyadham.

PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF
YOGA - II

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

1. To acquaint the students with the knowledge of Cardio Vascular, System, its anatomy and Physiology.
2. To acquaint the students with the knowledge of Nervous, System, its anatomy and Physiology and functioning various sense organs.
3. To acquaint the students with the knowledge of excretory, System, its anatomy and Physiology.
4. To provide information about various Endocrine Glands, their hormones.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Understand the anatomy and Physiology of heart, and effects of yogic practices on structure and functioning of heart.
2. Gain knowledge about Nervous, System, functioning and effects of yogic practices on nose, ears & eyes.
3. Understand the anatomy and physiology of Kidneys & skin as organs of excretion.
4. Gain information about endocrine glands their location, secretion and their functions in human body with effect of yogic practices on hormones secretion.

Unit-I Cardio-Vascular System:

1. Structure & Functions of Heart.
2. Blood and its composition, functions of blood.
3. Types of Blood circulations: Systemic and Pulmonary
4. Effect of Yogic Practice on Cardio-Vascular System.

Unit-II Nervous System:

1. Introduction of Nervous System Organs.
2. Types of Nervous Systems: Central, Peripheral & Autonomic nervous system.
3. Effect of Yogic Practice on Nervous System.
4. Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes

Unit-III Excretory System

1. Organs of excretory system.
2. Structure of Kidney and Skin
3. Structure of nephron and physiology of the formation of urine.
4. Effect of Yogic Practices on Kidney and Skin

Unit-IV Endocrine System:

1. Meaning of Endocrine glands, Name and location of endocrine glands.
2. Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal gland
3. and their functions in body.
4. Meaning of Hormone and enzyme and their differentiation.
5. Effect of yogic practices on Endocrine glands and their secretions.

References Books:-

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.*
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sport: Sport Authority of India Delhi.*
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.*
- David, L Costill. (2004). Physiology of Sport and Exercise. Human Kinetics.*
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.*
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sport Physiology. WMC: Brown Publishers.*

PAPER – 203 HEALTH ASPECTS OF YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:

1. To acquaint the students with concept of health and yoga.
2. To provide information about role of yoga in health care.
3. To provide information about yoga and its role in enhancing mental health.
4. To provide information about basic concept of yogic diet.

Learning Outcomes:

After completion of the course contents of this paper, the student will be able to:

1. Gain knowledge of health its components and concept of health and diseases in ayurveda.
2. Gain information about role of yoga and its practices in health care.
3. Understand various yogic practices and their role in enhancing mental health while preventing mental disorders.
4. Understand concept of various diets such as yogic diet, moderation of diet, vegetarian and non-vegetarian diet.

Unit-I Introduction of Health & Yoga

1. Meaning, Definition according to WHO & Importance of Health.
2. Dimensions of Health Physical, Mental, Social and Spiritual.
3. Concept of Health & Diseases in Indian Systems of Ayurveda.
4. Health Services and Guidance Instruction in Personal Hygiene.

Unit-II Role of Yoga in Health Care

1. Role of Yoga in Preventing Health Care.
2. Asana & Health, Pranayam & Health.
3. Shatkarmas & Health, Mudra/Bandh & Health.
4. Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing.

Unit-III Yoga & Mental Health

1. Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva, Anavasthitatva, Dukha and Daurmanasy.
2. Meaning of Mental Health and Positive Mental Health.
3. Causes and Consequences of Conflict and Frustration.
4. Healing through Yoga : Mental Disorders, Depressive Disorders, Anxiety Disorders and Serious Mental Disorders.

Unit-IV Yoga & Diet

1. Diet: Before and after yogic practices.
2. Concept and contents of Balance Diet, Yogic Diet and Moderation of Diet.
3. Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet.
4. Harmful Effects of Non-Vegetarian Diet.

References Books:-

Gore C.S (2011) Yoga & health sports publication New Delhi

Srivastava A.K. (2010) health and yoga sports publication New Delhi

Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi

Verma K.K. Swastya Shiksha Parkash Borthers Ludiana

Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi

PAPER – 204 – APPLIED STATISTICS IN YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:

This course will enable students to understand:

1. Basic concept of statistics, data, methods of organizing data, explain & illustrate the concepts & application of measures of central tendency & its computation and merits & demerits of mean, median, mode.
2. Explain variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.
3. Illustrate the meaning, computation & significance of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types and computation of correction.
4. Illustrate the graphical representation of data & testing of hypothesis.

Learning Outcomes:

After undergoing the course contents of this paper, the students will be able to understand:-

1. Understand the basic concept of statistics, data, methods of organizing data, explain & illustrate the concepts & application of measures of central tendency & its computation and merits & demerits of mean, median, mode.
2. Explain variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.
3. Understand the meaning, computation & significance of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correction.

4. Identify and illustrate the significance of graphical representation of data & hypothesis testing through various graphical representation techniques.

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

1. Meaning of Statistics. Need and importance of statistics in Yoga
2. Meaning of Data, Methods of organizing Data through Frequency Distribution.
3. Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode.
4. Merits and limitations of Mean, Median and Mode

Unit-II: Introduction of Variability

1. Meaning of measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.
2. Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.
3. Meaning of term Percentile and Quartiles Deviation. Computation of Percentile and Quartiles Deviation
4. Meaning of term Percentile Rank and Computation of Percentile Rank.

Unit – III: Introduction to Normal Probability Curve and Correlation

1. Meaning of Normal Probability Curve and Properties of Normal Curve.
2. Meaning and types of Skewness and kurtosis. Sigma Scores and T – Scores.
3. Meaning and Types of Linear Correlation.
4. Computation of Correlation Coefficient with Product Movement and Rank Difference Method.

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

1. Meaning and advantage of Graphical Representation of Data.
2. Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.
3. Meaning of two – tailed and one tailed test of significance,
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.

PAPER – 205 PRACTICAL SYLLABUS

Credits=5

Demonstrations of Asana, Pranayam and Shudhi Kriya

Maximum Marks: 70

Course Objectives:-

To provide practical knowledge about various yogic practices.

Learning Outcomes:-

Students will Gain information about Surya Namaskara and different types of Asanas such as meditative asanas, relaxative asanas, standing, sitting and prone lying asanas with stretching practices and apply them in various condition to lead a happy life.

1. **SURYA NAMASKARA - 12 ROUNDS**
2. **SUKSHAMA VYAYAMA**
3. **MEDITATIVE ASANAS:** Padmasan, Siddhasan, Vajarasana
4. **RELAXATIVE ASANAS:** Shavasana, Makarasana
5. **SUPINE LYING ASANAS:** Sarvangasana, Halasana, Chakrasana, Uttanpadanasana
6. **PRONE LYING ASANAS:** Bhujangasana, Ardhashalabhasana, Niralambasana
7. **SITTING ASANAS:** Paschimottanasana, Matsyandarsana, Shashankasana, Ushtrasana, Suptavajarasana
8. **STANDING ASANAS:** Tadasana, Vrikshasana, Konasana, Padhasana
9. **PRANAYAM:** Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari
10. **BANDH:** Jalandhar Bandh, Urdhva 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 (Kunjla Kriya and Agnisar Kriya)
- c) KAPALBHATI : Vaatkarma, Sheetkarma
- d) TRATAK

13. MEDITATION – Om recitation

14. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,

15. PRACTICAL NOTE BOOK

(ii) APPLIED STATISTICS:

Maximum Marks: 30

Course Objectives:-

The students will be provided Knowledge of some statistical techniques with Excel and SPSS to calculate mean, median, standard deviation, t-test, ANOVA, Co-relation & Graphical representation.

Learning Outcomes:-

Students will able to gain understanding and knowledge about some statistical techniques with Excel and SPSS to calculate mean, median, standard deviation, t-test, ANOVA, Correlation & Graphical representation and can apply them in their research work.

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)

Open Elective

PAPER-206: YOGA PRICHAYA

Time: Two Hours

Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)

Note: Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

Course Objectives:-

Students will be educated with the knowledge of Yoga along with its elements and activities.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Understand basic concept of yoga, Astanga Yoga and its elements and relevancy of yoga in modern life.
2. Gain knowledge about asanas , pranayamas, Shudikriyas, Bandhas, Mudras and meditation with its processes.

Unit – I: Introduction of yoga and its elements.

1. Meaning, Definition and historical background of Yoga
2. The Astanga Yoga:Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
3. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga.
4. Need and Importance of Yoga in modern life.
5. Misconceptions about Yoga.

Unit - II Yogic activities: Asanas, Pranayamas & Shudhikriyas.

1. Meaning and types of Asana: Cultural,Relaxative & Meditative.
2. Meaning and types of Pranayama: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.
3. Meaning and types of Shudhikriyas: Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhathi.
4. Meaning and types of Bandhas: Jalandhar Mool & Udiyan.
5. Meditation and its processes.

References:

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.*
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.*
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.*
- Swami Kuvalayanda, (1998), Asanas. Lonavata: Kaivalyadhama.*
- Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.*
- Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.*
- Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.*
- Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.*
- Tiwari O.P. (1998), Asanas-Why and How. Lonavata: Kaivalyadhama.*

M. A. YOGA – 3rd SEMESTER

PAPER – 301: Fundamentals of Naturopathy

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:

To acquaint the students with fundamentals of Naturopathy and its various forms.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain information about fundamental principles of Naturopathy, Various forms of Health and relationship between Allopathy and Naturopathy.
2. Understand about Hydro-therapy, its benefits as rehabilitative therapy.
3. Gain information about Mud-therapy, its therapeutic use, soil and its uses in Naturopathy.
4. Understand fasting, starvation, hunger and appetite, diet according to Naturopathy and effects of fasting on Human Body.

Unit-I INTRODUCTION TO NATUROPATHY

1. Meaning & Definitions, Fundamental Principles of Naturopathy.
2. Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana.
3. Physical, Mental, Spiritual Health.
4. Naturopathy and Allopathy.

Unit-II HYDROTHERAPY

1. Hydrotherapy: Meaning, Definition and its Benefits.
2. General Principles of Hydrotherapy.
3. Concept of Ushapan and its benefits.
4. Classification of Temperature, Effects of Different Water Temperature on the body.

Unit-III MUDTHERAPY

1. Mudtherapy: Meaning and its uses.
2. Classification of Mud for Therapeutic use and its effects.
3. Mud Bath, Different Bandages of Mud, their uses and application.
4. Soil: Meaning, Types, Characteristics and their uses in Naturopathy.

Unit-IV FASTING AND DIETETICS

1. Fasting: Meaning and Classification.
2. Difference between Fasting and Starvation, Hunger and Appetite.
3. Diet According to Naturopathy and its types.
4. Fasting: Precautions before, during and after, Effect of fasting on human Body.

References Books:-

History & Philosophy of Naturopathy – Dr. S. J. Singh

Philosophy of Nature Cure – Dr. Henri Lindlhai.

Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095

Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by

Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978.

PAPER – 302: Basic Yoga Text Principles,Upanishads and Bhagwadgita

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:

To provide the knowledge about Upanishad, Bhagwadgita and types of yoga in Bhagwadgita.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Understand the concept of Yoga, Nature, Prana, Panchpranas, Tapasya and Guru bhakti and target of meditation.
2. Gain information about messages of Upanishads such as Indriya and Antahkarana, states of consciousness in relation to syllable in Omkara.
3. Gain information about Bhagwadgita and its relevance in modern time with Dharma Ka Swaroop.
4. Understand about , Sankha and Gyan yoga, Karma and bhakt yoga and characteristics of a Yogi in Bhagwadgita.

Unit-I INTRODUCTION OF UPANISHADS

1. Katha Upanishad: Definition of Yoga; Nature of soul; Importance of Self Realization.
2. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions.
3. Mundaka Upanikshad: Two approaches to Brahma Vidya-the Para and Apara:
4. The greatness of Brahma Vidya, The worthlessness of Selfish-Karma; Tapas and Gurubhakti.
5. The origin of creation, Brahman the target of meditation.

Unit-II MASSAGES OF UPANISHADS

1. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
2. Kena Upanishad: indwelling Power; Indriya and antahkarana; Self and the Mind;
3. Kena Upanishad: Intutive relalization of the truth, Truth transcendental; Moral of Yaksha Upakhyana;
4. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit-III BHAGWAT GITA

1. Introduction to BhagwadGita.
2. History of BhagwadGita.
3. Purpose and Importance of Yoga in Modern Time.
4. Nature of Dharma (Dharma Ka Swaroop): 2.31, 2.33, 2.39, 2.40, 3.35, 4.30, 9.31, 18.47 and 18.66

Unit-IV TYPES OF YOGA IN BHAGWADGITA

1. Sankhya and Gyan Yoga (Chapter-2: Shloka 12-72) and (Chapter-13: Shloka 07-34).
2. Karma Yoga (Chapter-3: Shloka 09-35) and (Chapter-4: Shloka 17-42).
3. Bhakti Yoga (Chapter-12: Shloka 01-20).
4. Characteristics of a Yogi (Chapter-2: Shloka 55-72).

References Books:-

- Message of Upanishad, Bharatiya Vidya Bhawan, (1993)*
- Prasad, Ramanuj, (2003), "Know the Upanishads", V & S Publication, New Delhi, ISBN-9381384754.*
- Gambhirananda, Swami, (1957), Eight Upanishads with the commentary of Shankaracharya- Vol. 1 and Vol. 2", Advaita Ashrama, University of Virginia.*
- Radhakrishnan, Sarvepalli, (1974), "The Principal Upanishads", Allen & Unwin Publications, ISBN-8172231245.*
- Ghosh Aurobindo, (1995), "Essays on Gita", Shri Aurobindo Ashrama Press, Pondicherry.*
- Ranganathananda Swami, (2000), "Universal Message of Bhagawad Gita" Vol- 1 & 2, Advaita Ashrama, ISBN-8175052139.*
- Shastri, A. Mahadeva, (1901), "Shrimad Bhagawad Gita with Shankara Bhashya", Literary Licensing LLC, ISBN-1498160336.*
- Easwaran, Eknath, "Bhagawad Gita", Nilgiri Press, Canada, ISBN-978-1-58638-019-9*

PAPER – 303: APPLICATIONS OF YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:-

1. To provide the knowledge of concept of Yoga, Yoga education with Guru-shishya parampara.
2. To acquaint students with values and contribution of yoga in development of values in Education.
3. To provide knowledge about Astang yoga and personality development through yogic practices.
4. To acquaint the students with stress management through Astang yoga and Bhagwadgita.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain information about yoga and yoga education in development of Human society.
2. Gain knowledge about concept of values, Value oriented education and role of yoga teacher in value oriented education.
3. Understand about Astang yoga and development of personality with emphasis on Panchkosh.
4. Understand different techniques of stress management in astanga yoga of patanjali and bhagwadgita.

Unit-I YOGA IN EDUCATION

1. Meaning, Definitions, Aim and Objectives of Yoga Education.
2. Relationship between Yoga and Education.
3. Factors of Yoga Education and its significance.
4. Guru-Shishya Prampra in Yoga Education.
5. Role of Yoga in Development of Human Society.

Unit-II VALUE EDUCATION

1. Meaning, Definitions and Types of Values.
2. Value Oriented Education and Modes of Living.
3. Contribution of Yoga towards development of values.
4. Role of Yoga Teacher in Value Oriented Education.
5. Salient Features of Ideal Yoga Teachers.

Unit-III PERSONALTY DEVELOPMENT

1. Astang Yoga and Personality Development.
2. Personality Development with Specific Emphasis on Panchkosh.
3. Different Yoga Modules to improve memories.
4. Intelligence: Meaning and Concept of Intelligence According to Yoga.
5. Yoga Practice for I.Q. development.

Unit-IV YOGA FOR STRESS MANAGEMENT

1. Stress: Introduction, Concept & Solution through Mandukya Krika (Relaxation and Stimulation) as core for stress management.
2. Techniques of Stress Management in Astang Yoga of Patanjali and Bhagwat Gita.
3. Specific Practices for Stress Management (Breath Awareness, Shavasan, Yognidra).
4. Pranayam and Meditation for Stress Management.
5. 4Impact of Yogic Life Style on Stress Management.

References Books:-

- Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.*
- Baron, R.A (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.*
- Baron, A. Rober, (2002) "Psychology", Pearson Education Vth Ed.*
- Yog Prichya and Prampra – Dr. Praveen Kumar & Dr. Amrita Pritam.*
- Ahuja, R (2000) Value oriented education in India. In Modi, R. (Ed.), Human values and social change, Jaipur: Rawat Publications.*

PAPER – 304: APPLIED PSYCHOLOGY IN YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:-

To impart the knowledge about psychology, learning and motivation, personality and its various theories and guiding and counseling significance.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Understand basic concept of psychology, and its contribution in teaching learning process of yoga education.
2. Gain knowledge about learning its laws and theories, various theories of motivation.
3. Understand the concept of personality and its theories.
4. Gain information about guidance and counseling their principles in yoga education and qualities of a counselor.

Unit-I INTRODUCTION OF PSYCHOLOGY

1. Psychology: Meaning, Definition and Scope of Psychology in Yoga.
2. Nature and Branches of Psychology.
3. Relevance and Contribution of Psychology in Teaching & Learning Process of Yoga Education.
4. Methods of Psychology: General Introduction, Survey and Experiment Method.

Unit-II LEARNING AND MOTIVATION

1. Learning: Meaning, Definition, Laws of Learning and Learning Curves.
2. Theories of Learning: Thorndike's Trial and Error, Pavlov's Learning by conditioning.
3. Motivation: Meaning, Definition, Concept and Dynamics of Motivation in Yoga.
4. Theories of Motivation: Abraham Maslow's Self Actualization Theory, Sigmund Freud's Instinct Theory.

Unit-III PERSONALITY

1. Personality: Meaning, Definition and Structure of Personality.
2. Theories of Personality: Sigmond Freud's Psycho-Analytical Theory.
3. Type Theories of Personality: Kretschmer's, Sheldons and Jung's Classification.
4. Trait Theory of Personality: Allport and Eyesenk.

Unit-IV GUIDANCE AND COUNSELLING

1. Guidance: Meaning, Definition and Significance of guidance.
2. Principles of Guidance in Yoga Education.
3. Counseling: Meaning, Definition and Significance of Counseling and Different types of Counseling.
4. Concept of Counseling Process and Qualities of a Counselor.

References Books:-

- Dr. Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.*
- Dridge & Hung: Psychological Foundations of Education. Harper and Row Publishers.*
- Kamlesh, M. L. Educatin Sports Psychology, New Delhi, Friends Pub., 2006.*
- Jaswant kaur Vir – Psychology of Teaching and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala. (2008).*
- Baron, R. A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentic-Hall of India.*
- Baron, A. Rober, (2002) "Psychology", Pearson Education Vth Ed.*
- Cliffor T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), "Introduction to Psychology" – 7th Edition. Tata Mcgraw Hill Book Co. New Delhi.*

PAPER – 305 PRACTICAL SYLLABUSES

Credits=5

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

Maximum Marks: 70

Course Objectives:-

To Provide practical experiences of different Yogic practices like asanas, pranayams, Bandhs, Mudras and their effect on Human Body

Learning Outcomes:-

The students will gain practical experience of different Yogic practices and will apply them on all age groups and sexes for a better Lifestyle.

1. **PRAYER:** Gayatri Mantra, Mahamritunjya Mantra.
2. **SUKSHAMA VYAYAMA**
3. **SURYA NAMASKAR:** 12 Counts.
4. **SUPINE LYING ASANAS:** Sarvangasana, Padamsarvangasana, Karnpeedasana, Setubandhasana,
5. **PRONE LYING ASANAS:** Sarpasana, Dhanurasana, Puranabhujangasana, Puranashalabhasana.
6. **SITTING ASANAS:** Shirsasana, Kukkutasana, Suptvajrasana, Purnamatsyasana, Bakasana, Paschimottansana, Baddhpadmasana.
7. **STANDING ASANAS:** Tadasana, Vrikshasana, Trikonasana, Natrajasana.
8. **PRANAYAM:** Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
9. **BANDH:** Mahabandh
10. **MUDRA:** Matangini Mudra, Shaktichalani Mudra.
11. **SHATKARM:**
 - a) NETI : Double Rubber Neti
 - b) DHAUTI : Vastra Dhauti, Dhanda Dhauti
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) NAULI : Madhya, Vaam, Dakshine
12. **MEDITATION – Om recitation**
13. **RELAXATION TECHNIQUES – Shavasana, Yog Nidra,**
14. **PRACTICAL NOTE BOOK**

(ii) APPLIED PSYCHOLOGY:

Maximum Marks: 30

Course Objectives: To Provide practical experiences of Methodology of filling questionnaires and their uses in research.

Learning Outcomes:- The students will gain practical experiences of Methodology of filling questionnaires and their uses in research.

- i) Self Concept Questionnaire by Dr. Raj Kumar Saraswat. (Marks = 10)

- ii) Locus of Control by Levenson Scale (Marks = 10)

- iii) Emotional Intelligence Inventory by Dr. S. K. Mangal and (Marks = 10)
Mrs. Shubhra Mangal.

Open Elective

PAPER - 306 YOGA AND HEALTH

Time: Two Hours

Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)

Note: Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

Course Objectives:-

To provide knowledge about basic concept of health asanas, pranayamas, shudhikriyas & treatment of different health problems with yogic practices.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain information about Health, Yogic diet and different types of asanas and pranayamas.
2. Gain information about Shudhikriyas and treatment of various ailments and psychological problems through yogic practices.

Unit – I INTRODUCTION OF HEALTH & YOGIC PRACTICES.

1. Meaning, Definition and Concept of Health
2. Yogic diet and health.
3. Cultural asanas and health: Paschimottan ,Hal ,Bujang, Shalabh, Vipritkarni, Sarvang, Trikon, Shirsh, Ushtra, Suptavajra.
4. Relaxative asanas and health: Savasna & Makrasna.
5. Meditative asanas and health: Padam, Vajra, Sihasna, Singhasna.
6. Pranayama and health: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.

Unit – II HEALTH PROBLEMS & TREATMENT THROUGH YOGA.

1. Shudhikriyas and health : Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhathi.
2. Stress management through Yogic practiseses
3. Hypertension: Meaning, causes and yogic treatment.
4. Diabetes: Meaning,types, causes and yogic treatment
5. Cervical Spondylosis: Meaning, causes and yogic treatment.
6. Obesity: Meaning, causes and yogic treatment

References Books:-

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.*
- Kuvalyananda Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.*
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.*
- Swami Kuvalayanda, (1998), Asanas. Lonavata: Kaivalyadhama.*
- Swami Satyananda Saraswati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.*
- Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.*

PAPER – 401: YOGA THERAPY

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:

To acquaint students with the knowledge of Yoga therapy, concept of diseases, Yoga therapy for lifestyle disorders and psychological problems.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Gain knowledge about Yoga therapy, its concept, principles and limitations to treat various diseases.
2. Gain knowledge about concept of various diseases, its classifications and their causes along with Postural deformities and its treatment.
3. Understand yoga therapy and lifestyle disorders such as Hypertension, obesity and blood glucose, Gastric Intestinal Problems and Cardio respiratory disorders along with their treatment through yoga therapy.
4. Gain information about Yoga therapy for psychological disorders such as stress, anxiety, depression, Insomnia, Adjustment problems and attention deficit along with their treatment through yoga therapy.

Unit-I YOGA THERAPY: AN INTRODUCTION

1. Meaning, Definition and Importance of Yoga Therapy in modern age.
2. Concept and Scope of Yoga Therapy.
3. Principles of Yoga Therapy.
4. Limitations of Using Yoga Therapy.

Unit-II CONCEPT OF DISEASES

1. Diseases, Meaning and their causes.
2. Classifications of Diseases.
3. Postural Deformities: Meaning and their Causes.
4. Treatment of Different types of Postural Deformities through Yoga Therapy (KYPHOSIS, LORDOSIS SCIOLIOSIS, KNOCK-KNEE, FLAT-FOOT).

Unit-III YOGA THERAPY FOR LIFE STYLE DISORDERS

1. Hypertension, Obesity and Blood Glucose disorders: Causes, Symptoms and Treatment through Yogic Therapy.
2. Gastric Intestinal Problem: Indigestion, Constipation, Acidity, Causes, Symptoms and
3. Treatment through Yogic Therapy.
4. Cardio respiratory disorders: Atherosclerosis and Bronchi Asthma: Causes Symptoms and their Treatment through Yoga Therapy.

Unit-IV YOGA THERAPY FOR PSYCHOLOGICAL PROBLEMS

1. Stress, Anxiety and Depression: Meaning, Causes, Symptoms and their Treatment through Yoga.
2. Insomnia: Meaning, Causes, Symptoms and Treatment through Yoga.
3. Adjustment Problems: Meaning, Causes, Symptoms and Treatment through Yoga.
4. Attention – Deficit, Hyperactivity Disorder: Meaning, Causes, Symptoms, Treatment through Yoga.

References Books:-

*Moorthy, A.M. (2005), "Yoga Therapy", Teacher Publishing House, Coimbatore
ISBN-9788180160240.*

Swami, Shivananda Saraswati, (1957) "Yoga Therapy, Umachal Yoga Ashram, Guwahati".

Verma, Janki Prasad, (1962), "Rogo Ki Achuke Chikitsa" Leader Press, Allahabad.

Yogeshwar, "Simple Yoga Therapy", Yoga Center, Madras. Tiwari, O.P., (1984), "Asanas-Why and How", Kaivalyadhama, Lonavala.

Roga & Yoga- Swami Shivanand.

PAPER – 402: FOOD & NUTRITION

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objective:-

To provide the students with the basic knowledge about food & nutrients, Balanced diet and meal planning for different age groups and sexes.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Adopt knowledge about food and nutrition along with their classifications , functions and their importance.
2. Gain information about various nutrients such as proteins, fats, carbohydrates, vitamins, minerals and water with thorough knowledge of their classification, sources, functions and their requirements.
3. Adopt thorough knowledge of Balanced diet with its importance and factors affecting it, Concept of yogic diet and advantages & disadvantages of vegetarian and non-vegetarian diet, Malnutrition with its causes and methods to overcome it.
4. Adopt knowledge of Meal planning with its principles and factors affecting it, Food intake timing and different types of meals.

Unit-I FOOD & NUTRITION

1. Meaning of Food, Nutrition and their importance.
2. Functions of Food and Nutrition.
3. Classifications of Nutrients.
4. Basic Principles of Nutrition.

Unit-II NUTRIENTS

1. Proteins: Meaning, Classification, Sources, Functions and their requirements.
2. Fats and Carbohydrates: Meaning, Classification, Sources, Functions and their requirements.
3. Vitamins: Classification, Sources, Functions and their requirements.
4. Minerals: Classification, Sources, Functions and their requirements.
5. Water: Meaning, Sources and Functions.

Unit-III BALANCED DIET

1. Meaning and Importance of Balanced Diet.
2. Factors Affecting Balanced Diet.
3. Concept of Yogic Diet.
4. Advantages/Disadvantages of Vegetarian and Non-Vegetarian Diets.
5. Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.

Unit-IV MEAL PLANNING

1. Concept and Principles of Meal Planning.
2. Factors Affecting Meal Planning.
3. Meal Planning for Healthy Living.
4. Meal Planning for Adolescents Male and Female.
5. Food Intake: Timing, Concept of Dugdhar, Falahar, Alpahar and Apakahar in Yoga.

References Books:-

- Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.*
- Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12), 3091-3096.*
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228.*
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176-2183.*
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.*

PAPER – 403: KINESIOLOGICAL ASPECT OF YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:-

1. To acquaint students about meaning of kinesiology, axis, plane, medical terminology of body positions and different body movements.
2. To develop understanding about functional classification muscles, their origin, insertion & functions of important muscles of the body.
3. To enable the students to have understanding about joints of upper extremity and structural & functional aspects of upper extremity joints(shoulder & elbow joint).
4. To acquaint the students to have knowledge about joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Understanding and knowledge of kinesiology, axis, plane, medical terminology of body positions and different body movements.
2. Clarity regarding functional classification muscles, their origin, insertion & functions of important muscles of the body.
3. Understanding and knowledge of joints of upper extremity and structural & functional aspects of upper extremity joints(shoulder & elbow joint).
4. Knowledge of joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).

Unit-I INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS

1. Kinesiology: Meaning, significance and scope in Yoga.
2. Medical Terminology of Body Position.
3. Axis and planes: meaning and Types.
4. Terminologies of different Body movements.
5. Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion.

Unit-II MUSCLES OF VARIOUS REGIONS

1. Functional classification Skeletal Muscles.
2. Origin, Insertion and Actions of Muscles in different asanas: Latissimus Dorsi, Trapezius
3. Rhomboid Major, Rhomboid Minor, Rectus Abdominal, Gluteus Maximus,
4. Gluteus Medius, Gluteus Minimus and Sternocleidomastoid muscle.

Unit-III JOINTS OF UPPER EXTREMITY

1. Shoulder Joint – Structure, Ligaments, Muscle Reinforcement and Movements.
2. Elbow Joint – Structure, Ligaments, Muscle Reinforcement and Movements. Origin, Insertion and Actions of Muscles in different asanas: Deltoid, Biceps, Triceps and Pectoralis Major.

Unit-IV JOINTS OF LOWER EXTREMITY

1. Hip Joint – Structure, Ligaments, Muscle reinforcement and Movements.
2. Knee Joint - Structure, Ligaments, Muscle reinforcement and Movements.
3. Origin, Insertion and Action of Muscles in different asanas: Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle, Gastrocnemius Muscle.

References Books:-

- Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.*
- Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.*
- Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall*
- Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.*
- Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.*
- Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.*

PAPER- (404): TEACHING METHODS OF YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Credits=4

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.

Course Objectives:-

To provide knowledge about teaching methods, formations, teaching aids, lesson planning and class management for effective presentation of subject matter.

Learning Outcomes:-

After completion of the course contents of this paper, the student will be able to:

1. Adopt knowledge about teaching methods, its importance, modern concept, different types, principles and factors affecting it.
2. Gain information about command, formation and teaching aids along with their types and importance.
3. Adopt knowledge about lesson planning, its objectives, principles, types, importance and factors affecting it.
4. Gain knowledge about Class management along with its importance and factors affecting it, Organization and administration of yoga competition and rules of Inter-collegiate/University Level Yoga Competition.

UNIT –I TEACHING METHODS

1. Meaning, Definition and Importance of Teaching Methods in Yoga.
2. Modern Concept of Teaching Methods Types of Teaching Methods in Yoga.
3. Factors Affecting Teaching Methods.
4. Principles of teaching.

UNIT-II COMMAND, FORMATION AND TEACHING AIDS

1. Command: Their types and uses in Yoga.
2. Teaching Aids: Meaning and Importance.
3. Types of Teaching Aids
4. Modern concept of teaching Aids.
5. Class Formation: Meaning, Types and their importance.

UNIT-III LESSON PLANNING

1. Meaning and Importance of Lesson Plan.
2. Objectives and Steps of Making Lesson Plan.
3. Types of Lesson Plan.
4. Factors Affecting Lesson Plan.
5. Basic Principles of Making Lesson Plan

UNIT-IV CLASS MANAGEMENT

1. Meaning and Importance of Class Management.
2. Factors Affecting Class Management.
3. Steps of Class Management.
4. Organization and administration of Yoga Competition.
5. Rules of Inter-collegiate/University Level Yoga Competition.

References Books:-

Bhatia and Bhatia Doaba House, (1959) The Principles and Methods of Teaching New Delhi.
Prof. Ramesh Chandra (2004), Technology in the preparation of Teachers”, Usha Books, Delhi.
Kochar S.K, (2010) “Methods and Techniques of Teaching ,Sterling Publishers, New Delhi
Walia JS, (2003) “Principles and Methods of Education” Plant Publishers Jalandhar City-.

PAPER – 405 PRACTICAL SYLLABUS

Credits=5

Maximum Marks: 100

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

Marks: 50

Course Objectives:-

To Provide practical experiences of different Yogic practices like asanas, pranayams, Bandhs, Mudras and their effect on Human Body.

Learning Outcomes:-

The students will gain practical experience of different Yogic practices and will apply them on all age groups and sexes for a better Lifestyle.

1. **PRAYER:** Sankalp Mantra.
2. **SUKSHAMA VYAYAMA**
3. **SURYA NAMASKAR:** 12 Counts. **CHANDRA NAMASKAR.**
4. **PRAGYA YOGA**
5. **SUPINE LYING ASANAS:** Vipritkarniasana, Halasana, Chakrasana, Naukasana, Pawankuktasana,
6. **PRONE LYING ASANAS:** Bhujangasana, Shalabhasana, Dhanurasana, Vipritnaukasana,
7. **SITTING ASANAS:** Vajrasana, Suptvajrasana, Padamasana, Shashankasana, Akarana Dhanurasana, Gomukhasana, Ushtrasana, Ardhmatsyandrasana, Ekpadsakandhasana, Vatyanasana.
8. **STANDING ASANAS:** Tadasana, Vrikshasana, Trikonasana, Natrajasana.
9. **PRANAYAM:** Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
10. **SHATKARM:**
 - a) NETI : Jal, Rubber Neti
 - b) DHAUTI : Vaman (Kunjal), Dhanda Dhauti
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) TRATAK
11. **MEDITATION – Om recitation**
12. **RELAXATION TECHNIQUES – Shavasana, Yog Nidra,**
13. **PRACTICAL NOTE BOOK**

(ii) Teaching Practices of Asana, Pranayama and Shatkarmas:

Marks: 50

Course Objectives:-

The students will be provided with the basic knowledge of presenting the subject matter relates to yoga in an effective manner through various Pedagogical techniques.

Learning Outcomes:-

Students will be able to present their subject matter related to yoga with more confident and impressive manner with greater impact.

Practice of teaching

Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.