

Kurukshetra University, Kurukshetra

(Established by the State Legislature Act-XII of 1956)

(“A++” Grade, NAAC Accredited)



Scheme of Examination for Post Graduate Programme

M. A. Yoga

as per NEP 2020

**Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF with effect from the
session 2024-25 (in phased manner)**

**DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119
HARYANA, INDIA**

Programme Learning Outcomes(PLOs) for PG Programmes
as per NEP-2020

PLOs for M.A. Yoga

PLOs	M.A. Yoga
	After the completion of M.A. Yoga the student will be able to:
PLO-1: Knowledge and Understanding	Demonstrate the fundamental and advanced knowledge of the subject and understanding of recent developments and issues, including methods and techniques, related to the Yoga .
PLO-2: General Skills	Acquire the general skills required for performing and accomplishing the tasks as expected to be done by a skilled professional in the fields of Yoga .
PLO-3: Technical/ Professional Skills	Demonstrate the learning of advanced cognitive technical/professional skills required for completing the specialized tasks related to the profession and for conducting and analyzing the relevant research tasks indifferent domains of the Yoga .
PLO-4: Communication Skills	Effectively communicate the attained skills of the Yoga in well-structured and productive manner to the society at large.
PLO-5: Application of Knowledge and Skills	Apply the acquired knowledge and skills to the problems in the subject area, and to identify and analyze the issues where the attained knowledge and skills can be applied by carrying out research investigations to formulate evidence-based solutions to complex and unpredictable problems associated with the field of Yoga or otherwise.
PLO-6: Critical thinking and Research Aptitude	Attain the capability of critical thinking in intra/inter-disciplinary areas of the Yoga enabling to formulate, synthesize, and articulate issues for designing of research proposals, testing hypotheses, and drawing inferences based on the analysis.
PLO-7: Constitutional, Humanistic, Moral Values and Ethics	Know constitutional, humanistic, moral and ethical values, and intellectual property rights to become a scholar/professional with ingrained values in expanding knowledge for the society, and to avoid unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
PLO-8: Capabilities/qualities and mindset	To exercise personal responsibility for the outputs of own work as well as of group/team and for managing complex and challenging work(s) that requires new/strategic approaches.
PLO-9: Employability and job-ready skills	Attain the knowledge and skills required for increasing employment potential, adapting to the future work and responding to the rapidly changing demands of the employers/industry/society with time.

Kurukshetra University, Kurukshetra

Scheme of Examination for Postgraduate Programme M.A. Yoga as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programmes (CBCS LOCF) with effect from the session 2024-25 (in phased manner) Framework-2 (Scheme-P)

Semester	Course Type	Course Code	Nomenclature of course	Theory (T)/ Practical (P)	Credits		Contact hours per week L: Lecture P: Practical T: Tutorial				Internal Assessment Marks	End Term Examination Marks	Total Marks	Examination hours
						Total	L	T	P	Total				
1	CC-1	M24-YGA-101	Foundation of Yoga	T	4	26	4	0	0	4	30	70	100	3
	CC-2	M24-YGA-102	Anatomical and Physiological Aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	CC-3	M24-YGA-103	Hatha Yoga	T	4		4	0	0	4	30	70	100	3
	CC-4	M24-YGA-104	Research Methodology in Yoga	T	4		4	0	0	4	30	70	100	3
	PC-1	M24-YGA-105	Demonstration of basic Asana	P	4		0	0	8	8	30	70	100	4
	PC-2	M24-YGA-106	Basic Pranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
	SEMINAR	M24-YGA-107	SEMINAR	S	2		0	0	0	2	0	50	50	1
2	CC-5	M24-YGA-201	Traditional Yoga	T	4	26	4	0	0	4	30	70	100	3

	CC-6	M24-YGA-202	Heath aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	CC-7	M24-YGA-203	Applied Psychology in Yoga	T	4		4	0	0	4	30	70	100	3
	CC-8	M24-YGA-204	Applied Statistics	T	4		4	0	0	4	30	70	100	3
	PC-3	M24-YGA-205	Demonstration of Asana	P	4		0	0	8	8	30	70	100	4
	PC-4	M24-YGA-206	Paranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
	CHM	M24- CHM-201		T	2		2	0	0	2	15	35	50	3
	Internship	M24-INT-200	An internship course of 4 Credits of 4-6 weeks duration during summer vacation after IInd semester is to be completed by every student. Internship can be either for enhancing the employability or for developing the research aptitude.									50	50	100
3	CC-9	M24-YGA-301	Naturopathy	T	4	26	4	0	0	4	30	70	100	3
	CC-10	M24-YGA-302	Basic Yogic Text Principles of Upanishads and Bhagwat Geeta	T	4		4	0	0	4	30	70	100	3
	DEC-1	M24-YGA-303	Application of Yoga	T	4		4	0	0	4	30	70	100	3
	DEC-2	M24-YGA-304	Kinesiological aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	PC-5	M24-YGA-305	Demonstration of Advance Asana & Paranayamas	P	4		0	0	8	8	30	70	100	4
	PC-6	M24-YGA-306	Shudhi Kriya & Meditation	P	4		0	0	8	8	30	70	100	4
	OEC	M24-OEC-338	Yoga and Health	T	2		2	0	0	2	15	35	50	3

4	CC-11	M24-YGA-401	Patanjali Yoga Sutra	T	4	26	4	0	0	4	30	70	100	3
	CC-12	M24-YGA-402	Food and Nutritional Aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	DEC-3	M24-YGA-403	Therapeutic Yoga	T	4		4	0	0	4	30	70	100	3
	DEC-4	M24-YGA-404	Pedagogical Techniques in Yoga	T	4		4	0	0	4	30	70	100	3
	PC-7	M24-YGA-405	Teaching of Asana	P	4		0	0	8	8	30	70	100	4
	PC-8	M24-YGA-406	Teaching of Pranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
	EEC	M24-MEE-406	Practical Aspect of Naturopathy	T	2		2	0	0	2	15	35	50	3

Note: There will be only one group in Practical.

Total Work Load = 34 Hours per week per semester

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Syllabus of Examination for Post Graduate Programme

M. A. Yoga

as per NEP 2020

**Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF with effect from the
session 2024-25 (in phased manner)**

**DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119
HARYANA, INDIA**

Syllabus of Examination for Post Graduate

Programme M. A. Yoga 1st Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF With effect from the

Session 2024-25

Core Course – 1

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Foundation of Yoga		
Course Code	M24-YGA-101		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 1: Describe the concept of yoga in ancient and modern time, principles and misconceptions of yoga in modern society.</p> <p>CLO 2: Explain different yogic schools like Vedanta Tradition, Patanjali, Hatha Yoga, Swara Yoga and Mantra Yoga.</p> <p>CLO 3: Illustrate yogis such as Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Guru Ghoraksh Nath, Swami Vivekanand etc. and their contribution in the development of yoga.</p> <p>CLO 4: Describe Ashtang yoga, Vedas, Types of Vedas, Upanishads, Prasthanatrayee, Purushartha Chatushtaya and Chakras.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	INTRODUCTION AND EVOLUTION OF YOGA: <ul style="list-style-type: none"> Meaning & Definitions of Yoga according to various schools of thoughts. Aims and Objectives of Yoga Historical Background and Development of Yoga, True Nature and Principles of Yoga 		15

	<ul style="list-style-type: none">• Misconceptions about Yoga in Modern Society.• General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana,• Yoga in Vedanta, Yoga in Ramayana, Yoga in Mahabharata	
II	SCHOOLS OF YOGA <ul style="list-style-type: none">• Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana),• Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga).• Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism.• Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras	15
III	FAMOUS YOGIES <ul style="list-style-type: none">• Brief Biography, their Yoga Paramparas and Yogic contribution of Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas and Maharshi Mahesh Yogi.• Brief Biography and Yogic Traditions of Ramakrishna, Swami Vivekananda, Shri Aurobindo, Maharshi Ramana and Swami Dayanand Saraswati	15
IV	Ashtang, Vedas, Upanishads and Chakras <ul style="list-style-type: none">• Meaning of Ashtang yoga, Steps of Ashtang yoga and their relevance in modern life.• Introduction to Vedas, Types of Vedas: Rigveda, Samaveda, Yajurveda, and Atharvaveda. Yoga in these Vedas.• Introduction to Upanishads, Prasthanatrayee and Purushartha Chatushtaya.• Meaning of Chakras, Types, Location and Significance of Chakras.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory		➤ Theory:
30		70
• Class Participation:		Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:		
• Mid-Term Exam:		
		5
		10
		15
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<i>Aggarwal MM (2010): Six Systems of Indian Philosophy, Chowkhamba Vidya Bhawan, Varanasi.</i>		
<i>Sharma, J.P. D (2007) manav jivan & yog friends publication, New Delhi</i>		
<i>Swami Bhuteshananda (2009 Nararad Bhakti, Advaita Ashrama Publication Dept. Kolkata II Edition.</i>		
<i>Hiriyanna M (2009), Outlines of Indian Philosophy, Motilal Banarsidass, New Delhi.</i>		
<i>Hiriyanna M (2008), Outlines of Indian Philosophy, Motilal Banarsidass, New Delhi.</i>		
<i>Parmanik T.N. D(2017) Yogkla, sports publication New Delhi</i>		
<i>Bhargav, G.M. D (2019) Yoga Education, Sports Publication, New Delhi</i>		
<i>Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi</i>		
<i>Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi</i>		
<i>Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi</i>		
<i>Parmanik, T.N. D(2018) yoga education sports publication, New Delhi.</i>		

Syllabus of Examination for Post Graduate

Programme M. A. Yoga 1st Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF With effect from the

Session 2024-25

Core Course – 2

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Anatomical and Physiological Aspect of Yoga		
Course Code	M24-YGA-102		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Describe the anatomy, physiology, cell and musculoskeletal systems. CLO 2: Explain basic anatomy, physiology and effect of yoga on digestive and excretory system. CLO 3: Illustrate basic anatomy, physiology and effect of yoga on Cardiovascular and respiratory system. CLO 4: Describe basic anatomy, physiology and effect of yoga Nervous and Endocrine System.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Introduction of anatomy, physiology, cell and musculoskeletal systems: <ul style="list-style-type: none"> Meaning and Definition of Anatomy and Physiology Structure and functions of Cell and Tissue Meaning and Types of bones, joints and muscles, Gross and Microscopic structure of Skelton Muscle, Mechanism of Muscle contraction, Effect of Yoga Asana on Bones and Muscles 		15
II	Introduction of digestive and excretory system: <ul style="list-style-type: none"> Basic Anatomy of Digestive system, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones Mechanism of food absorption, 		15

	<ul style="list-style-type: none">• Structure and functions of kidney and Nephrons.• Mechanism of urine formations• Effect of Yoga on Digestive and Excretory system	
III	Introduction of Cardiovascular and respiratory system: <ul style="list-style-type: none">• Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, types of blood circulations. Meaning of Stroke Volume, Heart Rate, Cardiac Output, Blood Pressure, Cardiac Reserve Capacity.• Respiratory system- Anatomy of the Respiratory System, Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases,• Effect of yoga on Circulatory and Respiratory System.	15
IV	Introduction of Nervous and Endocrine System <ul style="list-style-type: none">• Basic anatomy of Nervous system, subdivisions of nervous system and their functions, Structure and properties of neurons, Functions of Sensory and Motor nervous system• Meaning and Types of glands exocrine glands: Pituitary, Thyroid, Parathyroid, Pancreas and Adrenal glands their secretions and functions.• Effect of yoga on nervous and endocrine System.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<p>Clarke, D.H. (1975). <i>Exercise Physiology</i>. New Jersey: Prentice Hall Inc., Englewood Cliffs.</p> <p>David, L Costill. (2004). <i>Physiology of Sport and Exercise</i>. Human Kinetics.</p> <p>Fox, E.L., and Mathews, D.K. (1981). <i>The Physiological Basis of Physical Education and Athletics</i>. Philadelphia: Sanders College Publishing.</p> <p>Guyton, A.C. (1976). <i>Textbook of Medical Physiology</i>. Philadelphia: W.B. Sanders co.</p> <p>Richard, W. Bowers. (1989). <i>Sport Physiology</i>. WMC: Brown Publishers.</p> <p>Sandhya Tiwaji. (1999). <i>Exercise Physiology</i>. Sport Publishers.</p> <p>Shaver, L. (1981). <i>Essentials of Exercise Physiology</i>. New Delhi: Subject Publications.</p> <p>Vincent, T. Murche. (2007). <i>Elementary Physiology</i>. Hyderabad: Sport Publication.</p> <p>William, D. Mc Aradle. (1996). <i>Exercise Physiology, Energy, Nutrition and Human Performance</i>. Philadelphia: Lippincott Williams and Wilkins Company.</p> <p>Gupta, A. P. (2010). <i>Anatomy and physiology</i>. Agra: SumitPrakashan.</p> <p>Gupta, M. and Gupta, M. C. (1980). <i>Body and anatomical science</i>. Delhi: Swaran Printing Press.</p> <p>Guyton, A.C. (1996). <i>Textbook of Medical Physiology</i>, 9th edition. Philadelphia: W.B.Saunders.</p> <p>Karpovich, P. V. (n.d.). <i>Philosophy of muscular activity</i>. London: W.B. Saunders Co.</p> <p>Lamb, G. S. (1982). <i>Essentials of exercise physiology</i>. Delhi: Surjeet Publication.</p> <p>Moorthy, A. M. (2014). <i>Anatomy physiology and health education</i>. Karaikudi: Madalayam Publications.</p> <p>Morehouse, L. E. & Miller, J. (1967). <i>Physiology of exercise</i>. St. Louis: The C.V. Mosby Co.</p> <p>Pearce, E. C. (1962). <i>Anatomy and physiology for nurses</i>. London: Faber & Faber Ltd.</p> <p>Sharma, R. D. (1979). <i>Health and physical education</i>, Gupta Prakashan.</p> <p>Singh, S. (1979). <i>Anatomy of physiology and health education</i>. Ropar: Jeet Publications.</p>		

Syllabus of Examination for Post Graduate

Programme M. A. Yoga 1st Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF With effect from the

Session 2024-25

Core Course – 3

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Hatha Yoga		
Course Code	M24-YGA-103		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Describe the Aim, objectives, misconceptions, Rules & Regulations of Hatha Yoga CLO 2: Explain Classifications, Benefits, precautions, and contraindications of Asanas CLO 3: Illustrate Meaning, Types, Benefits and contraindications of Pranayama CLO 4: Describe definition, Benefits, precautions and contraindications of Bandha and Mudras.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Introduction of Hatha Yog: <ul style="list-style-type: none"> Meaning and Definition of Hatha Yoga, Hatha Yoga According to various texts: . Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives of Hatha Yog, Misconceptions about Hatha Yoga. Prerequisites of Hatha Yoga (dasha yama and dasa niyama), Concept of Shodhana kriyas in Hatha Yoga, Importance of Shodhana kriyas in health and disease. Rules & Regulations to be followed by Hatha Yoga Sadhakas. 		15
II	Asanas in Hatha Texts:		15

	<ul style="list-style-type: none">• Definition, pre requisites and special features of Yoga-asana• Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita.• Classifications of Asanas: As per Utility (Cultural, Meditative & Relative) and As per pre-position (Standing, Sitting, Spine, Prone, Balancing, Forward bending, backward bending, Twisting and Inversion)• Benefits, precautions, and contraindications of different Asanas.	
III	Pranayama in Hatha Texts: <ul style="list-style-type: none">• Meaning and Types of Pranayama, Concept of Prana & Ayama,• Pranayama its phases and stages; Prerequisites and Principles of Pranayama in Hatha Yoga Sadhana;• Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita;• Benefits and contraindications of Pranayama.	15
IV	Bandha, Mudra and other practices: <ul style="list-style-type: none">• Meaning, definition and Types of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita;• Benefits, precautions and contraindications of Bandha and Mudras• Definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita;• Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana;• Relationship between Hatha Yoga and Raja Yoga;	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<p>Swami Satyananda (1998) hathyog pradipika, munger publications Bihar</p> <p>Pancham Singh, the hathyog pradipika, Dev Publisher</p> <p>Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.</p> <p>Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.</p> <p>Asana Pranayama Mudra Bandha– Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.</p> <p>Hatha Yoga Pradipika– Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar.</p> <p>Gheranda Samhita– Swami Nityananda Saraswati, Yoga Publication Trust, Munger, Bihar.</p> <p>Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications.</p> <p>Munger, 2001</p> <p>2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications.</p> <p>Munger, 2001</p> <p>BOOKS FOR REFERENCES</p> <p>1. Basavaraddi I. V. & Others : Teachers Manual for School. Teachers, MDNIY, New Delhi, 2010</p> <p>2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.</p>		

Syllabus of Examination for Post Graduate

Programme M. A. Yoga 1st Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF With effect from the

Session 2024-25

Core Course – 4

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Research Methodology in Yoga		
Course Code	M24-YGA-104		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 1: Describe the meaning and types of Research, Explain the concept of Research Problem, limitation, delimitation and Variables,</p> <p>CLO 2: Explain methods of researches : Historical, Philosophical, Survey Studies, Experimental and survey.</p> <p>CLO 3: Illustrate Concept of Sampling, Hypothesis and Survey of Related Literature.</p> <p>CLO 4: Describe the concept of Research Proposal and Research Report in detail.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Introduction of Research Methodology <ul style="list-style-type: none"> Meaning and Definition of Research. Types of Research in Yoga: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis. Meaning and Definition of Research Problem, Location of research problem, criteria for Selection of Research Problem. Delimitation and limitations of research problem Variables: Meaning of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor 		15

II	Methods of Research in Physical Education <ul style="list-style-type: none">• Historical Research: Meaning of Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.• Philosophical Research: Meaning of Philosophical Research, Steps in Critical Thinking.• Survey Studies: Meaning of Survey, Tools of Survey Research: Questionnaire and Interview.• Experimental Research – Meaning of Experimental Research, Types of Experimental Design: Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design and Factorial Design.• Case Studies: Meaning of Case Studies, steps of case studies.	15
III	Concept of Sampling, Hypothesis and Survey of Related Literature <ul style="list-style-type: none">• Meaning of Sample and Population. Types of Sampling: Probability Methods and Non- Probability Methods.• Meaning of Hypothesis, Importance Hypothesis in research, Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.• Meaning of Survey of Related Literature, Need for surveying related literature, Literature Sources – Primary and Secondary, Steps in Literature Search.• Writing of Literature review for thesis and research paper.	15
IV	Research Proposal and Research Report <ul style="list-style-type: none">• Research Proposal: Meaning and Significance of Research Proposal, Format of a synopsis.• Research Report: Meaning of Research Report, Chaptalization of Thesis/ Dissertation: Title page, Preliminary documents, Text (introductions and chapters), Back matter (notes, bibliography or references, appendices, glossary).• Method of writing a research paper. Technicalities of writing: Footnote and Bibliography.• Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical Issues regarding Copyright.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: <i>Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc</i> <i>Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.</i> <i>Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London Routledge Press</i> <i>Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics</i> <i>Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi</i> <i>Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam</i>		

Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi.
Thomous J R, Nelson J S & Silverman S, (2005) Research Methodology in Physical Activity by Humen Kinetics, 5th Ed.
Kothari C R (2004) Research Methodology Methods and Techniques, new age international (p) limited, publishers, 2nd ed.,

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Practicum – 1

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Demonstration of basic Asana		
Course Code	M24-YGA-105		
Course Type	Practicum Course		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic standing asanas CLO 2: Demonstrate basic sitting asanas CLO 3: Demonstrate basic Supine and prone Lying asanas CLO 4: Demonstrate Suryamnmaskar		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Basic Asana: <ul style="list-style-type: none">• Five Basic Standing Asanas• Five Basic Sitting Asanas• Five Basic Supine Lying Asanas• Five Basic Prone Lying Asanas• Surya Namaskar			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
•Class Participation:	5	Five Basic Standing Asanas	- 10
• Demonstration of Asanas	10	Five Basic Sitting Asanas	- 10
•Mid-Term Exam:	15	Five Basic Supine Lying Asanas	- 10
		Five Basic Prone Lying Asanas	- 10
		Surya Namaskar	- 10
		Practical File	- 10
		Vivo Voce	- 10

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Practicum – 2

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	1 st Semester		
Name of the Course	Basic Paranayamas and Shuddhi Kriya		
Course Code	M24-YGA-106		
Course Type	Practicum Course		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic Paranayama CLO 2: Demonstrate basic Shuddhi Kriya		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Basic Paranayamas: <ul style="list-style-type: none">Anuloma Viloma,BhastrikaBhramariSheetli & Sitkari,UjjayiKapalbhati Demonstration of Basic Shuddhi Kriya: <ul style="list-style-type: none">BastiNetiNauli			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Demonstration of Basic Paranayamas: 25 Marks <ul style="list-style-type: none">Anuloma Viloma, Bhastrika, Bhramari , Sheetli & Sitkari, Ujjayi ans Kapalbhati Demonstration of Basic Shuddhi Kriya: 25 Marks <ul style="list-style-type: none">Basti, Neti and Nauli	
• Demonstration of Asanas	10		
• Mid-Term Exam:	15		

		Practical File	:	10 Marks
		Vivo Voce	:	10 Marks

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Seminar

Session: 2024-25	
Name of the Programme	M.A. in Yoga
Semester	1st Semester
Name of the Course	Teaching of Yoga
Course Code	M24-YGA-107
Course Type: (CC/DEC/PC/Seminar/CHM/OEC/EEC)	Seminar
Level of the course	400-499
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLOs: Develop the skill to teach different aspects of Yoga.
Credits	Seminar
	2
Teaching Hours per week	2
Max. Marks	50
Internal Assessment Marks	0
End Term Exam Marks	50
Examination Time	1 hour
<u>Instructions for Examiner:</u>	
Each Student is required to present 5 Seminars on the different aspects of yoga during the whole semester. Final Seminar will be evaluated two Internal Teachers and the parameters of evaluation will be decided by the staff council.	

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Core Course – 5

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	2nd Semester		
Name of the Course	Traditional Yoga		
Course Code	M24-YGA-201		
Course Type	Core Course 5		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 201.1 enhance the conceptual knowledge of Patanjali Yoga Sutra, Chitt ki Avastsa, Chitt ki Bhoomi, Chitt Varitties and its types.</p> <p>CLO 201.2 enhance the knowledge of different ways to achieve Raj Yoga, disturbance in yogic practices and Sahayak Tatav in Yog Sadna.</p> <p>CLO 201.3 enhance the knowledge about various yogis and their contribution in yoga such as Maharishi Patanjali, Mahatma Buddha, Mahavir Jain and Swami Vivekanand.</p> <p>CLO 201.4 understand the knowledge about different Bhakti & Siddhies like Panchikaran Prakirya, Panchkosh Theory, Navdha Bhakti and Astha Siddhi.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70

Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics	Contact Hours	
I	<u>Patanjali Yog Sutra:</u> <ul style="list-style-type: none">Yoga: Meaning according to Patanjali Yoga Sutra.Importance of Patanjali Yog Sutra in Life.Chiit: Meanging and its avastha (states of chitta)Chitt Bhumi: Meaning and types.Chitt Vritties: Meaning and types.	15	
II	<u>Yoga Practices</u> <ul style="list-style-type: none">Raj Yog: Meaning and different way to achieve Raj Yog.Disturbance inYogic Practices (Badhak Tatva).Yog Sadhana: Meaning and its Sahayak Tataav acc. To Hath pradipika and patanjali yog sutra.Solution of Chiit Vritties Nirodhopaya.	15	
III	<u>Maharishi and their contribution</u> <ul style="list-style-type: none">Maharishi Patanjali: His contribution in development of Yoga.Mahatma Budh: His teachings & contribution in Yoga.Mahavir Jain: His teachings & contribution in Yoga.Swami Vivekanand: His teaching and contribution in Yoga.	15	
IV	<u>Bhakti & Sidhies</u> <ul style="list-style-type: none">Panchikaran Prakriya:Meaning and parts.Panch Prana and Upaprana.Panch Kosh Theory: Meaning and types.Navdha Bhakti: Meaning and types.Astha Sidhi: Meaning and types.Techniques of awakening kundalini Shakti.	15	
Total Contact Hours			60
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Theory	30	➤ Theory:	70
• Class Participation:	5	Written Examination	
• Seminar/presentation/assignment/quiz/class test etc.:	10		
• Mid-Term Exam:	15		
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			
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			

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

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Core Course – 6

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	2nd Semester		
Name of the Course	Health Aspect of Yoga		
Course Code	M24-YGA-202		
Course Type	Core Course 6		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 202.1 Develop concept of health, its dimensions, health services, guidance, personal hygiene and diseases in Indian system of Ayurveda.</p> <p>CLO 202.2 Apply and demonstrate yogic practices i.e. Asanas, Prayanamas, Shatkarmas and Bandha for enhancing health.</p> <p>CLO 202.3 Understand meaning of mental health and mental disorders i.e. conflict, frustration, depressive disorders, anxiety disorders and their causes and healing through yogic practices.</p> <p>CLO 202.4 Develop concept of diets including yogic diet for the health promotions.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The			

examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<u>Introduction of Health & Yoga</u> 1. Meaning, Definition and Importance of Health according to Yoga and Ayurveda. 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.	15
II	<u>Role of Yoga in Health Care</u> 1. Role of Yoga in Preventing Health Care. 2. Asana & Pranayam helps improve the health of mind & body. 3. Body cleaning through Shatkarmas and health benefits 4. Role and effect of Mudra & bandh in health care.	15
III	<u>Yoga & Mental Health</u> 1. Meaning of Mental Health and Positive Mental Health. 2. Personality integration from the view point of Yoga. 3. Frustration: Meaning, Causes, Effects & Treatment through yoga practice. 4. Anxiety: Meaning, Causes, Effects & Treatment through yoga practice.	15
IV	<u>Yoga & Diet</u> 1. Diet: Meaning and definition of Yogic diet. 2. Explain different qualities of yogic & Balance diet. 3. Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet. 4. Harmful Effects of Non-Vegetarian Diet.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
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		

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Core Course – 7

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	2nd Semester		
Name of the Course	Applied Psychology in Yoga		
Course Code	M24-YGA-203		
Course Type	Core Course 7		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 203.1 Understand the meaning, scope, nature, branches and methods of psychology with relevance and contribution in teaching learning process of yoga education.</p> <p>CLO 203.2 Enhance the knowledge of laws of learning, learning curves, theories of learning, motivation and motivational theories.</p> <p>CLO 203.3 Understand the meaning definition, structure and theories of personality.</p> <p>CLO 203.4 Understand the meaning, principles, importance and process of Guidance and Counseling in yoga education.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours

I	<u>INTRODUCTION OF PSYCHOLOGY</u> 1. Psychology: Meaning, Definition and Importance of Psychology in Yoga. 2. Scope and Branches of Psychology. 3. Contribution of Psychology in Teaching & Learning Process of Yoga Education. 4. Methods of Psychology: Introspection, Survey and Experiment Method.	15
II	<u>LEARNING AND MOTIVATION</u> 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 and Definition of Motivation in Yoga. 4. Theories of Motivation: Abraham Maslow’s Self Actualization Theory, Sigmund Freud’s Instinct Theory.	15
III	<u>THEORIES OF PERSONALITY</u> 1. Personality: Meaning, Definition and Structure of Personality. 2. Theories of Personality: Sigmund Freud’s Psycho-Analytical Theory. 3. Krestschmer Theory of Personality. 4. Carl Jung theory of Personality.	15
IV	<u>GUIDANCE AND COUNSELLING</u> 1. Guidance: Meaning, Definition and Significance of guidance. 2. Principles of Guidance in Yoga Education. 3. Counseling: Meaning, Definition and Significance of Counseling. Different types of Counseling. 4. Good qualities of Counsellor	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Dr. Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors. Dridge & Hung: Psychological Foundations of Education. Harper and Row Publishers. Kamlesh, M. L. Education 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.

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Core Course – 8

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	2nd Semester		
Name of the Course	Applied Statistics		
Course Code	M24-YGA-204		
Course Type	Core Course 8		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 204.1 understand the meaning , need and importance of statistics and concept of data and measures of central tendency its merit and limitations.</p> <p>CIO 204.2 understand and demonstrate variability, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.</p> <p>CLO 204.3 apply computation of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correlation.</p> <p>CLO 204.4 understand and apply meaning, advantage and types of graphical representation of data & meaning of two tailed, t-test and Anova testing.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each			

unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<p><u>Introduction to Statistics and Measures of Central Tendency</u></p> <ol style="list-style-type: none"> 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 	15
II	<p><u>Introduction of Variability</u></p> <ol style="list-style-type: none"> 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. 	15
III	<p><u>Introduction to Normal Probability Curve and Correlation</u></p> <ol style="list-style-type: none"> 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. Computation of Correlation Coefficient with Product Movement and Rank Difference Method. 	15
IV	<p><u>Graphical representation of data and testing of Hypothesis</u></p> <ol style="list-style-type: none"> 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. 	15

		Total Contact Hours		60
Suggested Evaluation Methods				
Internal Assessment: 30			End Term Examination: 70	
➤ Theory	30	➤ Theory:	70	
•Class Participation:	5	Written Examination		
•Seminar/presentation/assignment/quiz/class test etc.:	10			
•Mid-Term Exam:	15			
Part C-Learning Resources				
Recommended Books/e-resources/LMS:				
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.				

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Practicum – 3

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	2 nd Semester		
Name of the Course	Demonstration of Asana		
Course Code	M24-YGA-205		
Course Type	Practicum Course 3		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic standing asanas CLO 2: Demonstrate basic sitting asanas CLO 3: Demonstrate basic Supine and prone Lying asanas CLO 4: Demonstrate Suryamnmaskar		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Advance Asana: <ul style="list-style-type: none">• Five Standing Asanas : Garudasan, Utkatasan, Natrajasan, Virbhadrasan, Konasan• Five Sitting Asanas : Paschimotanasan, Padmasan, Shashankasan, Gomukhasan, Ardhmatsayandrasan.• Five Basic Supine Lying Asanas : Sarvangasan, Halasan, Setubandhasan, chakras an,Pawan mukt asan.• Five Basic Prone Lying Asanas : Sarpasan, Shalabh Asan, Dhanurasan, Puranbhujang asan.• Surya Namaskar			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
•Class Participation:	5	Five Basic Standing Asanas	- 10
• Demonstration of Asanas	10	Five Basic Sitting Asanas	- 10
•Mid-Term Exam:	15	Five Basic Supine Lying Asanas	- 10
		Five Basic Prone Lying Asanas	- 10
		Surya Namaskar	- 10
		Practical File	- 10
		Vivo Voce	- 10

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Practicum – 4

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	2 nd Semester		
Name of the Course	Paranayamas and Shudhi Kriya		
Course Code	M24-YGA-206		
Course Type	Practicum Course 4		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic Paranayama CLO 2: Demonstrate basic Shudhi Kriya CLO 3: To teach different aspects of basic paranayama. CLO 4: To teach different aspects of Shudhi Kriyas.		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Paranayamas: <ul style="list-style-type: none">Anulom VilomSuryabhedanChandrabhedanBhastrikaBhramari Demonstration of Shuddhi Kriya: <ul style="list-style-type: none">Dhauti- Vaman Kunjal AgnisarNauliNeti- Rubber Neti			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Demonstration of Basic Paranayamas: 25 Marks <ul style="list-style-type: none">Anuloma Viloma, Bhastrika, Bhramari , Sheetli & Sitkari, Ujjayi ans Kapalbhathi Demonstration of Basic Shuddhi Kriya: 25 Marks	
• Demonstration of Asanas	10		
• Mid-Term Exam:	15		

		<ul style="list-style-type: none"> Basti, Neti and Nauli 	
		Practical File	: 10 Marks
		Vivo Voce	: 10 Marks

Session: 2024-25			
Part A - Introduction			
Name of the Programme	Common to all PG Programmes		
Semester	2 nd		
Name of the Course	Constitutional, Human and Moral Values, and IPR		
Course Code	M24-CHM-201		
CourseType	CHM		
Level of the course	400-499		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO-1: Learn the different Constitutional Values, Fundamental rights and duties enshrined in the India Constitution.</p> <p>CLO-2: Understand humanism, human virtues and values, and idea of International peace.</p> <p>CLO-3: Grasp the basic concepts of Moral Values and Professional Conduct which are required to become a part of the civil society and for developing professionalism.</p> <p>CLO-4: Understand concepts of Intellectual Property Rights, Copyright, Patent, Trademark etc., and about threats of Plagiarism.</p>		
Credits	Theory	Credits	Theory
	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Constitutional Values: Historical Perspective of Indian Constitution; Basic Values enshrined in the Preamble of the Indian Constitution; Concept of Constitutional Morality; Patriotic Values and Ingredients Nation Building; Fundamental Rights and Duties ; Directive Principles of the State Policy.		08

II	Humanistic Values: Humanism, Human Virtues and Civic Sense; Social Responsibilities of Human Beings; Ethical ways to deal with human aspirations; Harmony with society and nature; Idea of International Peace and Brotherhood (VasudhaivKutumbkam).	07
III	Moral Values and Professional Conduct Understanding Morality and Moral Values; Moral Education and Character Building; Ethics of Relations: Personal, Social and Professional; Introduction to Gender Sensitization; Affirmative approach towards Weaker Sections (SCs, STs, OBCs, EWS& DAs); Ethical Conduct in Higher Education Institutions; Professional Ethics.	08
IV	Intellectual Property Rights: Meaning, Origins and Nature of Intellectual Property Rights (IPRs);Different Kinds of IPRs – Copyright, Patent, Trademark, Trade Secret/Design, Traditional Knowledge; Infringement and Offences of IPRs – Remedies and Penalties; Basics of Plagiarism policy of UGC.	07
Note: Scope of the syllabus shall be restricted to generic and introductory level of mentioned topics.		
Total Contact Hours		30
Suggested Evaluation Methods		
Internal Assessment: 15		End Term Examination: 35
➤ Theory	15	➤ Theory 35
• Class Participation:	4	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	4	
• Mid-Term Exam:	7	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Ahuja, V K. (2017). <i>Law relating to Intellectual Property Rights</i> , India, IN: Lexis Nexis. Bajpai, B. L., <i>Indian Ethos and Modern Management</i> , New Royal Book Co., Lucknow, 2004. Basu, D.D., <i>Introduction to the Constitution of India</i> (Students Edition) Prentice Hall of India Pvt. Ltd., New Delhi, 20th ed., 2008. Dhar, P.L. & R.R. Gaur, <i>Science and Humanism</i> , Commonwealth Publishers, New Delhi, 1990. George, Sussan, <i>How the Other Half Dies</i> , Penguin Press, 1976. Govindarajan, M., S. Natarajan, V.S. Sendilkumar (eds.), <i>Engineering Ethics (Including Human Values)</i> , Prentice Hall of India Private Ltd, New Delhi, 2004. Harries, Charles E., Michael S. Pritchard & Michael J. Robins, <i>Engineering Ethics</i> , Thompson Asia, New Delhi, 2003. Illich, Ivan, <i>Energy & Equity</i> , Trinity Press, Worcester, 1974. Meadows, Donella H., Dennis L. Meadows, Jorgen Randers & William W. Behrens, <i>Limits to Growth: Club of Rome's Report</i> , Universe Books, 1972. Myneni, S.R, <i>Law of Intellectual Property</i> , Asian Law House. Narayanan, P, <i>IPRs</i> . Neeraj, P., &Khusdeep, D. (2014). <i>Intellectual Property Rights</i> , India, IN: PHI learning Private Limited. Nithyananda, K V. (2019). <i>Intellectual Property Rights: Protectionand Management</i> . India, IN: Cengage Learning India PrivateLimited.		

Palekar, Subhas, *How to practice Natural Farming*, Pracheen (Vaidik) KrishiTantraShodh, Amravati, 2000.

Phaneesh, K.R., *Constitution of India and Professional Ethics*, New Delhi.

Pylee, M.V., *An Introduction to Constitution of India*, Vikas Publishing, New Delhi, 2002.

Raman, B.S., *Constitution of India*, New Delhi, 2002.

Reddy, B., *Intellectual Property Rights and the Law*, Gogia Law Agency.

Reddy, N.H., SantoshAjmera, *Ethics, Integrity and Aptitude*, McGraw Hill, New Delhi.

Sharma, Brij Kishore, *Introduction to the Constitution of India*, New Delhi,

Schumacher, E.F., *Small is Beautiful: A Study of Economics as if People Mattered*, Blond & Briggs, Britain, 1973.

Singles, Shubham et. al., *Constitution of India and Professional Ethics*, Cengage Learning India Pvt. Ltd., Latest Edition, New Delhi, 2018.

Tripathy, A.N., *Human Values*, New Age International Publishers, New Delhi, 2003.

Wadehra, B.L., *Law relating to Intellectual Property*, Universal Law Publishing Co.

Relevant Websites, Movies and Documentaries:

Value Education Websites, <http://uhv.ac.in>, <http://www.uptu.ac.in>.

Story of Stuff, <http://www.storyofstuff.com>

Cell for IPR Promotion and Management: <http://cipam.gov.in/>.

World Intellectual Property Organization: <https://www.wipo.int/about-ip/en/>

Office of the Controller General of Patents, Designs & Trademarks: <http://www.ipindia.nic.in/>

Al Gore, *An Inconvenient Truth*, Paramount Classics, USA.

Charlie Chaplin, *Modern Times*, United Artists, USA.

Modern Technology – The Untold Story, IIT, Delhi.

A. Gandhi, *Right Here Right Now*, Cyclewala Productions.

SEMESTER-III

Syllabus of Examination for Post Graduate

Programme M. A. Yoga 3rd Semester

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Core Course – 9

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	3rd Semester		
Name of the Course	Naturopathy		
Course Code	M24-YGA-301		
Course Type	Core Course 9		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to	<p>CLO301.1 Understand the meaning and definition, principles of Naturopathy and Swasthya Vritam and relations between Naturopathy and Allopathy.</p> <p>CLO301.2 Understand the meaning, principles and benefits of Hydrotherapy in treating different ailments.</p> <p>CLO301.3 Understand the meaning, classification and uses of Mudtherapy.</p> <p>CLO301.4 Understand the meaning and classification of diet and fasting, difference between Starvation, hunger and appetite.</p>		
Credits			
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
<p>Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.</p>			

Unit	Topics	Contact Hours
I	<u>INTRODUCTION TO NATUROPATHY</u> 1. Meaning & Definitions & Scope of Naturopathy. 2. Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana. 3. Physical, Mental, Spiritual Health Improved through Naturopathy. 4. Relationship between Naturopathy and Yoga.	15
II	<u>HYDROTHERAPY</u> 1. Hydrotherapy: Meaning, Definition and its Benefits. 2. Physical effects of Hydrotherapy. 3. Concept of Ushapan and its benefits. • Classification of Temperature, Effects of Different Water Temperature on the body.	15
III	<u>MUDTHERAPY</u> 1. Mudtherapy: Meaning and its uses. 2. Mud Bath, Different Bandages of Mud, their uses and application. 3. Soil: Meaning, Types, Characteristics and their effects of our body. 4. Watertherapy :natural bathing , steam bathing & Spine bathing and teir uses in naturopathy	15
IV	<u>FASTING AND DIETETICS</u> 1. Fasting: Meaning, definition & Importance. 2. Difference types of fasting and effects of human body. 3. Diet According to Naturopathy and its types. 4. Fasting: Precautions before, during and after.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: 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.

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Core Course – 10

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	3rd Semester		
Name of the Course	Basic Yogic Text Principles of Upanishads and Bhagwat Gita		
Course Code	M24-YGA-302		
Course Type	Core Course 10		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO302.1 Enhance the knowledge of different Upanishads, Prashan Upanishads, Mundaka Upanishads and greatness of Barma Vidhya.</p> <p>CLO302.2 Enhance concept of Vidhya and Avidhya, Brahman, inwelling powers, realization of the truth and Sates of consciousness.</p> <p>CLO302.3 Enhance knowledge about introduction, history, importance in modern time and nature of Dharma of Bhagwadgita.</p> <p>CLO302.4 Understand the concept of Sankha, Gyan yoga, Karma and Bhakti Yoga with characteristics of yogi.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<p><u>INTRODUCTION OF UPANISHADS</u></p> <ol style="list-style-type: none"> 1. Katha Upanishad: Definition of Yoga; Nature of soul; Importance of Self Realization. 2. Yoga Kundalyopanishad:- Pranayama's distinction and measures of pranayamas Siddhi, Brahm - measures of attainment. 3. Yoga Chudamanyopanishad :-A description of 6 organs of yoga and its results. 4. Yoga Tattvopanishad :-Hatha Yoga and Raja Yoga, Mantra Yoga, Laya Yoga, Diet and Routine, Early Signs and Precautions of Yoga-siddhi.10 4. Taittiriyanopanishad : concept of panchkosha , Shiksha Valli, Anand Valli and Bhrigu Valli. 	15
II	<p><u>MASSAGES OF UPANISHADS</u></p> <ol style="list-style-type: none"> 1. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. 2. Dhyani bindu upanishad : Importance of dhyani yog, pranav meditation method , Shadanga yoga 3. Kena Upanishad: Intuitive realization of the truth, Truth transcendental; Moral of Yaksha Upakhyaana; 4. Mandukya: Four States of Consciousness and its relation to syllables in Omkara. 	15
III	<p><u>BHAGWAT GITA</u></p> <ol style="list-style-type: none"> 1. General Introduction & Definition of BhagwadGita. 2. Nature of Purush(Self); Prakriti and its three modes; Time (Kala) and its Influence; Dhyana Yoga;. Science and ne-Science (Vidya and Avidya). 3. Purpose and Importance of Yoga in Modern Time. 4. Nature of Dharma (Dharma Ka Swarup): 2.31, 2.33, 2.39, 2.40, 3.35, 4.30, 9.31, 18.47 and 18.66 	15
IV	<p><u>TYPES OF YOGA IN BHAGWADGITA</u></p> <ol style="list-style-type: none"> 1. Sankhya and Gyan Yoga (Chapter-2: Shloka 12-72) and (Chapter-13: Shloka 07-34). 2. Karmayogi as an Ideal Person of Gita; Divine and Demonic Qualities(Aasuri-sampad and daivi-sampad); Concept of Karma, Akarma and Vikrama; Concept of Swadharma 	15

	3. Bhakti Yoga and its practices; Six qualities of God & realization of the Supreme Person(God); Relevance of Bhakti in modern times; Enlightenment (Liberation) as the Ultimate goal of Man’s Life.		
	4. Concentration Method; Concept of yoga karmsu kaushalam; Concept of samtvam yoga uchayte; Concept of trividh tapa.		
Total Contact Hours			60
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Theory	30	➤ Theory:	70
•Class Participation:	5	Written Examination	
•Seminar/presentation/assignment/quiz/class test etc.:	10		
•Mid-Term Exam:	15		
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			
<i>Message of Upanishad, Bharatiya Vidya Bhawan, (1993)</i>			
<i>Prasad, Ramanuj, (2003), “Know the Upanishads”, V & S Publication, New Delhi, ISBN-9381384754.</i>			
<i>Gambhirananda, Swami, (1957), Eight Upanishads with the commentary of Shankaracharya- Vol. 1 and Vol. 2”, Advaita Ashrama, University of Virginia.</i>			
<i>Radhakrishnan, Sarvepalli, (1974), “The Principal Upanishads”, Allen & Unwin Publications, ISBN-8172231245.</i>			
<i>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.</i>			
<i>Shastri, A. Mahadeva, (1901), “Shrimad Bhagawad Gita with Shankara Bhashya”, Literary Licensing LLC, ISBN-1498160336.</i>			
<i>Easwaran, Eknath, “Bhagawad Gita”, Nilgiri Press, Canada, ISBN-978-1-58638-019-9</i>			

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Programme M. A. Yoga 3rd Semester

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DEC – 1

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	3rd Semester		
Name of the Course	Application of Yoga		
Course Code	M24-YGA-303		
Course Type	DEC-1		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 303.1 Enhance knowledge about meaning, aim and objective of yoga education, and its relationship with yoga and education, its factors and significance, Guru Shishya Parmpara and role of yoga in development of Human society.</p> <p>CLO 303.2 Understand the meaning, types and development of values, value oriented education, yoga teacher and silent features of ideal yoga teacher.</p> <p>CLO 303.3 Enhance the knowledge of Astang yoga and personality development, different yog modules, concept of intelligence according to yoga.</p> <p>CLO 303.4 Gain information about concept of stress, stress management techniques through yogic practices.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each			

unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<u>YOGA IN EDUCATION</u> 1. Meaning, Definitions, Aim and Objectives of Yoga Education. 2. Relationship between Yoga and Education. 3. Guru-Shishya Prampara in Yoga Education. 4. Role of Yoga in Development of Human Society	15
II	<u>VALUE EDUCATION</u> 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.	15
III	<u>MEMORY AND CONCENTRATION</u> 1. Memory and Concentration: Short-term and Long-term Memory. 2. Stages of Memory, Foundation and Maintenance of Memory. 3. Different Yoga Modules to improve memories and concentration. 4. Spiritual Level: Concept of yoga for spiritual growth.	15
IV	<u>YOGA FOR STRESS MANAGEMENT</u> 1. Stress: Meaning, Definition & causes of Stress Management. 2. Types of Stress Management and its impact on our body. 3. Stress Management through different yogic techniques. 4. Impact of Yogic Life Style on Stress Management.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: 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 Prampara – 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.		

Programme M. A. Yoga 3rd Semester

Session 2024-25

DEC - 2

Session: 2024-25

Part A - Introduction

Name of Programme	M. A. Yoga		
Semester	3rd Semester		
Name of the Course	Kinesiological Aspect of Yoga		
Course Code	M24-YGA-304		
Course Type	DEC-2		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 304.1 Enhance the knowledge of Kinesiology its scope, axis and planes, their types, terminology of body position and body movements.</p> <p>CLO 304.2 Understand the meaning, functional classification, origin, insertion and action of various groups of muscles.</p> <p>CLO 304.3 Enhance the knowledge of origin, insertion and action of shoulder joint and elbow joint.</p> <p>CLO 304.4 Enhance the knowledge of movement, origin, insertion and action of hip and knee joint.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Compulsory question: 100 questions with carry equal marks.			
Unit	Topics		Contact Hours
I	<u>INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS</u> 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. •		15
II	<u>MUSCLES OF VARIOUS REGIONS</u> 1. Skeletal Muscle : Gross Structure, meaning of muscle origin & Insetion 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.		15
III	<u>JOINTS OF UPPER EXTREMITY</u> 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 Pactoralis Major.		15
IV	<u>JOINTS OF LOWER EXTREMITY</u> 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, and Gastrocnemius Muscle.		15
Total Contact Hours			60
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Theory		30	➤ Theory: 70
• Class Participation:		5	Written Examination

• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<p><i>Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.</i></p> <p><i>Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.</i></p> <p><i>Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall</i></p> <p><i>Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.</i></p> <p><i>Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.</i></p> <p><i>Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.</i></p>		

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Practicum – 5

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	3 rd Semester		
Name of the Course	Demonstration of Advance Asana & Paranyamas		
Course Code	M24-YGA-305		
Course Type	Practicum Course - 5		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate Advance standing asanas CLO 2: Demonstrate Advance sitting asanas CLO 3: Demonstrate Advance Supine and prone Lying asanas CLO 4: Demonstrate Pragma Yog & All Pranayamas		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Advance Asana: <ul style="list-style-type: none">Five Advance Standing Asanas: Vatayanasan, Chakrasan, Natrajasan, Garud asan,Ardh Badh padmotanasan.Five Advance Sitting Asanas: Bakasan, Akarnadhanuasan, Badhpadmasan, Shirshasan, Vihangasan.Five Advance Supine Lying Asanas: Halasan, Setubandhsarvangasan, Padamsarvangasan, Chakrasan, Matasyasan.Five Advance Prone Lying Asanas: Purnabhujangasan, Purnadhanurasan, Purnashalabhasan, Vrishchikasan.Pragma Yog. Demonstration of All types of Pranayamas			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Advance Asanas & Pranayamas	- 40
• Demonstration of Asanas	10	Pragma Yog	- 10
• Mid-Term Exam:	15	Practical File	- 10
		Vivo Voce	- 10

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Practicum – 6

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	3 rd Semester		
Name of the Course	Shudhi Kriya & Meditation		
Course Code	M24-YGA-306		
Course Type	Practicum Course 6		
Level of the course	500 - 599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic Shudhi Kriya CLO 2: Demonstrate Meditation CLO 3: To teach different aspects of Shudhi Kriya. CLO 4: To teach different types of meditative yoga practices.		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Basic Shuddhi Kriya: <ul style="list-style-type: none">All types of DhautiAll types of KapalbhathiAll types of Nauli Demonstration of Meditation <ul style="list-style-type: none">Different techniques of Meditation			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Demonstration of Meditation : 25 Marks <ul style="list-style-type: none">Different techniques of Meditation Demonstration of Basic Shuddhi Kriya: 25 Marks <ul style="list-style-type: none">All types of DhautiAll types of KapalbhathiAll types of Nauli Practical File : 10 Marks Vivo Voce : 10 Marks	
• Demonstration of Asanas	10		
• Mid-Term Exam:	15		

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OEC

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	3 rd Semester		
Name of the Course	Yoga and health		
Course Code	M24-OEC-338		
Course Type	OEC		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to	CLO 338.1 Enhance the concept of health, yogic diet, Asana and Pranayama in process of health promotions. CLO 338.2 Apply and demonstrate different yogic practices in treatment of different health problems i.e. Stress, Hypertension, Diabetes and Obesity.		
Credits	Theory	Practical	Total
	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Time	3 hours		
Part B- Contents of the Course			
The examiner will set 5 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question). The examinee will be required to attempt 3 questions, selecting one question from each unit and the compulsory question.			
Unit	Topics		Contact Hours
I	<u>Unit – I INTRODUCTION OF HEALTH & YOGIC PRACTICES.</u> 1. Meaning, Definition and Concept of Health 2. Yogic diet and health. 3. Cultural, Relaxative and Meditative asanas and health: Paschimottan Hal ,Bujang, Shalabh, Vipritkarni, Sarvang, Trikon, Shirsh, Ushtra, Suptavajra, Savasna & Makrasna, Padam, Vajra,		15

	Sihasna, Singhasna. 4. Pranayama and health: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.	
ii	<u>Unit – II HEALTH PROBLEMS & TREATMENT THROUGH YOGA.</u> 1. Shudhikriyas and health: Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhathi. 2. Stress management through Yogic practieses 3. Hypertension & Obesity: Meaning, causes and yogic treatment. 4. Diabetes: Meaning,types, causes and yogic treatment	15
Total Contact Hours		30
Suggested Evaluation Methods		
Internal Assessment: 15		End Term Examination: 35
➤ Theory	15	➤ Theory: 35
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	5	
•Mid-Term Exam:	5	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: <i>George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.</i> <i>Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.</i> <i>Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.</i> <i>Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal</i> <i>Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.</i> <i>Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.</i> <i>Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.</i> <i>Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.</i> <i>Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.</i> <i>Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.</i>		

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Core Course – 11

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	4th Semester		
Name of the Course	Patanjali Yog Sutra		
Course Code	M24-YGA-401		
Course Type	Core Course 11		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to :	<p>CLO 401.1 Enhance knowledge about historical background, importance and relevance of Patanjali Yog Sutra in modern age.</p> <p>CLO 401.2 develop concept of Chit Vritti, Chitta Bhoomi, and Sabeej, Nirbeej Samadhi.</p> <p>CLO 401.3 Understand the knowledge about Kriya Yog, Panchklesha, Antrang and Bahirang Sadhna.</p> <p>CLO 401.4 understand about various Siddhies, Karamas and concept of Kaivalya.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	<u>INTRODUCTION OF PATANJALI YOGA SUTRAS</u> <ol style="list-style-type: none"> 1. Inroduction of Patanjali Yoga Sutra & diffinations of yoga according to Patanjali. 2. Importance of Patanjali Yoga Sutras in Modern Age. 3. Introduction of Maharishi Patanjali. 		15

	4. Effects of yog sutra in different Dimensions.	
II	<u>SAMADHI PADA</u> 1. Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi 2. Introduction, Meaning & Importance of Abhyas Varagya & Yog Antraya in Yogic Sadhana. 3. Chitta Vikshep and Chitt Prasadhan. 4. Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.	15
III	<u>SADHAN AND VIBHUTI PADA</u> 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. Yoga Vibhootis and Ashtsiddhis	15
IV	<u>KAIVALYA PADA</u> 1. Types of Panch - Sidhis. 2. Concept of Dharmamegh Samadhi 3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta 4. Kaivalya: Introduction, meaning, Importance in Yogic sadhana .	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
•Class Participation:	5	Written Examination
•Seminar/presentation/assignment/quiz/class test etc.:	10	
•Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd. Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhar (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.

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Core Course – 12

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	4th Semester		
Name of the Course	Food and Nutritional Aspect of Yoga		
Course Code	M24-YGA-402		
Course Type	Core Course 12		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 402 1. Understand the meaning, functions, classifications, principles and importance of food and nutrition.</p> <p>CLO 402 2. Enhance the knowledge of classification, sources, functions and requirements of various nutrients i.e. protein, fat, vitamins, minerals and water.</p> <p>CLO 402 3. Enhance the knowledge of balance diet, yogic diet, their factors affecting, advantages and disadvantages of vegetarian and non-vegetarian diet.</p> <p>CLO 402 4. Understand and apply the concept of meal planning, its affecting factors, meal planning for male and female and food intake.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The			

compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<u>FOOD & NUTRITION</u> 1. Meaning and importance of Food and Nutrition. 2. Functions & Classification of Food and Nutrition. 3. Classifications of disease and conditions influenced by Nutrition. 4. Relationship between food, Nutrition and health.	15
II	<u>NUTRIENTS</u> 1. Macro and Micro nutrients, Requirement of water in the body 2. Proteins: Meaning, Classification, Sources, Functions and their requirements. 3. Vitamins: Classification, Sources, Functions and their requirements 4. Minerals: Classification, Sources, Functions and their requirements 5. Fats and Carbohydrates: Meaning, Classification, Sources, Functions and their requirements	15
III	<u>DIET & YOGIC PRACTICES</u> 1. Diet : Meaning and Importance of Eliminative Diet, Soothing Diet, Constructive Diet 2. Yogic diet for practice of Asana & Pranayama . 3. Sattvik, Rajasic and Tamic foods as per Bhagavad Gita 4. Principles of Diet therapy for treatment of various life style diseases 5. Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.	15
IV	<u>MEAL PLANNING</u> 1. Concept and Principles of Meal Planning. 2. Factors Affecting Meal Planning. 3. Meal Planning for Healthy living (Male & Female). 4. Meal Planning for Adolescents (Male and Female). 5. Food Intake: Timing, Concept of Dugdahar, Falahar, Alpahar and Apakahar in Yoga.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: 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.

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DEC-3

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	4th Semester		
Name of the Course	Therapeutic Yoga		
Course Code	M24-YGA-403		
Course Type	DEC -3		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 403.1 Understand the meaning, scope, principles, importance and limitations of yoga therapy.</p> <p>CLO403.2 Enhance the knowledge about diseases, their causes, classifications and treatment of different types of postural deformities through yog therapy.</p> <p>CLO403.3 Enhance the knowledge of hypertension, obesity, blood glucose disorders, gsric intestinal problem, cardio respiratory disorders, their causes, symptoms and treating life style disorders through yog therapy.</p> <p>CLO 403.4 Understand the meaning, causes, symptoms of stress, anxiety, depression insomnia, and adjustment and their yogic treatment.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<u>YOGA THERAPY: AN INTRODUCTION</u> <ol style="list-style-type: none"> 1. Meaning and Importance of Yoga Therapy in Modern Age. 2. Concept of Yoga Therapy. 3. Scope of Yoga Therapy. 4. Principles of Yoga Therapy. 5. Limitations of Using Yoga Therapy. 	15
II	<u>DISEASE & POSTURAL DEFORMITIES.</u> <ol style="list-style-type: none"> 1. Meaning & Causes of Diseases. 2. Types of Diseases: Communicable & Non-Communicable Disease. 3. Postural Deformities: Meaning and their Causes. 4. Types of Postural Deformities: KYPHOSIS, LORDOSIS SCIOLIOSIS, KNOCK-KNEE, and FLAT-FOOT. 5. Yoga Therapy for different Postural Deformities. 	15
III	<u>YOGA THERAPY FOR LIFE STYLE DISORDERS</u> <ol style="list-style-type: none"> 1. Cardio-vascular Diseases: Meaning and their Causes. 2. Hypertension: Meaning, Causes and treatment through Yoga Therapy. 3. Atherosclerosis: Meaning, Causes and treatment through Yoga Therapy. 4. Obesity: Meaning, Causes and treatment through Yoga Therapy. 5. Diabetes: Meaning, Causes, types and treatment through Yoga Therapy. 	15
IV	<u>YOGA THERAPY FOR CHRONIC HEALTH PROBLEMS</u> <ol style="list-style-type: none"> 1. Bronchi Asthma: Meaning, Causes and treatment through Yoga Therapy. 2. Chronic Obstructive Pulmonary Disease and Tuberculosis: Meaning, Causes and treatment through Yoga Therapy. 3. Thyroid Disorders: Meaning, Causes and Types of Thyroid Disorders 4. Hypo-thyroidism & Hyper-thyroidism: Meaning, Causes and Impact of Hypo-thyroidism & Hyper-thyroidism on the Body. 5. Treatment of Throid disorders through Yoga practices. 	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination

• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<p><i>Moorthy, A.M. (2005), “Yoga Therapy”, Teacher Publising House, Coimbatore</i> <i>ISBN-9788180160240.</i></p> <p><i>Swami, Shivananda Saraswati, (1957) “Yoga Therapy, Umachal Yoga Ashram, Guwahati”.</i></p> <p><i>Verma, Janki Prasad, (1962), “Rogo Ki Achuke Chikitsa” Leader Press, Allahabad.</i></p> <p><i>Yogeshwar, “Simple Yoga Therapy’, Yoga Center, Madras. Tiwari, O.P., (1984), “Asanas-Why and How”,</i> <i>Kaivalayadhama, Lonavala.</i></p> <p><i>Roga & Yoga- Swami Shivanand.</i></p>		

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DEC-4

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	4th Semester		
Name of the Course	Pedagogical Techniques in Yoga		
Course Code	M24-YGA-404		
Course Type	DEC-4		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO404.1 Enhance and apply the knowledge of teaching methods, meaning, importance, types, principles and modern concept in teaching learning process.</p> <p>CLO404.2 Apply and demonstrate, command, class formation, teaching aids, its types, importance and modern concept of teaching aids.</p> <p>CLO404.3 Apply the principles of lesson plan alongwith its objective and effecting factor in teaching yoga.</p> <p>CLO 404.4 Understand the meaning, steps, factors affecting and importance of class management with enhance the knowledge of organization and rules of yoga competitions.4</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The			

examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<u>TEACHING LEARNING</u>	15
	<ul style="list-style-type: none">1. Meaning and definition of teaching & learning.2. Relation between teaching and learning.3. Basic principal of teaching and learning.• 4. Importance of teaching and learning.	
II	<u>TEACHING METHOD, FORMATION AND TEACHING AIDS</u>	15
	<ul style="list-style-type: none">1. Meaning, definition and importance of teaching method in Yoga.2. Types of teaching method in yoga.3. Teaching Aids : meaning, Importance & Types of teaching in modern era4. Class Formation: Meaning, Types and their importance.	
III	<u>LESSON PLANNING</u>	15
	<ul style="list-style-type: none">1. Meaning, definition and Importance of Lesson Plan.2. Lesson Plan: Sample, steps, tips & templates.3. Basic principles &Types of Lesson Plan.4. Strategies for effective Lesson Planning.	
IV	<u>CLASS MANAGEMENT</u>	15
	<ul style="list-style-type: none">1. Meaning and Importance of Class Management.2. Factors Affecting Class Management.3. Steps of Class Management.4. Rules of Inter-collegiate/University Level Yoga Competition.	
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
<p>Bhatia and Bhatia Doaba House, (1959) <i>The Principles and Methods of Teaching</i> New Delhi.</p> <p>Prof. Ramesh Chandra (2004), <i>Technology in the preparation of Teachers</i>”, Usha Books, Delhi.</p> <p>Kochar S.K, (2010) <i>“Methods and Techniques of Teaching</i> ,Sterling Publishers, New Delhi</p> <p>Walia JS, (2003) <i>“Principles and Methods of Education”</i> Plant Publishers Jalandhar City-.</p>		

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Practicum – 7

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	4 th Semester		
Name of the Course	Teaching of Asana		
Course Code	M24-YGA-405		
Course Type	Practicum Course 7		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Teach standing asanas CLO 2: Teach sitting asanas CLO 3: Teach Supine and prone Lying asanas CLO 4: Teach Suryamnmaskar		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Teaching of Asanas: • Prepare 05 Lesson Plan on Asana & Take Lesson on it.			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Teach Standing Asanas	- 10
• Demonstration of Asanas	10	Teach Sitting Asanas	- 10
• Mid-Term Exam:	15	Teach Supine Lying Asanas	- 10
		Teach Prone Lying Asanas	- 10
		Surya Namaskar	10
		Practical File	10
		Vivo Voce	10

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Practicum – 8

Session: 2024-25			
Part A - Introduction			
Name of the Programme	M. A. Yoga		
Semester	4 th Semester		
Name of the Course	Teaching of Paranayamas and Shudhi Kriya		
Course Code	M24-YGA-406		
Course Type	Practicum Course 8		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: To teach various types of Paranayama CLO 2: To teach various types of Shudhi Kriya CLO 3: To demonstrate different types of paranayama. CLO 4: To demonstrate different types of Shudhi Kriya		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B- Contents of the Course			
Practical			Contact Hours
Demonstration of Teaching of Pranayamas & Shudhi Kriyas • Prepare 05 Lesson Plan on Pranayamas & Shudhi Kriyas and Take Lesson on it.			120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Teaching of Paranayamas:	25 Marks
• Demonstration of Asanas	10	Teaching of Shuddhi Kriya:	25 Marks
• Mid-Term Exam:	15	Practical File	: 10 Marks
		Vivo Voce	: 10 Marks

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EEC

Session: 2024-25			
Part A - Introduction			
Name of Programme	M. A. Yoga		
Semester	4 th Semester		
Name of the Course	Practical Aspect of Naturopathy		
Course Code	M24-MEE-406		
Course Type	EEC		
Level of the course	500-599		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to	<p>CLO406.1 Understand the meaning and definition, principles of Naturopathy and Swasthya Vritam and relations between Naturopathy and yoga.</p> <p>CLO406.2 Understand the meaning, and uses of Mudtherapy and benefits of Hydrotherapy in treating different ailments.</p>		
Credits	Theory	Practical	Total
	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Time	3 hours		
Part B- Contents of the Course			
<p>The examiner will set 5 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question). The examinee will be required to attempt 3 questions, selecting one question from each unit and the compulsory question.</p>			
Unit	Topics		Contact Hours
I	<p><u>INTRODUCTION TO NATUROPATHY</u></p> <ol style="list-style-type: none"> 1. Meaning, Definitions & principles of Naturopathy. 2. Swasthya Vritam: Dinacharya, Ratricharya. 3. Relationship between Naturopathy and Yoga. 		15

	4. Hydrotherapy: Meaning, Definition and its Benefits.		
li	<u>HYDROTHERAPY</u> 1. Meaning and uses of Mudtherapy. 2. Mud Bath, Different Bandages of Mud, their uses and application 3. Concept of Ushapan and its benefits. 4. Soil: Meaning, Types, Characteristics and their effects of our body.	15	
Total Contact Hours		30	
Suggested Evaluation Methods			
Internal Assessment: 15		End Term Examination: 35	
➤ Theory		15	➤ Theory: 35
• Class Participation:		5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:		5	
• Mid-Term Exam:		5	
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			
History & Philosophy of Naturophaty – 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			
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