

**Maharshi Dayanand Saraswati University  
Ajmer 305009 Rajasthan**

**SYLLABUS**

**SCHEME OF EXAMINATION AND COURSES OF STUDY**

**2019-20**

**FACULTY OF VEDIC STUDIES**

**MYS&TM**

**(Master in Yoga Studies & Therapy Management)**



### **Objectives:**

1. To promote the ancient Gurukula System of Education with the wisdom of Vedanta principle and practice of integrated modules of yoga technique with a scientific flavour of the west.
2. To introduce Yoga Research Dimension and make them conduct internal research.
3. To promote yogic counsellors to train in the techniques of counselling and therapy rooted in both yoga and modern psychology.
4. To unearth the hidden treasure of our ancient yoga and spiritual lore and study its usefulness and efficacy for modern experimental research in various fields of modern Science.
5. To train medical professionals to become consultants in Yoga Therapy.
6. To create counsellors to serve therapy participants with utmost love, care and dedication by understanding the total personality of the therapy participants and bring solace, new vision and positive health in life.

### **Scheme of Examination and course of study**

1. **ELIGIBILITY:** Graduation in any discipline with One Year Regular Diploma / Minimum 3 Month's Regular Certificate Course in Yoga with a minimum of 48% marks (Govt recognised University/ Recognized Institution)  
or  
Regular Bachelor of Naturopathy & Yogic Sciences with a minimum 48% marks (Govt recognised University/ College).  
or  
B.N.Y.S .with five years regular course with a minimum 48% marks (Govt recognised University/ College)  
**Note: Selection would be made on the basis of aggregate marks, 25% of graduation and 75% of Yoga Diploma / Certificate Courses.**
2. Duration : Two years
3. The Minimum Attendance required for the course will be as per university rules.
4. This will be necessary for a candidate to pass in the theory as well as in the practical part of a paper/ subject separately.
5. A candidate should pass each and every semester examination and shall be required to obtain :-
  - a. At least 36 % marks in the aggregate of the papers prescribed for examination and
  - b. At least 36 % marks in the practical.
6. No division will be awarded at the semester level. Division shall be awarded at the end of the IV-Semester on the basis of the aggregate marks obtained in every semester as noted below:  
First Division 60% marks.  
Second Division 48% marks.

Other rules are followed as per University Post Graduate rules.

**Program of the Study & Scheme of Examination**

**Master in Yoga Studies & Therapy Management**

**Semester -I**

SL.NO	Subject of the paper	Max Marks Instruction/ Week	Min pass Marks	Hours of
YTM-101	Historical basis of yoga	50	18	4
YTM-102	Philosophical Background of Yog	50	18	5
YTM-103	Patanjali Yoga I	50	18	5
YTM-104	Human Anatomy I	50	18	5
Y- I	Internal Assessment	50	18	
Y- I	Seminar	50	18	
YP — 01	Limbs of yoga practice I	100	36 -	6
Sub-total		400		

**Semester -II**

YMT-201	Ethical Values for yoga Education	50	18	5
YMT-202	Patanjali yoga II	50	18	5
YMT-203	Psychology and its relevance to yoga	50	18	5
YMT -204	Human Anatomy & Physiology II	50	18	5
Y –II	Internal Assessment	50	18	
Y –II	Seminar	50	18	
YP -02	Limbs of yoga practises II	100	36	6
	Sub Total	400		

### Semester III

YMT 301	Theoretical study of Yoga Practices	50	18	4
YMT 302	Sadhana & Theory of Hatha yoga	50	18	4
YMT 303	Study of Naturopathy	50	18	5
YMT 304	Advaita Vedanta of Sankara	50	18	5
Y- III	Internal Assessment	50	18	
Y- III	Seminar	50	18	
YP 03	Limbs of yoga Practices -III	100	36	6
	Sub total	400		

### Semester IV

YMT 401	Yogic Management for disease	50	18	5
YMT 402	Psychotherapy and counselling	50	18	5
YMT 403	Diet & Dietary Management	50	18	4
YMT 404	Research Methods and Statistic in Yoga Education	50	18	5
Y- IV	Internal Assessement	50	18	
Y- IV	Management of common diseases	50	18	
YP- 04	Dissertation submission & presentation	100	36	4

Technique of therapy

Total (Semester I +II+III+ IV) (400+400+400+400) =1600

576Marks

For passing 36%

**SEMESTER- I**

**PAPER-YTM 101**

**Historical Basis of Yoga**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note- The question paper will divided in to three parts- ABC**

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit. All questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks, each question of one marks.

Part- B This part is of 12 marks, four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words, all questions carry equal marks, each question of three marks

Part-C This part is of 32 marks, six questions are to be set at least 2 from each unit. The candidates have to answer any three questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents:**

**Unit- I** Historical and Mythological aspects leading to the origin of yoga, history and development of yoga, Definition of yoga in different yoga text and school of thought.

**Unit- II** Yoga in Veda- Jnana, Bhakti, Karma, Dhyana yoga, Yama- Niyama and Prana sadhna. Yoga in Upanishad- Jnana, Bhakti, Karma, Astanga, Sadanga yoga, Nada, Mantra, Dhyana .Nature and types of yoga in Adhyatma- Ramayan, Puranas, & Yoga Vasistha.

**Unit- III** Yoga in shat darshana- General introduction, aim and objective of shat darshan with special reference to yoga ( Pramana-the source of knowledge, Atma, Paramatma, Ishwara, karma and tattva etc.). Yoga in Tantra- Introduction, Kundalini & shat- chakra-sadhana.

**Reference Books .**

1. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
2. Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore
3. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
4. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993
5. Fenerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002.
6. T.R Srinivasa ayyangar amarta-Nadopanishad

**SEMESTER- I**

**PAPER-YTM 102**

**Philosophical Background of Yoga (Gita & Sankhya)**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note- The question paper will divided in to three parts- ABC**

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit. All questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks, each question of one marks.

Part- B This part is of 12 marks, four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words, all questions carry equal marks, each question of three marks

Part-C This part is of 32 marks, six questions are to be set at least 2 from each unit. The candidates have to answer any three questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents:**

- Unit- I** General Introduction of Sankhya Philosophy, Theory of causation, forms of satkaryavada, prakrti and it gunas, evolution and arguments for its existence, characteristic of prakrti, objection against prakrti.
- Unit- II** Purusa, and its gunas, arguments for its existence, plurality of purusas, relationship between prakriti and purusa, theory of bondage and liberation, types of liberation, practices of yoga.
- Unit- III** Geeta ke anusar atma ka swaroop, shitha- pragya (ch.II) karma sidhant, Dharam ka swaroop (ch.III), Gyan ki again (ch.IV), Sanyaas ka swaroop, Moksha (ch.V), Brahmagyan ka upaya, Abhyaas aur Bairagya, Dhyana (ch.IV), Maya ka swaroop (ch.VII), Nishkam karma yoga, Bhakti yoga, Gyana yoga (ch.XII), praviti & Nivriti (ch.XIV),

**Reference Books-** 1. Shri Madnjagwat Geeta Bhashya – Acharya Sankar

2. Shri Madnjagwat Geeta- Ramsukh das maharaj

3. Sankhaya Tatva kaumudi – vachaspati Mishra

4. Sankhyakarika - Ishwor Krishna Virchit

5. H.P. Sinha- Outlie of Indian Philosophy

6. N.K. Devraj – Indian Philosophy

7. C.D. Sharny – A crtical survey of Indian Philosophy.

**SEMESTER- I**

**PAPER-YTM 103**

**Patanjali Yoga-I**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass Marks: 18

**Note- The question paper will divided in to three parts- ABC**

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit. All questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks, each question of one marks.

Part- B This part is of 12 marks, four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words, all questions carry equal marks, each question of three marks

Part-C This part is of 32 marks, six questions are to be set at least 2 from each unit. The candidates have to answer any three questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents:**

<b>Unit-I</b>	Meaning of the word yoga, chapters, objective, and definition. Chitt ki bhumiKa, chitt ki avasthayen, chitt ki vrathiyen and its types, Abhyas and Varagya.
<b>Unit- II</b>	Its types, characters, sabeej and nirbeej Samadhi phal of Samadhi. Yog marg ki badhaiye, Badhao ka upayie kriya yog, kriya yog ka phal.
<b>Unit III</b>	Pancha kalesh- swaroop & Types, karmashy swaroop and phal. Drishya aur drashha ka swaroop, Sanyotg aur viyog ka kaaran, Dukh ka swaroop ,gunno ki char awasthaye, haan ka oopaye, pragya ki supt bhumiya.

**Reference Books-**

1. Mukti ke upaya- Sami Norajanand Bhihar
2. Yoga Bhayasy Vachaspati Mishra
3. Patanjali yog pradeep Omanand tisth
4. Yoga sutra Vadaspati Tika- Hariharnanda
5. Patanjali yoga sutra- Dr. Karmbetkar Lonavala.

## SEMESTER- I

### PAPER-YTM 104

#### Human Anatomy & Physiology -I

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

#### **Note- The question paper will divided in to three parts- ABC**

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit. All questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks, each question of one marks.

Part- B This part is of 12 marks, four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words, all questions carry equal marks, each question of three marks

Part-C This part is of 32 marks, six questions are to be set at least 2 from each unit. The candidates have to answer any three questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### **Contents:**

- Unit-I** Muscular system - Types of muscles, Theory of contraction, categories of muscles, and properties of muscles. Skeletal system - Introduction of skeletal system, function of skeletal system. Types of joints, composition of bone, Types of bones, vertebral column of human body.
- Unit-II** Respiratory system- Definition of respiration, structure and function, mechanism of respiration, exchange of gases, oxygen transportation, and co-transportation of respiration. Digestive system - definition of digestion, structure and function, mechanism of absorption of various product of digestive system control of digestion in various part of alimentary, hormonal control of digestive system.
- Unit-III** Circulatory system- structure and function of heart and blood vessels, cardiac cycle, regulation of cardiac output, blood pressure and factor affecting it, Hypertension. Blood & lymph-composition of blood, blood cells, function of blood, lymph, composition of lymph & functions.

#### **Books for Reference-**

1. A glimpse of Human body- Dr. sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda singh
3. Function of Human body- 4<sup>th</sup> edition- Guyton A.c. (1985)
4. Human Physiology – chatterge c.c. (1992)
5. Tent book of Physiology - Jain A.K



**M.A/ M.Sc Semester -I (Practical )**

**Paper –I .Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique etc.**

**( Demonstration + Viva Voce +Teaching Technique)**

**Max marks: 100**

**Min pass marks: 36**

**Lists of Yoga Practices**

**ASANA**

- 1.Ardhakati Chakrasana
- 3.Padahastasana
- 5.Sasankasana
- 7.Halasana.
- 9.Matsyasana.
- 11.Salabhasana.
- 13.Sirsasana.
- 15.Sukhasana
- 17.Siddha yoni Asana

**PRANAYAMA**

- Sectional Breathing – 4  
Nadi sudhi

Bhramari

Bhastrika

**KRIYA**

Kapalabhati

Trataka ( Joyti, Jatru)

2.Ardha Chakrasana

4.Vajrasana

6..Paschimatanasana

8.Sarvangasana

10.Bhujangasana

12.Ardha Sirsasana

14.Padmasana

16.Siddhasana

**BANDHA**

Jalandhara Bandh

Moola Bandh

**MUDRA**

Chin Mudra

Chin Maya Mudra

Adhi Mudra

Brahma Mudra

**ADVANCE ASANA**

- 1.Natarajaasana
2. Pada prasar paschimattanasana
- 3.Pari purna sirsasana
- 4.vrischikasana
- 5.Ubhaya padangusthasana
- 6.Baddha sarvangasana
7. Nirlambha sirsasana
- 8.Titibhasana
- 9.Padma bakasana
- 10.purna chakrasanan
11. Purna shalabhasana
- 12.hanumanasana

## **MEDITATION**

OM Meditation

Cyclic Meditation

## **Relaxation Technique**

IRT (Instant Relaxation Technique)

QRT (Quick Relaxation Technique)

DRT (Deep Relaxation Technique)

## **CHANTING**

Prayer, Bhagvad Geeta (Karma yoga & Bhakti Yoga) Peace Chant Bhajan & etc.

PAPER II - Seminar on topic given by the faculty or 50 marks

## **SUKSHAMA VYAYAMA**

1. NETRA - SAKTI - VIKASA (IMPROVING THE EYE SIGHT)
2. KOPALA - SAKTI - VARDHAKA (REJUVENATING THE CHEEKS) uuj
3. KARNA - SAKTI - VARDHAKA (IMPROVING THE POWER OF HEARING)
4. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 1
5. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 2
6. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 3
7. SKANDHA - TATHA - BAHU - MULA - SAKTI - VIKASARA (DEVELOPING THE STRENGTH OF THE SHOULDER BLADE AND JOINTS)
8. BHUJA BANDHA - SAKTI - VAKASAKA (STRENGTHENING THE UPPER ARMS)

## SEMESTER II

### PAPER-YTM 201

#### Ethical Values for Yoga Education

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination:3hrs

Min pass Marks: 18

**Note-** The question paper will divided into three part- ABC

Part-. A This part is of 6 marks, six questions are to be set at least 2 from each unit. All questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks, each question of one marks.

Part- B This part is of 12 marks four question are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all question carry equal marks, each questions of three marks

Part-C This part is of 32 marks six question are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All question carry equal marks, each question is of eight marks.

#### Contents

Unit- I	Meaning of ethics, definition, source, classification of ethics, characters of ethics, main ethical thought of Geeta- Niskama karma, Sarvadharm, Vanaprashtha Ashram, duty & Gunas, characters of Hindu ethics, Rebirth, Rita (truth) Yoga, dharma & adharma (Manu & Prashstapada).
Unit – II	Dharma according Mimansa and Ramanuja, pravriti & Nivriti, meaning of purusharthas, importance, concept & detail of four purushartha's.
Unit- III	Jain-Trirasthan,Panchmahavrat,Anuvrat ,Buddha- Aryastya, Astangic marga, Bodhisathava & Modern Indian thinkers like – Gandhi,Tagore, Aurobindo & Vivekanada.

#### Reference-

1. प्रो. हरेन्द्र प्रसाद सिन्हा, भारतीय की रूपरेखा, मोतीलाल बनारसीदास, दिल्ली
2. Louis pojman (Ed.) Ethical Theory- Classical and contemporary Regings.
3. दिवाकर पाठक— भारतीय नीतिशास्त्र
4. S. Dasgubta : Development of moral philosophy in India.
5. P. foot (Ed) Theories of Ethics
6. वेदप्रकाश वर्मा अधि-नीतिशास्त्र के मुख्य सिद्धान्त
7. Sellars and Hospers (Ed) Reading Ethical Theories

**SEMESTER II**

**PAPER-YTM 202**

**Patanjali yoga-II**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents**

- Unit-1- Yoga abhyas ki avashatetaye ,Bahiranga Yoga sadhana aur aanga's [limbs] Yama ,niyama Ahimsa ,Satya ,asteya ,Brahmacharya, and aparigraha ka Swarup and sidhi ka phala. Niyam-Soucha ,santosh, Tapa, swadhyaya and ishwar pranidhana ka phal. Asana ka charita , sidhi ka swarup and sidhiyon ka upaya aur phala .
- Unit-2- Pranayama- characters, types and benefit . Pratyahara swarup and phal. Dharna, Dhyana ,Samadhi ke characters ,Sanyama phala, Viniyoga ki importance, Result of chitt, Kaivalya ka swarup.
- Unit-3- Siddhiyon ke stotra, sidhi ke bhedh, vivek gyana ke characters, phala upayah; Kaivalya ki prapti , hetu samast Vibhuyon se Viragya, Nirmal chitt, Karma swarup, type and phala. Dharmamedha Samadhi and phala, Klesha karmon ki nivriti hone pen gyana ka uday, Kaivalay yoga sadhana ki charam Prapti.

**Reference Books**

1. Mukh ke upaya- swami Nirjanananda,Bihar.
2. Yoga bhashya- Vochaspah Mishra.
3. Patanjali Yoj Pradeep-OMananda fifth.
4. Yoga Sucha- Yachaspah Tika – Haniharnanda.
5. Patanjali Yoga sucha-Dr kanmbelkan- lonavale.

## SEMESTER II

### PAPER-YTM 203

#### Psychology and its relevance to yoga

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

**Part- A** This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question carries one mark. Each question is of one mark..

**Part- B** This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

**Part-C** This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

Unit I	Definition of Psychology, meaning, Nature of Psychology, scope of Psychology, application Branches of Psychology, subfields of Psychology, Utility of Psychology, relation of Psychology to other fields of study, Psychology of human behaviour Psychology of spiritual growth and yogic management and yoga & modern psychology.
Unit II	Personality Development, its meaning and nature, Characteristic of personality, Hippocrates, Kretschmer's Sheldon's, Jung's theories of personality, trait approach, developmental approach and its assessments personality according to yoga text.
Unit III	Education Psychology, Cognitive development and languages, Motivation, aspects of behaviour aspects of behaviour, Emotion, IQ its meaning, IQ testing and its controversies, Stress, its concepts, causes and Stress according to Yoga and its Challenges to Modern Science.

#### Reference Book :-

1. Robert Frager James Fadiman – Personality and personal growth .
2. C.G Jung - Analytical Psychology: its theory and practice.
3. Adler – Individual Psychology.
4. A unit of Global – Personality Development institutes.
5. Ayanger T.B Srinivas – The yoga Upanishad
6. Goyeche J.R.M – The yoga perspective, Abo Y Ikemi y part II
7. Green, E. E and Green, A.M. On the meaning of transpersonal, Some Metaphysical perspectives.
8. Introduction to Physiological Psychology - Charles F. Levinthal.
9. Psychological Testing - Anne Anastasi and Susana Urbina.
10. Manovigyan jeevan ka Rahasya - Vijay Singhal.
11. Psychopathology - Dr. O. P. Sharma
12. S.K mangel
13. Yoga and modern psychology.

## SEMESTER II

## PAPER-YTM 204

## Human Anatomy &amp; Physiology –II

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents**

Unit –I	Nervous System – Definitions , Role of Nervous System , Structure of neuron , Type of neuron , Morphological and function , Conduction of nervous system (Brain & Spinal cord) Peripheral nervous system , Autonomic nervous system. Immune System - Definition, types of Immunity (Innate, direct,, indirect, acquired, direct, indirect, hormonal and cell mediate) Antigen , Antigen , antigen antibody reaction.
Unit II	Endocrine system – Endocrine gland – structure , function, secretion , regulation of hormonal secretion, mechanism of action of hormone , Emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary , thyroid , parathyroid , hormones, adrenal and reproductive hormones. Disorders of endocrine glands. Reproductive system – Definition, Types of Reproductive, male reproductive system, Female reproductive system, menstrual cycle, Pregnancy changes during Pregnancy.
Unit III	Excretory System – Definition , Anatomy & Physiology of Kidneys , Structure and function of nephron , Mechanism of urine formation , Regulation of urine formation Sense organ – Structure & Functions ( Eye , Skin, Ear, Nose and Tongue) Physiology of different sense organ

**Books for Reference:**

1. A Glimpse of Human Body – Dr Shirley Telles.
2. Human Anatomy & physiology – Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4<sup>th</sup> Edition
4. Human Physiology – Chatterjee C.C (1992)
5. Text book of Physiology – Jain A.K.

## SEMESTER – II

Paper –I .Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique etc.

(Demonstration +Viva Voce +Teaching technique)

Max marks 100

Min. Pass marks 50

### ASANA

- 1.Tadasana
- 3.Trikonasana
- 5.Supta Vajrasana
- 7.Vakrasana/ Ardha Matyendrasana
- 9.Ekapada Setu bandha Sarvangasana
- 11.Dhanurasana
- 13.Salambha Srisasana

### PRANAYAMA

- 1.Sheetali
- 3.Sadanta

### BANDH

- 1.Uddiyana Bandha
- 3.Agni Sara

### MUDRA

- 1.Shambhavi Mudra
- 3.Shanmukti Mudra

### KRIYAS

- Niti – Jala neti ,Sutra neti
- Dhouti– Danda , Vastra, Vamana

- 2.Uthita Padahastanasana
- 4.Parivartta Trikonasana
- 6.Ustrasana
- 8.Setu bandhasana
- 10.Chakrasana
- 12.Mayurasana

- 2.Shitkari
- 4.Ujjaiyi

- 2.Mana Bandha

- 2.Kalvi Mudra

### MEDIATION

- Preksha Meditation
- Creative Mediation

### ADVANCE ASANA

- 1.Vatayanasana
2. Purna bhujangasana
3. Kurmasana
- 4.Purna matsyendrasana
- 5.Ardha baddha padmottasana
- 6.Eka pada rajakapotanasana
- 7.Padma mayurasana
8. Purna ustrasana
- 9.Vibhakta paschimottasana
- 10.Eka pada purna dhanurasana
- 11.Akarna dhanurasana
12. Eka pada chakrasana

## **SUKSHAMA VYAYAMA**

1. KAPHONI-SAKTI-VIKASAKA (STRENGTHENING THE ELBOW)
2. BHUJA-BALI-SAKTI-VIKRASARA(STRENGTHENING THE FORE ARMS)
3. MANI-BANDHA-SAKTI -VIKASAKA (DEVELOPING THE WRISTS)
4. KARA-PRASTHA-SAKTI-VIKASAKA (DEVELOPING THE BACK OF THE HAND)
5. KARA-TALA-SAKTI-VIKASAKA (DEVELOPING THE BACK OF THE PALMS)
6. ANGULI-SAKTI-VIKASAKA (STRENGTHENING THE FINGER)
7. KATI - SAKTI - VIKASAKA (STRENGTHENING OF THE BACK) 1
8. KATI - SAKTI - VIKASAKA (STRENGTHENING OF THE BACK) 2

### **CHANTING**

Prayer, Bhagavad Geeta (Jnana Yoga ,Raj yoga) peace chant, Bhajans etc

Advance tech.for chronic ailments –Pranic Energisation Technique (PET).

### **PAPER II - Marks: 50**

Seminar topic allotted by the faculty

National/international level Seminar or Conference (compulsory to participate)

**or**

Review of one book allotted by the faculty.



### SEMESTER III

#### PAPER-YTM 301

##### The Theoretical Study of Yogic practice

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass mark: 18

**Note-** The question paper will divided into three part- ABC

Part- A This part is of 6 marks, six question are to be set at least 2 from each unit, all question are compulsory. The answer for each question should not exceed twenty words, all question carry equal. Each question of one mark.

Part- B This part is of 12 marks four question are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all question carry equal marks, each questions of three marks

Part-C This part is of 32 marks six question are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All question carry equal marks, each question is of eight marks.

#### Contents

- |          |   |
|----------|---|
| Unit-I   | Asana- Definition, classification, categories, benefits & limitation. Eight step technique of asana. Technique of asana according to different text. Surya Namaskara-Technique, benefits, limitation and its mudras. Physiological effect of asana and surya-namaskar on human system.  |
| Unit-II  | Pranayama- Definition, classification, types, technique of Pranayama, benefits & limitation. Pranayama method according to different schools. Breathing practices, types, techniques, benefits and limitations. Physiological effect of various Pranayama on human body. Meditation-Definition, types, techniques of meditation. Effect of meditation on various system of human body.                |
| Unit-III | Bandha -Definition, Types, techniques, benefits & limitations. Physiological effects of Bandha on various system of human body . Mudra- Definition, types, techniques, benefits & limitations. Physiological effects of Mudra on various system of Human body. Shat karma- Definition, classification, categories, benefits & limitations. Physiological effect of various shat karmas on human body. |

#### References books:

1. PPH – Dr.H.R. Nagendra, Dr Nagratana
2. Asana kyo Aur kaise – OM Prakash Tiwari
3. Yogasana – Swami Kavalyanand
4. Text book of yoga – Yogeshwar
5. Asana , Pranamaya, band & Mudra
6. Pranamaya – Swami Satyananda Sarswati
7. Yoga in Daily life – Dr Shekar Sharma
8. Light on Yoga- B.K.S Iyengar

### SEMESTER III

#### PAPER-YTM 302

#### SADANA & THEORY OF HATHYOGA

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

Unit-I	Hatha Yoga Pradipika-Hath yoga ki Paribhasha , Abhyaas hetu uchit sthaan, Ritu kal , Sadhana mein Sadhak evam Budhaktatva, detail of Yama – Niyama , Asananki Vidhi , vah Labh , Pranayama ki paribhasha , Prakar Vidhi , benefits & limitations.
Unit- II	Shatkarma -Dhoti, Basti, Neti, Nauli, Trataka , kapalabhati ke vidhi vah Labh , Bandh – Mudra , Mahamudra , Mahabandh, Mahavedh, Khechhari, Udiyaana , Jalandhara, Moolbandha , Viparitkarni , Vajaroli, Shaktichalani, Samadhi, Nadanusandhana , Kundalini ka Swarup evam, jagraat ke Upaya.
Unit III	Gherand shamhita-Sapta Sadhan , Shaktikarma – Dhouti , Basti, Neti, Nauli, Trataka , Kapalabhati ki vidhi , Savdhaniyan labh, Asana , Pranayama , Mudrayein , Pratyahara , Dharana,Dhyana & Samadhi kie Vivechana, Difference between Hathayoga Pradipka & Gharand Shamhita Asana, Pranayama, kriya, adi mein antar.

#### Reference books

1 Hathayogapradipika –Prakashak Kaivalyadhama Lonavla pune

2 Gharand Samhita - Prakashak Kaivalyadhama Lonavla pune

3 Gharand Samhita – Swami Niranjanda

4 Hath Yoga Pradipika – Swami Mukti Bodhananda

### SEMESTER III

#### PAPER-YTM 303

#### Study of Naturopathy

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

Unit – I	Philosophy of the body, mind, life, spirit and spiritual body. Fundamental principles of Naturopathy, History of naturopathy (Indian and foreign), Pancha mahabhutas. Foreign matter and toxins accumulation in the body, its importance in elimination through different ways or Channels. Diagnostic procedure in Naturopathy (Facial and Iris).
Unit- II	Introduction to Hydrotherapy- Physical and chemical properties of water, Importance of water to human body, Anatomy of skin, its functions, temperature of sense in respects of hydrotherapy. Physiological effect of water on different system of body – skin, Respiration, Circulation, Nervous system. Its action and reaction. Introduction to mud therapy -collections and composition of mud, Preparation of pack. Types of application, physiological effect of mud on the body.
Unit-III	Introduction of Manipulative Therapy, benefit, and introduction to massage, rules regulation and characteristics of massage. Basic therapy message techniques, indication and contra- indication of massage while applying to the patient. Physiological effect of message on human body .Fasting therapy – History and types of fasting (Religious, Political, therapeutic). Physiological effect of fasting, rules and regulation of fasting. Difference between fasting and starvation.

#### Reference Books :-

1. Philosophy of nature cure- Henery lidahinn
2. Practice of Nature cure – Henery lindlahan
3. Practice Nature cure – Dr. k. Laxman sharma
4. History and philosophy of- S. T. Singh.
5. My Nature cure- M. K. Gandhi
6. nature cure treatonents- I. N. Y. S. publication Bangalore
7. Massage thearaphy – Dr J. H. kelloy.
8. Rational hydrotherapy – Dr. J.H. kelloy.
9. Essentials of food and Nutritin – Swannition.
10. Baths- S. J. singh.

**SEMESTER III**

**PAPER-YTM 304**

**The Advaita vedanta Of Sankara**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will divided into three part- ABC

Part- A This part is of 6 marks, six question are to be set at least 2 from each unit, all question are compulsory. The answer for each question should not exceed twenty words, all question carry equal. Each question of one mark.

Part- B This part is of 12 marks four question are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all question carry equal marks, each questions of three marks

Part-C This part is of 32 marks six question are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All question carry equal marks, each question is of eight marks.

Unit-1 General introduction of Advaita Vedanta, Conception of absolute [Brahman], Conception of soul and individual soul, the nature of soul and individual soul, three states of Jiva, the relations between jiva and Brahman, three bodies of the jiva.

Unit-2 Theory of world- Three grades of existence, [Satya], Theory of Maya, functions of Maya, characteristics of Maya, theory of causations- vivartvada, conceptions of God, the proof of existence God.

Unit-3 Theory of Bondage and liberation- concept, meaning, types of karma, knowledge and action [karma] knowledge and liberation.

Ref. Books-

1. जगदीश सहाय श्रीवास्वत – अद्वैत वेदान्त की तार्किक भूमिका
2. C.D. Sharma - A critical Survey of Indian philosophy
3. J.S. Vinayaka - Indian philosophy
4. H.P. Sinha - Indian Philosophy
5. डॉ. डी.एन. सिंह अद्वैत और विशिष्टाद्वैत वेदान्त
6. Bramhasutrabhasyam chapter 1,2,3,4

## SEMESTER III

### Practical

Max.marks :100

Min.pass marks :36

Paper –I .Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique.

#### ASANA

1.Parsva Konasana

3.Garudasana

5.Janu Sirasan

7.Padmasana

9.Navasana

11.Viparita Karni

#### PRANAYAMA

1.Chandra Bhedana

3.Chandra Anulom- Viloma

#### MUDRA

1.Viparita Karni Mudra

3.Vajroli or Sahajoli Mudra

#### KRIYA

Nauli- Madhayama

Vama

Dakshini

Basti

Sankh prakhalana ( Lagu &Purn)

#### MEDITATION

Yoga Nidra etc

Advance Tech. For chronic ailments- Mind Sound Resonance Technique (MSRT)

**\*Dissertation topic given by faculty & synopsis submission**

Teaching Tech Plan & classes for General Public –15 days

#### ADVANCE ASANA

1.Ardha baddha paschimottanasana

2.Bekasana

3.Koundiyasana

4. Gorakshasana

5. Parivarth janu shirasana

6.Garudasana

7.Krounchasana

8.Marichyasana

9.PURVOTTANASANA

10.Malasana

11.Asta vakrasana

12.Skandasana

## **SUKSHAMA VYAYAMA**

1. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE THIGHS) -I
2. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE THIGHS)-II
3. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE KNEES)-III
4. PINDALI - SAKTI - VIKASAKA (DEVELOPING THE CALVES)
5. GULPHA-PADA-PRASTHA-PADA-TALA-SAKTI-VIKASAKA(DEVELOPING THE STRENGTH OF ANKLES & FEET)
6. PADA-MULA-SAKTI-VIKASAKA (DEVELOPING THE STRENGTHS OF THE SOLE)
7. PAD-ANGULI-SAKTI-VAKASAKA (DEVELOPING THE THOES)

**Paper II Seminar**

**50 marks**

**Seminar topic allotted by the faculty with presentation**

**Or**

**Review of one book allotted by the faculty**

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## SEMESTER IV

### PAPER-YTM 401

#### Yogic management for Diseases

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part- C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

A Comprehensive study of the definition, classification, types, signs, symptoms and yoga therapy for diseases of the following systems:-

Unit- I	Respiratory system- Nasal Allergy and Asthma, Cardiovascular system- Hypertension and coronary artery diseases, Digestive system- hyperacidity, Irritable bowel syndrome constipation, Gas (Flatulence).
Unit II	Reproductive system- Infertility, Menstrual disorder, Role of stress in problems of Pregnancy, Nervous system-Epilepsy, migraine, Endocrine System- Diabetes, obesity, Thyroid (Hypo & Hyper)
Unit III	Musculo skeletal system Arthritis, Back pain, ankylosing spondylitis, Psychiatry Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive Compulsive disorder) schizophrenia, Special senses - eyes (Error of Refraction).

#### Reference Books-

1. Yoga for common ailments series published by svyp
2. Yoga therapy- by swami kavalayanand, Lonavala
3. Yoga for different ailments Robin monro, Nagarathna & Nagendra.
4. Light on pranayama B.K.S. Iyenger
5. Bandh & madras swami geetananda.
6. PPH- SVYP Bangalore

## SEMESTER IV

### PAPER-YTM 402

#### Psychotherapy and counselling

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

- Unit I Psychotherapy, definition, counselling and psychotherapy related fields, guidance clinical psychology, its categories, counselling as a profession, helping relationship, solution to human problems, counselling and guidance expectation, and goals, Approach of counselling and counselling, process of counselling and stages in the counselling process.
- Unit II Special Areas in counselling, counselling families, reluctant clients, parents, children, Delinquent marriage, premarital, women, drug addicts, Educational counselling and vocational counselling.
- Unit-III Counselling techniques, Interviewing & Methods. Preparation of counselling, pre- counselling, interview, case History process of counselling, Reason for Making appointment counselling relationship, counselling context process. Steps of counselling process, counsellor variables, counselee's skills, counselling interview, counselee-counsellor relationship, interview technique, approaches to evaluation usefulness of counselling.

#### Reference book:

- 1.Yoga Psychotherapy and its application-by Ganesh shanker.
- 2.Psychotherapy and Counselling -By a unit of global institute,Kolkata.
- 3.Counselling techniques,interviewing and evaluation method-Do-
- 4.Yoga Philosophy of Patanjali-Acharya Hariharananda
- 5.Psychology East & West-Ajay Swami
- 6.The synthesis of Yoga -Sri Aurobindo
- 7.SMET -Dr.H.R.Nagendra,Dr.R .Nagarathna.
- 8.The Yoga Upanisad- Ayanger.T.B.Srinivas.
- 9.On the meaning of Transpersonal:Some metaphysical perspectives.



**SEMESTER IV**

**PAPER-YTM 403**

**DIET AND DIETARY MANAGEMENT FOR COMMON DISEASES**

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

**Contents**

UNIT I	Definition of the terms: Food, Nutrition, Nutrition and dietetics, Principle of diet therapy, Therapeutic Nutrition, Planning of Therapeutic diet, Protein, Carbohydrate and Fat: Its functions, sources and effect of deficiency, energy, metabolism, Energy metabolism and water balance.
UNIT II	Minerals-Functions, effect of deficiency and excess and food sources of calcium, phosphorus, Iron, Iodine, Fluorine and sodium. Vitamin functions, food sources, effect of deficiency and excess of fat soluble vitamin A, D, E, K and water soluble vitamin B1,B2,Niacin,Folic acid and Vitamin C.
UNIT III	Planning and Dietary Modification of therapeutic diet for fever, typhoid, influenza, jaundice, metabolism of diabetes, diabetes diet prescription, diet for obesity and underweight, diet in disease of cardiovascular system, diet in the disease of liver, diet in disease for kidney, diet in peptic ulcer, food allergy and summary of therapeutic diet.

Reference book:

1. SHILS, M.E, Olson, J.A, Shike, M and Ross, A.C. (1999): Modern Nutrition in Health and Disease 9<sup>th</sup> edition.
2. Williams, S.R. (1993): Nutrition and Diet Therapy 7<sup>th</sup> edition. Times Mirror, Mosby college, Publishing.
3. Mohan, L.K, and Escott-students (2000) Krauses food Nutrition Diet Therapy.
4. Seth, Y and Singh K. Diet Planning Through Lifestyle in Health and Disease.
5. Srilakshmi S. Dietetics 1999.
6. Davison, A, Passmore, R. Brock J.F. and Truwell, A.S. Human Nutrition and Diets

## SEMESTER IV

### PAPER-YTM 404

#### Research methods and statistic in yoga Education

Hours of instruction/Week: 4

Max Marks: 50

Duration of Examination: 3hrs

Min pass marks: 18

**Note-** The question paper will be divided into three parts- ABC

Part- A This part is of 6 marks, six questions are to be set at least 2 from each unit, all questions are compulsory. The answer for each question should not exceed twenty words, all questions carry equal marks. Each question is of one mark.

Part- B This part is of 12 marks four questions are to be set at least one from each unit. All questions are compulsory the answer for each question should not exceed fifty words all questions carry equal marks, each question is of three marks

Part-C This part is of 32 marks six questions are to be set at least two from each unit. The candidate has to answer any four questions choosing at least one question from each unit. The answer for each question should not exceed four hundred words. All questions carry equal marks, each question is of eight marks.

#### Contents

Unit – I-	Introduction: - Meaning, object, Significance, need and importance of research and its scope in yoga Education. Types of research, formulation and Development of research problem, methods central tendency :- objective of Averaging types averages mean and median .
Unit-II-	Dispersion:-Measures of dispersion Standard Deviation and Coefficient of Variations. Correlation and Regression: - Meaning and Definition of Correlation. Types of correlation, methods of Determining Correlation. Regression Analysis :- meaning and use, regression lines . Regression equations, regressions Coefficient and Calculations, Difference between correlation and Regression.
Unit-III	Statistical Inference I- Sampling, Advantage of Sampling, types of sampling, sampling distribution, sampling Error, Estimation Hypothesis Testing: - Types I and Type II Error, level of significance. Statistical Inference II- test of Significance small and large sample test and (z, t, f and $\chi^2$ test) Analysis of variance.

#### Reference Books:

1. Research Methods- H.K. Kapil.
2. Research Methodology. C.R. Kotar.
3. Statistical method- S.P. Gupta.
4. Statistical psychology and education – Garret.
5. Vagyanik Malish.- Shri Satpal.
6. research methods – Dr. H.R. Nagendra Sharley Telles V KY P. Bangalore.
- 7.

## **SEMESTER IV (Practical)**

**Paper –I Dissertation Submission & presentation with viva (25+50+25=100 marks)**

**Paper –II Management of yogic practices for common diseases with demonstration and viva (50 marks )**

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