

**Maharishi University  
of Management & Technology  
Bilaspur**



**SYLLABUS  
2020-21**

**Master of Arts in Yoga  
(MA Yoga)**

# **Maharishi University of Management & Technology, Bilaspur**

## **Master of Arts in Yoga**

### **Syllabus of MA (Yoga)**

#### **I. Title of the Programme**

The programme shall be called "**Master of Art in Yoga**" (**MA Yoga**)

#### **II. Aim of the Programme**

The aim of the programme is to produce "**Yoga teacher as a paramedical professional**"

#### **III. Objectives of the programme**

- a. Prevention:** To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders. Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.
- b. Treatment:** To create professional yoga teacher/instructor of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
- c.** To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them 'be and make' i. e., ensure they practice what they teach.
- d.** Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

#### **IV. Duration**

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

#### **V. Eligibility**

The candidate should have completed Bachelor Degree in any subject from any UGC recognized university.

#### **VI. Scheme of Teaching and Examination**

**Maharishi University of Management & Technology, Bilaspur  
MA in Yoga**

**1st Year**

**First Semester**

- Paper- I Foundation of Yoga
- Paper- II Hatha Yoga
- Paper- III Shrimadbhagvad Geeta & Samkhyakarika
- Paper- IV Human Biology- I
- Paper- V Yoga Practicum
- Paper- VI Human Biology Practicum-I

**Second Semester**

- Paper- I Patanjali Yoga Darshan
- Paper- II Indian Philosophy & Culture
- Paper- III Yoga Psychology
- Paper- IV Human Biology-II
- Paper- V Yoga Practicum
- Paper- VI Human Biology Practicum-II

**2nd Year**

**Third Semester**

- Paper- I Methods of Teaching Yoga and Value Education
- Paper- II Introduction to Ayurveda
- Paper- III Research & Statistical Methods
- Paper- IV Naturopathy
- Paper- V Yoga Practicum
- Paper- VI Naturopathy Practicum

**Forth Semester**

- Paper- I Hygiene, Diet & Nutrition
- Paper- II Yoga Therapy
- Paper- III Complementary & Alternative Therapy
- Paper- IV Dissertation / Field Training
- Paper- V Yoga Practicum
- Paper- VI Complementary & Alternative Therapy Practicum

**M. A. (Yoga)**  
**First Semester**  
**Paper-I**

**Foundation of Yoga**

Total Marks (Internal & Final Exam): 100 (70+30)

**Objectives:** The teaching-learning of this paper will enable learner to

- i. Give an introduction of yoga and its important streams,
- ii. Give a brief introduction of Indian Philosophy; and
- iii. Give a brief history and the basis different yoga.

**Unit - 1: General Introduction to Yoga and Indian Philosophy**

Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee and Purushartha Chatushtaya.

**Unit - 2: Foundations of Yoga and Yoga Traditions- I**

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medival Literature, Bhakti Yoga of Medival Saints.

**Unit - 3: Foundations of Yoga and Yoga Traditions - II**

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana.

**Unit - 4: Foundations of Yoga and Yoga Traditions - III**

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangikamarga or Noble-eight-fold-path (Bouddha-Yoga)

**Unit - 5:** Concept and Implications of Important Yogic Streams: Jyan Yoga, Bhakti Yoga, Karma Yoa, Ashtang Yoga, Kriya Yoga, Hatha Yoga, Tantra Yoga and Mantra yoga.

**TEXT BOOK**

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012

2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

### **BOOKS FOR REFERENCE**

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanne M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass,Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi,1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
14. योग दर्शन — स्वामी रामदेव
15. योग सूत्र — वाचस्पतिमिश्र
16. योग सूत्र राजमार्त्ण्ड — भोजराज
17. पातंजल योग प्रदीप — ओमानन्द तीर्थ
18. पातंजल योग विमर्श — विजयपाल शास्त्री
19. ध्यान योग प्रकाश — लक्ष्मणानन्द
20. योग दर्शन — राजाराम शास्त्री (2002)
21. पातंजल योग दर्शन — स्वामी सत्यपति परिव्राजक (2002)

**M. A. (Yoga)  
First Semester  
Paper-II  
Hatha Yoga**

Total Marks (Internal & Final Exam): 100 (70+30)

**Objectives:** The teaching-learning of this paper will enable learner to

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

**Unit-1: Hatha Yoga Its Philosophy and Practices**

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogi's of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

**Unit-2: Hatha Yoga Practices: Shodhana-Kriyas and Asanas**

Shodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranda Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions and importance.

**Unit-3: Hatha Yogic Practices: Pranayama, Bandhas and Mudras**

Pranayama – Mechanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

**Unit-4: Hathayoga Practices: Pratyahara, Nadanusandhana & Svarodaya Jnana**

Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of 7 Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya.

**Unit-5: Introduction to Hathayogic Texts & their Implications**

Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts: their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Breif introduction to Hatha Rathnavali. Applications of Hatha Yogic Practices as

elementary practices of Raj Yoga and Holistic Health Promotion, Disease Prevention, Rejuvenation, Healing and Age Reversal.

## TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical Publishing House, Adyar Chennai 2005).

2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger

## BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
10. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)
11. हठ प्रदीपिका — स्वामी कुवल्यानन्द, कैवल्यधाम, लोनावला
12. गोरख संहिता — स्वामी दिग्म्बर जी, एमएल घरौटे (1997) कैवल्यधाम
13. गोरक्ष संहिता — डॉ चमनलाल गौतम (1985)
14. भक्ति सागर — स्वामी चरणदास
15. उपनिषद संग्रह — मोतीलाल बनारसीदास
16. बहिरंग योग — स्वामी योगेश्वरानन्द
17. योगासन विज्ञान — स्वामी धीरेन्द्र ब्रह्मचारी

**Paper-III**

Shrimadbhagvad Geeta & Samkhyakarika

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.

**Unit- I**

भागवद गीता—सामान्य परिचय। गीता के अनुसार आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता, कर्म सिद्धांत, सृष्टि चक्र की परम्परा, लोक संग्रह।

**Unit- II**

कर्मयोगी की परम्परा, यज्ञ का स्वरूप, ज्ञान की अग्नि, सांख्य योग एवं कर्मयोग की एकता। सन्यास का स्वरूप, मोक्ष में सन्यास की उपादेयता, कर्मयोगी के लक्षण, ब्रह्मज्ञान का उपाय, अभ्यास और वैराग्य, प्रकृति एवं माया।

**Unit- III**

ईश्वर की विभूतियां, विराट स्वरूप, भक्ति योग, त्रिगुण विवेचन, दैवासुर सम्पदा विभाग, त्रिविध श्रद्धा।

**Unit- IV**

सांख्य दर्शन परिचय। सांख्यकारिकानुसार दुख का स्वरूप, पच्चीस तत्वों का परिचय, प्रमाण विवेचन, सत्कार्यवाद, अनुपलब्धि के कारण, व्यक्त अव्यक्त विवेचन।

**Unit- V**

सांख्यकारिका के अनुसार गुणों का स्वरूप, पुरुष विवेचन, बुद्धि के लक्षण एवं धर्म, अहंकार से सर्ग प्रवृत्ति, त्रयोदश करण, सूक्ष्म शरीर, मुक्ति विवेचन।

**संदर्भ ग्रंथ—**

1. सांख्यतत्वकौमुदि	—	वाचस्पति मिश्र
2. सांख्यप्रवचन भाष्य	—	विज्ञानभिक्ष
3. सांख्यकारिका	—	ईश्वरकृष्ण
4. श्रीमदभगवतगीता	—	महर्षि वेदव्यास
5. श्रीमदभगवतगीता	—	आचार्य शंकर
6. श्रीमदभगवतगीता	—	लोकमान्य तिलक
7. श्रीमदभगवतगीता	—	सत्यव्रत सिद्धान्तालंकार

**M. A. (Yoga)  
Paper-IV  
First Semester**

**Human Biology- I**

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.

**Unit – 1** The cells & tissues of the human body, types, structure & functions of the cells; types, structure & functions of tissues (epithelial, connective, muscle, & nervous),

Meaning of anatomical terms (median plane, directional terms & regional terms).

**Unit – 2** Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross

Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

**Unit – 3** Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction , Yogic effect on Muscular System.

**Unit – 4** Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

**Unit- 5** Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC& Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillaries): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

## REFERENCES

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan BookSTM

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Gupta, A.P. (2011). *Human anatomy and physiology*. Agra, India: Sumit Prakashan.

Guyton, A.C. & Hall, J.E. (2006). *Text book of medical physiology* (11<sup>th</sup> ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). *Yoga Anatomy*. Champaign: Human Kinetics

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</sup> ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell..

Pandya, K.K. (1998). *Human anatomy*. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra

Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.

Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-I* (14<sup>th</sup> ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-II* (14<sup>th</sup> ed.). Hoboken, NJ: Wiley.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11<sup>th</sup> ed.). London: Elsevier.

Khalsha, S., Cohen, L., Call, T. & Telles, S. (2016). The principle and practice of yoga in health care.....

**M. A. (Yoga)**  
**First Semester**  
**Paper-V**  
**Yoga Practicum**  
**Total Marks (Internal & Final Exam): 100 (70+30)**

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
- 2) To demonstrate and instruct under mentioned yogic practices.

**षटकर्मः**

जलनेति, रबरनेति, वमन, धौति / कुंजर क्रिया, वातकर्म, कपालभाति । 15 अंक

**आसनः**

30 अंक

सूक्ष्म व्यायाम (पवनमुक्तासन भाग-1), 12 आसन (मण्डूक आसान, शशकासन, गोमुखासन, वक्रासन, मकरासन, भुजंगासन, शलभासन, कर्मटासन, पवनमुक्तासन, अर्द्धहलासन, पादवृत्तासन, द्वि चक्रीआसन, व शवासन)

सिद्धासन	कटिचक्रासन	अर्द्धहलासन	पदमासन
वज्रासन	स्वस्तिकासन	वीरासन	उदराकर्षण
भद्रासन	जानुशिरासन	अर्द्धमत्स्येद्रासन	गोमुखासन
उष्ट्रासन	उत्तानपादासन	नौकासन	सर्वांगासन
हलासन	मत्स्यासन	सुप्तवज्रासन	चक्रासन
ताडासन	तिर्यक ताडासन	एकपाद प्रणामासन	वृक्षासन
गरुडासन	हस्तोतानासन	पादस्तासन	त्रिकोणासन
अर्धधनुरासन	मार्जारिआसन	अर्द्धशलभासन	भुजंगासन
मकरासन	शवासन	स्मकोणासन	बकासन
सर्पासन	हनुमानासन	सुखासन	अर्द्धपदमासन
एकपाद हलासन	सेतुबंधासन	कर्मटासन	शशांकासन
विपरीत नौकासन	द्विकोणासन	पाश्वर्तानासन	सिंहासन
मण्डूकासन			

**प्राणायामः**

10 अंक

डायाफामिक ब्रीदिंग, प्राणायामः कपालभांति, भस्त्रिका, बाह्य, उज्जायी, अनुलोम-विलोम, नाडीशोधन, भ्रामरी एवं उदगीथ ।

**मुद्रा एवं बंधः** ज्ञान मुद्रा, चिन मुद्रा, विपरीत करणी, योगमुद्रा, जालंधरबंध, उडडीयानबंध, मूलबंध । 10 अंक

**मौखिकीः**

10 अंक

Maharishi University of Management & Technology, Bilaspur

**M. A. (Yoga)**  
**First Semester**  
**Paper-VI**  
**Human Biology Practicum-I**  
Total Marks (Internal & Final Exam): 100 (70+30)

**The objectives behind teaching Anatomy and Physiology is to**

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Unit-1: Demonstration of Osteology & Myology [15 Hrs.]

Unit-2: Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems [15Hrs.]

Unit-3: Demonstration of Bones, and Joints [15 Hrs.]

Unit-4: Demonstration of Human Skeleton [15 Hrs.]

**M.A. (Yoga)**  
**Second Semester**  
**Patanjal Yoga Darshan**  
Total Marks (Internal & Final Exam): 100 (70+30)

**Objectives:**

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras
- iii. To discuss Patanjali Yoga Sutra in terms of Psychology

**Unit-1: Philosophy & Practices of Patanjali Yoga Sutra and Modern Psychology**

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasa's *Bhashya* and other traditional commentators; Importance of *Yoga Sūtra* in comparison to other Yogic literature; Concept of *Citta*, *Citta-bhūmis*, *Citta-vrittis*, *Citta-vritti nirodhopaya* (*Abhyasa* and *Vairagya*); *Citta-Vikshepas* (*Antarayas*), *Citta-prasadanam* and its' associates; Metaphysics of *Saikhya* & its' relationship with *Yoga Darshana* of Patanjali; Philosophical Foundations & Practices of Patanjali's *Yogas*, its' importance & relevance and *Yoga Samanvaya*; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc.

**Unit-2: Samadhi Pada and Sadhana Pada**

*Kriya-yoga*, Theory of *Kleshas*, Nature of *Dṛṣṭi* & *Drṣṭi* and means of elimination of *Kleshas*/ *Vivekakhyati*; Types and nature of *Samadhi* in *Yoga Sūtra*, *Rtambharaprajna* and *Adhyatmaprasada*; *Samprajnata*, *Asamprajnata*, *Sabija* & *Nirbija Samadhi*, Difference between *Samapattis* and *Samadhi*; Concept of *Ishvara* and qualities of *Ishvara*.

**Unit-3 : Concept of Vibhuti And Kaivalya**

*Ashtanga Yoga*: *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana*, and *Samadhi*; *Samyama* & three *Parinama* of *Samyama*. The concept and description of *Ashtha Siddhis*; Nature of *Kaivalya*, *Kaivalya* in relation to *Triguna* and *Dharmamegha Samadhi*; *Ashtanga Yoga* & *Kriya Yoga* in *Yoga Sutras* and their importance & relevance in modern age.

**Unit-4 : Parinamas and The Personality Transformation**

The critical analysis of the three *parinamas*; The *parinamas* as the tool for transformation; The *parinamas* and the higher states of consciousness; The discussion of *parinams* in the light of psychology.

**Unit-5: Asta-Siddhis, Para-Normal Phenomenon And Spiritual Transformation**

A critical discussion on *Asta-siddhis*; A study of para-normal phenomenon; A comparative study of *siddhis* and para-normal experiences; Spiritual psychosis and spiritual transformation.

## **TEXT BOOKS:**

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

## **REFERENCE BOOKS:**

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanabhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005.
6. योग दर्शन — स्वामी रामदेव
7. योग सूत्र — वाचस्पतिमिश्र
8. योग सूत्र राजमार्तण्ड — भोजराज
9. पातंजल योग प्रदीप — ओमानन्द तीर्थ
10. पातंजल योग विमर्श — विजयपाल शास्त्री
11. ध्यान योग प्रकाश — लक्ष्मणानन्द
12. योग दर्शन — राजाराम शास्त्री
13. पातंजल योग दर्शन — स्वामी सत्यपति परिव्राजक

**M. A. (Yoga)  
Second Semester  
Paper-II**

**Indian Philosophy & Culture**

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- Appreciate the insight in the six systems of Indian philosophy.
- Explain the understanding of Yoga as a philosophy and inculcate the essence.
- Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.
- Discuss concept, objectives, and applications of Indian Culture for living & learning.

**Unit-1: Nyaya and Vaisesika**

Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

**Unit-2: Samkhya and Yoga**

Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakriti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

**Unit-3: Mimamsa (Purva and Uttara)**

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

**Unit-4: Naastika philosophy**

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and 16 Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

**Unit- 5**

Culture: Origin, Meaning, Definition and Types; General Introduction to Indian Religious Scriptures- Veda, Upanishad, Manusmriti, Mahabharat, Ramayan, Bhagvat Gita; Salient Features of Indian Culture: Vedic Ashram Vyavastha, Varna Vyavastha, Law of action, Sisteen Rituals and Pancha Mahayajna.

## TEXT BOOKS

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsi Dass Publications 2003.
2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.

## REFERENCE BOOKS

- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
- S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsi Dass Publications, 1992
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

1. वैदिक साहित्य एवं संस्कृति	— डॉ. कपिल देव द्विवेदी
2. भारतीय दर्शन	— आचार्य बलदेव उपाध्याय
3. सत्यार्थ प्रकाश	— स्वामी दयानन्द सरस्वती
4. ऋग्वेदादिभाष्यभूमिका	— स्वामी दयानन्द सरस्वती
5. धर्म का आदि स्त्रोत	— गंगा प्रसाद उपाध्याय
6. औपनिषदिक अध्यायत्म विज्ञान	— डॉ. ईश्वर भारद्वाज

**Maharishi University of Management & Technology, Bilaspur**  
**M. A. (Yoga)**  
**Second Semester**  
**Paper-III**  
**Yoga Psychology**

Total Marks (Internal & Final Exam): 100 (70+30)

**Unit-1: HUMAN PSYCHE**

Concept of Psyche as per Samkhya, Vedanta and Tantra; The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors. Yogic etiology for somatic, mental, social and spiritual disharmony. Definition; Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

**Unit-2: YOGA INSIGHTS ON PSYCHOLOGY**

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyä) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Yogic concept of emotions; Cause of emotions in the mind according to YogaTexts, Physiology of emotions; Mobilizing, transforming and celebrating the emotions.

**Unit-3 : PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS**

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

**Unit- 4: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE**

Concept (Meaning, definition, types, and process) of Sensation, Perception, Attention, Memory, Learning, Feeling etc and their neurobiology and quantifications; Concept of Human Intelligences – mental Intelligence, emotional intelligence, social intelligence and spiritual intelligence and their neurobiological connection and quantifications; yogic practices for improving/enhancing the intelligences.

**Unit- 5: YOGIC COUNSELLING AND PERSONALITY DEVELOPMENT**

Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes.

## **TEXT BOOKS**

1. Abhedenanda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsi das, Delhi, 1978)

## **REFERENCE BOOKS**

1. Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
3. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)
- Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010
4. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
5. Nagendra, H. R.: New Perspectives in Stress Management. Bangalore: V4ekanada Kendra.
6. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005
7. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
8. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006
9. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
10. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
11. Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.
12. Daniel Goleman & Joel Gurin : Mind body medicine
13. Deepak Chopra: Healing the heart
14. Dharam Singh Khalsa: Meditation as medicine
15. Deepak Chopra : Quantum healing
16. Estelle Frankel : Sacred therapy
17. Aggie Casey & Herbert Benson: Mind your heart
18. Barbara B. Brown: New body, new mind
19. Sri Ramakrishna Math: Healthy mind, healthy body
20. Antonio Damasio: The feeling of what happens
21. Daniel Goleman: Social intelligence Emotional intelligence
22. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback
23. David Frawley : Ayurveda and the mind
24. John E. Sarno The divided mind: the epidemic of mind body disorders

**Maharishi University of Management & Technology, Bilaspur**  
**M. A.(Yoga)**  
**Second Semester**  
**Paper-IV**  
**Human Biology-II**

Total Marks (Internal Test cum Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) Discuss gross anatomy and physiology of human- digestive, urinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- 2) Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of human body in evidence based way.

### **Unit I Digestive System**

Anatomy-Gross and Histological, Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on digestive system.

### **Unit II Urinary System**

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerules , Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on urinary system.

### **Unit III Nervous System**

Gross anatomy of NS; Structure, types and properties of neurons and nerves; Action potential generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) – Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on NS.

### **UNIT IV**

**Glandular System:** Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.

### **Unit V**

**Special Senses:** Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose- Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

## REFERENCES

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan BookSTM

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Gupta, A.P. (2011). *Human anatomy and physiology*. Agra, India: Sumit Prakashan.

Guyton, A.C. & Hall, J.E. (2006). *Text book of medical physiology* (11<sup>th</sup> ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). *Yoga Anatomy*. Champaign: Human Kinetics

Kumar, V. (2004). *Manav Sarir Samrachna aur sarir kriya vijyan*. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</sup> ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell..

Pandya, K.K. (1998). *Human anatomy*. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra

Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.

Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-I* (14<sup>th</sup> ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-II* (14<sup>th</sup> ed.). Hoboken, NJ: Wiley.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11<sup>th</sup> ed.). London: Elsevier.

**M. A. (Yoga)**  
**Second Semester**  
**Paper-V**  
**Yoga Practicum**

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
- 2) To demonstrate and instruct under mentioned yogic practices.

**षटकर्मः**

सूत्रनेति, अग्निसार, शीत्क्रम व व्युत्क्रम कपालभाति तथा प्रथम वर्ष के पेपर 5 में वर्णित सभी क्रियाएं। 20 अंक

**आसनः**

**30 अंक**

उत्कटासन	पश्चिमोत्तान	चक्रासन	वृषभासन
नटराजासन	कुकुकुटासन	कुर्मासन	वक्रासन
हस्तपादांगुष्ठ	उत्थित पदमासन	पादांगुष्ठ	पर्वत
आकर्णधनुरासन	भूनमनासन	बद्धपदमासन	कोणासन
अष्टावक्र	वातायनासन	तुलासन	व्याघ्रासन
गुप्तदम	गर्भासन	तिर्यक भुजंगासन	सर्पासन
अर्द्धचन्द्रासन	परिवृत्त जानुशीर्षासन	संकट आसन	

**प्राणायामः**

**10 अंक**

सूर्यभेदी, चंद्रभेदी, उज्जायी, बाह्यवृत्ति, आभ्यन्तर वृत्ति तथा प्रथम वर्ष के पेपर 5 में वर्णित सभी अभ्यास।

**मुद्रा एवं बंधः**

शाम्भवी, तडागी, काकी मुद्रा एवं महाबंध, हस्तमुद्रा, प्राण व अपान मुद्रा तथा प्रथम वर्ष के पेपर 5 में वर्णित सभी मुद्रा व बंध। 10 अंक

**मंत्र एवं ध्यानः** भावातीत ध्यान 10 अंक

**मौखिकीः** 5 अंक

**Maharishi University of Management & Technology, Bilaspur**  
**M. A. (Yoga)**  
**Second Semester**  
**Paper-VI**

**Human Biology Practicum-II**

Total Marks (Internal & Final Exam): 100 (70+30)

The objectives behind teaching Anatomy and Physiology is to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Unit-1: Demonstration of organs and viscera digestive and urinary system [15 Hrs.]

Unit-2: Demonstration of nerve cell, nerve/tract, brain and spinal cord [15Hrs.]

Unit-3: Demonstration of gross sites, structures of endocrine glands [15 Hrs.]

Unit-4: Demonstration of gross structures of human ear, eye and nose [15 Hrs.]

**Methods of Teaching Yoga and Value Education**

Total Marks (Internal & Final Exam): 100 (70+30)

**Objectives:**

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

**Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.

**Unit 2: BASICS OF YOGA CLASS MANAGEMENT**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

**Unit 3: LESSON PLANNING IN YOGA**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

**Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

**Unit 5: YOGA AND VALUE EDUCATION**

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Valueeducation and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values.

## **TEXT BOOKS**

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.

## **BOOKS FOR REFERENCE**

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988.
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003.

**M. A. (Yoga)**  
**Third Semester**  
**Paper-II**  
**Introduction to Ayurveda**

Total Marks (Internal Test cum Final Exam): 100 (70+30)

**Unit- I**

आयुर्वेदः उदगम, अर्थ परिभाषा, प्रयोजन, इतिहास एवं रोग निदान एवं परीक्षण के प्रमुख सिद्धान्त ।

**Unit- II**

दोषः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम, धातुः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणामः, उपधातुः अर्थ, परिभाषा, प्रकार कार्य एवं विकृति के परिणामः मलः अर्थ, परिभाषा, प्रकार, कार्य एवं अर्थ, परिभाषा, प्रकार एवं कार्य, प्राणः अर्थ परिभाषा, प्रकार स्थान एवं कार्य । प्रकृतिः अर्थ, परिभाषा, विशेषताएँ एवं इसके विकास, देह प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान, मनस प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान ।

**Unit- III**

प्रमुख जड़ी-बूटियों का सामान्य परिचय, गुणधर्म, स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग आक, अजवाइन, आवंला, अपमार्ग, अश्वगंधा, तुलसी, गिलोय, ब्राम्ही, धनिया, अदरक, इलाचमी, हरड, नीम, हल्दी व गवारपाठा ।

**Unit- IV**

पंचकर्म ( पूवकर्म, प्रधानकर्म और पश्चात कर्म) अर्थ, परिभाषा, प्रकार, प्रयोजन, लाभ हानि, सावधानियाँ एवं स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग ।

**Unit- V**

प्रधान कर्म की विस्तृत विवेचना एवं विभिन्न व्याधियों में (गठिया, अर्थराइटिस, मोटापा, मधुमेह, कमरदर्द, कोलाइटिस, आईबीएस, सीएडी, यूबीआईटीस, यकृत, अनिद्रा, अवसाद, चिंता एवं तनाव आदि)

**संदर्भ ग्रंथः**

आयुर्वेद सिद्धान्त रहस्य	—आचार्य बालकृष्ण
आयुर्वेद जड़ी बूटी रहस्य	—आचार्य बालकृष्ण
आयुर्वेदीय शरीर क्रिया विज्ञान	—शिव कुमार गौड़
स्वरस्थवृत्त	— डॉ. रामहर्ष सिंह
Basic Principles of Ayurveda-	K. Lakshmi pati

**Paper-III**  
**Research & Statistical Methods**

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

- 1) State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, t-test, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- 2) Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

## **UNIT 1**

### **Scientific Research**

Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga

### **Research Problem**

Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem

### **Hypothesis**

Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing

### **Sampling**

Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection

## **UNIT 2**

### **Variable**

Concept, Types (Independent, Dependent, Extraneous, Intervening and Moderating) and Practice for identification of variables in different research problems

### **Research Design**

Concept, Characteristics of Good research Design, Types: Non-experimental (Retrospective, Cross-sectional and Causal comparative), Quasi-experimental and

### **True Experimental Design**

Concept, Types (Randomized control group design, and Factorial Design), Merits and Demerits

### **Methods of Controlling Extraneous Variance**

Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

## **UNIT 3**

### **Statistics**

Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).

### **Measures of Central Tendency**

(Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.

### **Measure of Dispersion**

Concept and computation of Range, Quartiles and Standard Deviation.

## **UNIT 4**

### **Normal Distribution**

Concept, Proportions, and Applications of Normal Distribution

### **Simple Correlation**

Concept and computation of correlation coefficient by product moment method, coefficient of Determination.

### **Simple Regression**

Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

## **UNIT 5**

### **Hypothesis Testing**

Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference. T-test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).

### **ANOVA (Analysis of Variance)**

Concept and Computation of one way ANOVA in unrelated design and related designs

### **Chi-Square Test**

Concept and Computation in different cases.

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Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education* (3<sup>rd</sup> ed.). New York: John Willey.

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Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot.

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Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.

Gupta, S. P. (2004). *Statistical Methods* (33<sup>rd</sup> ed.). New Delhi, India: Sultan Chand & Sons.

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Lloyd, D. F. & Gerald, V. B. (1993) : *Biostatistics: A Methodology for the Health Science*. John Wiley &sons. Inc.

Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I

**Unit- I**

प्राकृतिक चिकित्सा: संक्षिप्त इतिहास, अर्थ परिभाषा, प्रयोजन, मूल सिद्धांत, विजातीय विष का सिद्धांत, तीव्र व जीर्ण रोग कारण, लक्षण, निदान एवं प्राकृतिक समाधान, जीवनी शक्ति बढ़ाने का उपाय।

**Unit- II**

जल चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, जल का महत्व, जल के गुण, विभिन्न तापक्रम के जल का शरीर पर प्रभाव, जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी, छाती, पेट, गले व हाथ पैर की पट्टियां, स्पंज एनिमा) की विधियाँ लाभ, सावधानियाँ, स्वास्थ्य संवर्द्धन एवं विभिन्न आदि व्याधि निवारण के लिए प्रयोग एवं हानियाँ।

**Unit- III**

मिट्टी, सूर्य व वायु चिकित्सा : मिट्टी का महत्व, प्रकार, गुण, शरीर पर मिट्टी का प्रभाव। मिट्टी पट्टियां का प्रकारों एवं मृतिका स्नान के चिकित्कीय प्रयोग। सूर्य प्रकाश की संरचना, महत्व, शरीर पर सात अलग अलग रंग के क्रिया प्रक्रिया एवं चिकित्सकीय उपयोग। सूर्य स्नान विधि, समय, अवधि, लाभ, सावधानियाँ एवं चिकित्सकीय उपयोग। वायु: आरोग्यकारी प्रभाव, वायु स्नान एवं इसके स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

**Unit- IV**

उपवास: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, प्रकार ( दीर्घ, लघु, पूर्ण अर्ध जल उपवास, रसोपवास, अहाकरोपवास, ) शारीरिक क्रिया प्रतिक्रिया, आरोग्य हेतु उपवास, रोग का उभार व उपवास के नियम, आदर्श आहार, प्राकृतिक आहार, रोग निवारण में उपयुक्त आहार एवं इसके घटक (कार्बोहाइड्रेट, प्रोटीन विटामिन, वसा, फाईबर)

**Unit- V**

मालिश: इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिंद्धात, प्रकार (वैज्ञानिक एवं आयुर्वेदिक), मालिश को विभिन्न विधियाँ— सामान्य घर्षण, थपकी, मसलना, दलना, कंपन्न, बेलना, सहलाना, झकझोना, ताल, मुककी, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव, स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

कमर दर्द, इपीलेप्सी, अनिद्रा, अल्सर, मोटापा, अर्थराइटिस, सोरायसिस, दमा, निमोनिया, हाइपर/हाइपोटेंशन, हाइपन/हापोथाईराइडिज्म, प्रतिश्याय, नपुसंकता, मधुमेह, अवसाद, चिंता, मासिक धर्म, संबंधी समस्याएं, माईग्रेन की प्राकृतिक चिकित्सा विधि।

## संदर्भ ग्रंथः

चिकित्सा उपचार के विविध आयाम	— पं. श्रीराम शर्मा आचार्य संपूर्ण वाग्मय, खंड-40
जीवेम शरदः शतम	— पं. श्रीराम शर्मा आचार्य संपूर्ण वाग्मय, खंड-41
स्वस्थवृत्ति विज्ञान	— प्रो. रामहर्ष सिंह
स्वस्थवृत्ति	— शिव कुमार गौड़
आहार और स्वास्थ्य	— डॉ. हीरालाल
रोगों की सरल चिकित्सा	— विट्ठल दास मोदी
आयुर्वेदीय प्राकृतिक चिकित्सा	— राकेश जिन्दल
Diet and Nutrition	- Dr. Rudolf
History and Philosophy of Naturopathy	- Dr. SJ Singh
Nature Cure	- Dr HK Bakhru
The Practice of Nature Cure	- Dr. Henry Lindhar
प्राकृतिक चिकित्सा एवं योग	— डॉ. नागेन्द्र नीरज

**Paper-V**  
**Yoga Practicum**

Total Marks (Internal & Final Exam): 100 (70+30)

**षटकर्मः**

दंड, धाति, नौलि, त्राटक, वस्त्र धौति तथा प्रथम, द्वितीय सेमेस्टर के सभी अभ्यास 20 अंक

**आसनः**

**30 अंक**

पदम सर्वागासन	मयूरासन	शीर्षासन
एकपाद स्कंधआसन	तोलांगुलासन	वातायनासन
टिटिटभासन	गर्भासन	शीर्ष पादांगुप्ठासन
गुप्तासन	विभक्त पश्चिमोत्तानासन	
पदमबकासन	एकपाद राजकपोतासन	
पूर्ण उष्ट्रासन	तथा प्रथम, द्वितीय सेमेस्टर के आसनों सहित ।	

**प्राणायामः**

**10 अंक**

भ्रामरी, भस्त्रिका, स्तम्भवृत्ति तथा पूर्व सेमेस्टरों के सभी अभ्यास ।

**मुद्रा एवं बंधः**

खेचरी मुद्रा, महावेद्य मुद्रा, महामुद्रा, महाबंध तथा पूर्व सेमेस्टरों के सभी अभ्यास 10 अंक

**मौखिकीः**

**5 अंक**

**Paper-VI**  
**Naturopathy Practicum**

Total Marks (Internal & Final Exam): 100 (70+30)

The Practical copy will be prepared under guidance of Teacher Faculty concerned.

**काफी निर्माण शैली**

**10 अंक**

जल चिकित्सा की स्वरूप ( जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी, छाती, पेट, गले व हाथ पैर की पट्टियां, स्पंज एनिमा) की विधियाँ, लाभ सावधानियाँ, स्वारश्य संवर्द्धन एवं विभिन्न आदि व्याधि निवारण के लिए प्रयोग एवं हानियाँ।

**मालिश की विभिन्न विधियाँ—** सामान्य घर्षण, थपकी, मसलना, दलना, कंपन्न, बोलना सहलाना, झकझोरना, ताल, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव। **10 अंक**

कमरदर्द, इपीलेप्सी, अनिद्रा, मोटापा, अर्थराईटिस, सोराइसिस, दमा, निमोनिया, हाइपर/हाइपोटेंशन प्रतिशाय, नपूंसकता, मधुमेह, अवसाद, चिंता, ओवसेसि, मासिक धर्म, संबंधी समस्याएं, धूम्रपान एवं मदयपान, माइग्रेन की प्राकृतिक चिकित्सा विधि। **10 अंक**

**मौखिकी:**

**25 अंक**

**M. A. (Yoga)**  
**Fourth Semester**  
**Paper-I**

**Hygiene, Diet & Nutrition**

Total Marks (Internal & Final Exam): 100 (70+30)

**Objectives:** Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition
- Advise appropriate diet to different age groups
- Benefits and caloric value of various food groups
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

**Unit – 1: Basic concepts and components of food and nutrition**

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

**Unit-2: Food groups**

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.

**Unit-3: Food and metabolism**

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure.

**Unit – IV: Yogic concept of diet & nutrition**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in Yog

Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha.

## **Unit-V**

Swasthavritta: Meaning, Definition, Aims and Aspects; Wellness: Meaning, Definition, Indicators and dimensions; Dinacharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications; Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha); Seasonwise Does and Don'ts ; Application of Dinacharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal.

### **TEXT BOOK**

- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

### **BOOKS FOR REFERENCE**

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
- Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.

**M. A. (Yoga)**  
**Fourth Semester**  
**Paper-II**  
**Yoga Therapy**

Total Marks (Internal Test cum Final Exam): 100 (70+30)

**Objectives:**

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease For each condition the following aspects will be covered:
  - Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

**Unit-1 Yoga Etiology, Diagnosis and Therapy**

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psychosomatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexuses and endocrine glands. Concept of health and wellness in terms of WHO, Ayurveda and Yoga. Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of yoga therapist.

**Unit-2: Musculo-Skeletal Disorders**

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

**Unit- 3: Gastro Intestinal and Excretory Disorders**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorroids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies ; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

## **Unit- 4: Yogic Management of Cardio-Pulmonary Disorders**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions - Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.

## **Unit-5: Neurological and Psychiatric Disorders**

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

## **TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

## **REFERENCE BOOKS**

1. Sh4anand Saraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakasana, Bangalore, 2000
8. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadham, Lonavala, Revised Edition
9. Swami Shankardevananda Saraswati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002
10. Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007
11. चरक संहिता — महर्षि चरक
12. सुश्रुत संहिता — महर्षि सुश्रुत
13. आयुर्वेद सिंद्वात रहस्य — आचार्य बालकृष्ण
14. स्वस्थ वृत्त विज्ञान — रामहर्ष सिंह

**Complementary & Alternative Therapy (CAT)**

Total Marks (Internal & Final Exam): 100 (70+30)

Aims of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept, prevalence, objectives, types, applications and limitations of CAT &
- 2) Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

**UNIT 1**

**CAT:** History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era – Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

**UNIT 2**

**Manipulative-Body Based Therapy (MBT):** Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. **Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

**UNIT 3**

**Energy Medicine:** History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); **Bio-plasmic body/Aura:** structure, types and size; **Energy Centers (EC):** Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.

**UNIT 4**

**Acupressure & Pranic Therapeutics:** Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

## UNIT 5

### Biologically Based Products (Dietary Supplements & Herbal Remedies)

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; **Rejuvenating & De-stressing Herbs:** Basil, Allovera, Awala, Giloya, Tea, Mint, Peppermint, Ashwagandha, Satabari, Kaunch Beej, Brahmi, Sankhupuspi, Jatamasi, Mithi Buch and; their usages.

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Sui, M. C. K. (2005). *Advanced pranic healing*. Bangalore, India: World India Pranic Healing Foundation-India.

Sui, M. C. K. (2005). *Pranic Psychotherapy* (2<sup>nd</sup> ed.). Bangalore, India: World India Pranic Healing Foundation-India.

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# **Maharishi University of Management & Technology, Bilaspur**

**M. A. (Yoga)**

**Fourth Semester**

**Paper-IV**

## **Dissertation/Field Training**

**Total Marks: 100**

An aptitude test will be conducted to select eligible candidates at the end of MA 3<sup>rd</sup> Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (scoring marks below 60%) in the aforesaid test needs to go for **Field Training** as detailed under:

### **Objectives of Field Training:**

Following the completion of this field training, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailment confidently.
- Gain more practical knowledge about the disease specific yoga techniques.

Total Number of Hrs:	Theory	Tutorial	Field Work
120			
Credits	0	0	4

### **Scheme of Examination**

#### **Total Marks: 100**

Theory: 100		Practical	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

### **Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

**Note:** Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

**Examination:** Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

**Maharishi University of Management & Technology, Bilaspur**  
**M. A. (Yoga)**  
**Fourth Semester**  
**Paper-V**  
**Yoga Practicum**

Total Marks (Internal & Final Exam): 100 (70+30)

**षटकर्मः**

दंड, धौति, नौलि, त्राटक, वस्त्र धाति ।

10 अंक

**आसनः**

35 अंक

द्विपाद स्कन्धासन  
पक्षी आसन  
पूर्ण वृश्चिकासन  
कर्णपीडासन  
पूर्ण चक्रासन  
ओमकार आसन  
पूर्व सेमेस्टरों के सभी अभ्यासों सहित ।

पूर्ण भुजंगासन  
वृश्चिक आसन  
तकिया आसन  
पूर्णधनुरासन  
पूर्ण सलभासन  
पूर्ण नटराजासन

पूर्ण मत्स्येन्द्रासन  
पदम मयूरासन  
पदम शीर्षासन  
गोरक्षासन  
एकपाद बकासन

**प्राणायामः**

उदगीथ एवं मूर्च्छा ।

10 अंक

**मुद्रा एवं बंधः**

पूर्व के सभी अभ्यास

5 अंक

**ध्यान एवं मौखिकीः** विज्ञानमय एवं आनन्दमय कोष

15 अंक

**Maharishi University of Management & Technology, Bilaspur**  
**M. A. (Yoga)**  
**Fourth Semester**  
**Paper-VI**

**Complementary & Alternative Therapy Practicum**  
(वैकल्पिक एवं पूरक चिकित्सा क्रियात्मक)

Total Marks (Internal & Final Exam): 100 (70+30)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-

1) Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

वैकल्पिक एवं पूरक चिकित्सा क्रियात्मकः

एक्यूप्रेशर	—	15 अंक
प्राणिक हीलिंग	—	15 अंक
Paper-III Complementary & Alternative Therapy (CAT) में वर्णित स्वास्थ्य	—	30 अंक
उपचार विधियाँ		
Dietary Supplements & Herbal Remedies	-	30 अंक

Note: Micro contents and format of Practical an aforesaid content will be worked out in consultation with concerned Professor.