



**Pt. Ravishankar Shukla University,
Raipur (C.G.), India 492010**

CURRICULUM & SYLLABUS
(Based on CBCS & LOCF)

M.A. in Yoga
(Semester System)

Semester: I-IV

Session: 2025-27

Approved by	: Board of Studies
Board of Studies	: Physical Education
Date	: 23/07/2025
Name of Chairman	: Prof. C.D. Agashe
Name of Member's	: Prof. Reeta Venugopal
	: Prof. Rajeev Choudhary
	: Dr. Ashish Diwan

M.A. in Yoga

The Master of Arts (M.A.) in Yoga is a postgraduate program designed to provide a deep and comprehensive understanding of the philosophy, science, and practical application of Yoga. This program aims to integrate ancient yogic wisdom with modern scientific perspectives, enabling students to gain mastery over various dimensions of Yoga—such as Asanas, Pranayama, Meditation, Yogic Philosophy, and Therapeutic Yoga. The syllabus is thoughtfully structured to cover both theoretical and practical aspects of Yoga. It includes subjects like Patanjali Yoga Sutras, Hatha Yoga texts, Human Anatomy and Physiology, Research Methodology, and Yoga Therapy. Alongside academic learning, emphasis is also placed on personal practice, teaching methodology, and the use of Yoga in promoting physical and mental well-being. This course prepares students for a wide range of career opportunities as Yoga instructors, therapists, researchers, and wellness consultants. It also encourages a holistic lifestyle and promotes the values of discipline, inner peace, and self-realization.

Program Outcomes:

Upon successful completion of the M.A.in Yoga program, students will be able to:

PO-1	Critical Thinking and Reasoning: Demonstrate deep understanding of classical yogic texts, philosophy, and contemporary interpretations to analyse and critique concepts and practices. Apply logical reasoning to evaluate the scientific basis of yogic practices and their relevance in modern contexts.
PO-2	Problem Solving: Develop personalized yoga programs for physical, mental, and emotional well-being across diverse populations. Address real-life wellness challenges through integrative yogic approaches.
PO-3	Advanced Analytical and Computational Skills: Analyze quantitative and qualitative data related to yoga therapy, clinical trials, or psychological studies using appropriate software and methodologies. Interpret research findings to improve and innovate in the field of yoga education and therapy.
PO-4	Effective Communication: Communicate yoga concepts clearly to diverse audiences through written, oral, and digital mediums. Demonstrate the ability to teach yoga practices effectively with clarity, empathy, and ethical responsibility.
PO-5	Social/Interdisciplinary Interaction: Engage with professionals from allied disciplines such as medicine, psychology, and education to develop holistic health models. Promote community health and well-being through collaborative yoga outreach programs.

PO-6	Self-Directed and Lifelong Learning: Cultivate a habit of continuous self-reflection and ongoing professional development in yogic studies and related disciplines. Use feedback and self-assessment to enhance personal practice and teaching methods.
PO-7	Effective Citizenship: Contribute to societal well-being by promoting preventive health care, stress management, and mental health through yoga. Advocate for inclusive and accessible yoga education in underserved communities.
PO-8	Ethics: Uphold ethical principles in yoga instruction, research, and therapy, respecting individual differences and cultural diversity. Follow professional guidelines for privacy, consent, and safety in yoga practice.
PO-9	Further Education and Employment: Prepare for advanced research such as M.Phil., Ph.D. or professional certifications in yoga therapy, education, or wellness. Qualify for roles such as yoga instructor, therapist, consultant, or wellness coach in institutions and health organizations.
PO-10	Global Perspective: Understand and contribute to the global dialogue on yoga as a holistic science of life. Apply yoga practices and philosophies to address universal issues such as stress, lifestyle diseases, and mental health.

PROGRAMME SPECIFIC OUTCOMES (PSOs): At the end of the program, the student will be able to:

PSO-1	Demonstrate deep understanding of yogic philosophy and classical texts, and their relevance in modern contexts.
PSO-2	Apply yogic principles to promote holistic health, stress reduction, and lifestyle changes across populations and disciplines.
PSO-3	Conduct research integrating traditional and modern yoga with evidence-based approaches in therapy, education, and public health.
PSO-4	Use yogic techniques accurately, incorporating tools like biofeedback and technology in clinical and wellness settings.
PSO-5	Qualify for and contribute to national and international opportunities (e.g., UGC-NET, AYUSH, certifications), advancing careers in Yoga.

Master of Arts in Yoga

SPECIFICATION OF COURSE

Specification of Course	Semester	No. of Courses	Credits
Core	I-IV	18	90
Elective	III-IV	04	10
Total		20	100

ADDITIONAL COURSES

Additional Courses (Qualifying in nature, for Student admitted in School of Studies only)			
Course	Semester	No. of Courses	Credits
Generic Elective	II-III	02	04
Indian Knowledge System (IKS)	I	01	02
Skill Enhancement (Value Added Courses)	III	01	02
Internship	II	01	02

M.A. in Yoga

PROGRAMME STRUCTURE

Semester	Course Nature	Course Code	Course Title	Course Type (T/P)	Hrs/Week	Credits	Marks		
							CIA	ESE	Total
Semester-I	Core	M.A. Yoga-101	Fundamentals of Yoga	T	5	5	30	70	100
	Core	M.A. Yoga-102	Anatomical and Physiological Aspects of Yoga – I	T	5	5	30	70	100
	Core	M.A. Yoga-103	Patanjali Yoga Sutra	T	5	5	30	70	100
	Core	M.A. Yoga-104	Research Methodology in Yoga	T	5	5	30	70	100
	Core	M.A. Yoga-105	Basic Asan, Pranayama and Shuddhi Kriya-I	p	10	5	30	70	100
Semester-II	Core	M.A. Yoga-201	Fundamentals of Hatha Yoga	T	5	5	30	70	100

	Core	M.A. Yoga-202	Anatomical and Physiological Aspects of Yoga – II	T	5	5	30	70	100
	Core	M.A. Yoga-203	Health Aspects of Yoga	T	5	5	30	70	100
	Core	M.A. Yoga-204	Applied Statistics in Yoga	T	5	5	30	70	100
	Core	M.A. Yoga-205	Asana, Pranayama, Shuddhi Kriya -II	p	10	5	30	70	100
Semester-III	Core	M.A. Yoga-301	Fundamentals of Naturopathy	T	5	5	30	70	100
	Core	M.A. Yoga-302	Basic Yoga Texts Principal Upanishads & Bhagwat Geeta	T	5	5	30	70	100
	Elective (Select any one)	M.A. Yoga-303	Applications of Yoga	T	5	5	30	50	100
		M.A. Yoga-304	Yog Upanishads	T	5	5	30	50	100
	Core	M.A. Yoga-305	Applied Psychology in Yoga	T	5	5	30	70	100
	Core	M.A. Yoga-306	Asana, Pranayama, Shuddhi Kriya- III	P	10	5	30	70	100
Semester-IV	Core	M.A. Yoga-401	Yoga Therapy	T	5	5	30	70	100
	Core	M.A. Yoga-402	Food & Nutrition	T	5	5	30	70	100
	Core	M.A. Yoga-403	Kinesiological Aspect of yoga	T	5	5	30	70	100
	Elective (Select any one)	M.A. Yoga-404	Teaching Methods of Yoga	T	5	5	30	50	100
		M.A. Yoga-405	Shad Darshan	T	5	5	30	50	100
	Core	M.A. Yoga-406	Asana, Pranayama, Teaching Practices and Lesson Plan	P	10	5	30	70	100

Note:

- In place of Elective Course Student can choose paper(s) from MOOC Courses (Swayam Portal) subject to the following conditions:
 - The chosen paper will be other than the papers offered in the current course structure.
 - The paper will be PG level with a minimum of 12 weeks' duration.
 - The list of courses on SWAYAM keeps changing, the departmental committee will finalize the list of MOOC courses for each semester.
 - The paper(s) may be chosen from Swayam Portal on the recommendation of Head of the Department.
- The candidates who have joined the PG Programme in School of Studies (University Teaching Department), shall undergo Generic Elective Courses (only qualifying in nature) offered by other departments/SoS in Semester II and Semester III.
- The candidates who have joined the PG Programme in School of Studies (University Teaching Department), shall undergo Course in Indian Knowledge System and Skill Enhancement Course/Value Added Course (only qualifying in nature) in Semester I and Semester III respectively.

Generic Elective Courses**(Offered to PG students of other Departments/SoS only)**

Semester	Course Code	Course Title	Course Type (T/P)	Hrs/Week	Credits	Marks		
						CIA	ESE	Total
II	M.A. Yoga-206	Yoga Parichay-I	T	2	2	30	70	100
III	M.A. Yoga-307	Yoga Parichay -II	T	2	2	30	70	100

ADDITIONAL COURSES**(Offered to the PG students of Master of Arts in Yoga)**

Semester	Course Code	Course Title	Course Type (T/P)	Hrs/Week	Credits	Marks		
						CIA	ESE	Total
I	M.A. Yoga-106	Indian Knowledge System	P	4	2	30	70	100
II	M.A. Yoga-207	Internship	T/P	§	2	30	70	100
III	M.A. Yoga-308	Fundamentals of Life Science	T	4	2	30	70	100

§ Total 60 Hrs after examination of 2nd Semester.

Programme Articulation Matrix:

Following matrix depicts the correlation between all the courses of the programme and Programme Outcome

Programme Articulation Matrix

Course Code	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
M.A. Yoga-101	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-102	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-103	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-104	√	√	√	√	x	√	x	√	√	√	√	x	√	x	√
M.A. Yoga-105	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-201	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-202	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-203	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-204	√	x	√	√	√	√	x	x	√	√	x	x	√	x	√
M.A. Yoga-205	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-301	√	√	√	√	√	√	√	√	x	√	√	√	√	√	√
M.A. Yoga-302	√	√	x	√	x	√	√	√	x	√	√	√	√	x	√
M.A. Yoga-303	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-304	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-305	√	√	x	√	√	√	√	√	√	√	√	√	√	x	√
M.A. Yoga-306	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-401	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-402	√	√	x	√	√	√	√	√	√	√	x	√	x	x	√
M.A. Yoga-403	√	√	√	√	√	√	x	√	√	√	x	√	√	√	√
M.A. Yoga-404:	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-405	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
M.A. Yoga-406	√	√	x	√	√	√	√	√	√	√	√	√	√	√	√
No. of courses mapping the PO/PSO	22	21	13	22	20	22	19	21	20	22	19	20	21	17	22

M. A. YOGA – 1st SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-101	Fundamentals of Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Understand the concept of yoga in ancient and modern time, its application in modern society.	U
2	Able to gain knowledge about various schools of yoga like Hatha Yog, Bhakti Yog etc.	U
3	Able to gain knowledge about various schools of yoga like Laya Yog, Karma Yog, Buddhist Yog Traditions. Jain Yog Traditions.	U
4	Able to gain information about various famous yogis such Meharishi Patanjali, Guru Ghorak Nath, Swami Vivekanand etc. and their contribution in development of yoga.	U
5	Able to gain information to students about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate C-Create).

CO-PO/PSO Mapping for the course:

PO CO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	1	3	3	3	3	3	3	3	3	2	2	2	2
CO2	3	1	1	3	3	3	3	3	2	2	3	3	3	2	2
CO3	3	-	-	3	3	2	3	3	2	2	3	2	2	2	3
CO4	3	1	-	3	2	3	3	2	2	3	-	-	-	2	3
CO5	2	-	-	3	1	1	2	1	-	1	-	3	3	3	-

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-I Paper -1

Course Title & Code	Fundamentals of Yoga (M.A. Yoga-101)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION AND EVOLUTION OF YOGA</u> 1. Meaning & Definitions of Yoga according to various schools of thoughts. 2. Historical Background and Development of Yoga. 3. Importance of Yoga in different fields in modern era. 4. Applications and Misconceptions about Yoga in Modern Society.	15	1
II	<u>SCHOOLS OF YOGA I</u> 1. Hatha Yoga – Aims and Objectives of Hatha Yoga 2. Bhakti Yoga – Types of Bhaktis, Navdha bhakti 3. Meaning and Steps of Gyan Yog. 4. Meaning and Types of Mantras Yog.	15	2
III	<u>SCHOOLS OF YOGA II</u> 1. Meaning and Types of Laya Yog 2. Meaning and Types of Karma Yog 3. Buddhist Yog Traditions. 4. Jain Yog Traditions.	15	3
IV	<u>FAMOUS YOGIES</u> 1. Biography of Maharishi Patanjali and his contribution in yoga 2. Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga 3. Biography of Swami Vivekananda and his contribution in yoga 4. Biography of Maharishi Aurbindo and his contribution in yoga	18	4
V	<u>INTRODUCTION OF YOGA INSTITUTES IN INDIA</u> 1. Dev Sanskriti Haridwar and its contribution in yoga 2. Gurukul Kangri University, Haridwar and its contribution in yoga 3. Kaivalyadham Lonavla, Pune and its contribution in yoga 4. Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga.	17	5

References Books: -

1. Sharma, J. P. D. (2007). *Manav jivan & yog*. Friends Publication.
2. Parmanik, T. N. D. (2017). *Yogkla*. Sports Publication.
3. Bhargav, G. M. D. (2019). *Yoga education*. Sports Publication.
4. Pritam, A. (2007). *Yoga prichya and parampara*. Khel Sahitya Kendra.
5. Yogender, D. (2010). *Yoga shiksha*. Khel Sahitya Kendra.
6. Shukla, A. D. (2007). *Yoga sadhana*. Khel Sahitya Kendra.

M. A. YOGA – 1ST SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-102	Anatomical and Physiological Aspects of Yoga - I		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand about basic contents of Human Antinomy & Physiology, Bon framework and its effects of yogic practices on Physiology of skeletal system.	U
2	Understand about basic contents of Bon framework and its effects of yogic practices on Physiology of skeletal system.	U
3	Gain information and understanding about muscle property its mechanism on contraction and effects of yogic practices on it.	U
4	Understand digestive track, digestion and absorption of food and effects of yogic practices on digestive system.	U
5	Understand respiratory system and functions and its effects of yogic practices.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	3	3	3	3	3	3	3	-	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
CO3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
CO4	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
CO5	3	3	3	3	3	3	3	3	3	3	-	3	2	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-I Paper -2

Course Title & Code	Anatomical and Physiological Aspects of Yoga – I (M.A. Yoga-102)		
Unit No.	Topics	No. of Lectures	C/O No.
I	<u>GENERAL HUMAN ANATOMY AND PHYSIOLOGY</u> 1. Meaning & Importance of Anatomy 2. Meaning & Importance of Physiology. 3. Structure of Cell, Function of Cell and Tissue. 4. Introduction to Major Human Body Systems (Overview).	15	1
II	<u>SKELETAL SYSTEM</u> 1. Skeletal System – Names and Structure of All Bones and Joints of Human Body. 2. Types of Joints and Their Functions. 3. Effect of Yogic Practices on Skeletal System.	15	2
III	<u>MUSCULAR SYSTEM</u> 1. Types and structure of muscle. Properties of Muscle. 2. Elementary knowledge of muscle contraction and muscle tone 3. Mechanism of Muscles Fatigue 4. Effect of Yogic Practices on Muscular System.	15	3
IV	<u>DIGESTIVE SYSTEM</u> 1. Structure of digestive tract and organs of digestive tract 2. Role of each digestive organ in digestion of food. 3. Physiology of food digestion and absorption. 4. Effect of Yogic Practices on Digestive System.	18	4
V	<u>RESPIRATORY SYSTEM</u> 1. Structure and functions of respiratory organs. 2. Physiology of external and internal respiration. 3. Elementary knowledge of various respiratory volumes & capacities. 4. Effect of yogic practices on respiratory system.	17	5

References Books: -

1. Amrit Kumar, R., & Moses. (1995). *Introduction to exercise physiology*. Poompugar Pathipagam.
2. Beotra, A. (2000). *Drug education handbook on drug abuse in sport*. Sports Authority of India.
3. Costill, D. L. (2004). *Physiology of sport and exercise*. Human Kinetics.
4. Guyton, A. C. (1976). *Textbook of medical physiology*. W. B. Saunders Co.
5. Bowers, R. W. (1989). *Sport physiology*. WMC Brown Publishers.
6. Tiwaji, S. (1999). *Exercise physiology*. Sports Publishers.
7. Shaver, L. (1981). *Essentials of exercise physiology*. Subject Publications.
8. Murche, V. T. (2007). *Elementary physiology*. Sports Publication.

M. A. YOGA – 1ST SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-103	Patanjali Yoga Sutra		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Gain information about Patanjali Yoga Sutra, and its relevance in modern age.	U
2	Understand concept of chitvritti and chitta Boomi and concept of sabeej & Nirbeej samadhi	U
3	Gain information about Panchklesha, Bahirang Sadhna, and Samyama	U
4	Understand about Ashtang Yoga (Antrang Sadhana), various siddhies	U
5	Understand about karmas and Kaivalya.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3
CO3	3	3	3	2	3	3	3	3	3	3	3	2	3	3	3
CO4	3	3	2	2	3	3	3	3	3	3	3	2	3	3	3
CO5	3	3	-	3	3	3	3	3	3	3	1	-	3	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-1 Paper-3

Course Title & Code	Patanjali Yoga Sutra (M.A. Yoga -103)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF PATANJALI YOGA SUTRAS</u> 1. Historical Background of Patanjali Yoga Sutra. 2. Importance of Patanjali Yoga Sutras in Modern Age. 3. Patanjali Yoga as a Science. 4. Physical Mental and Social Excellence in Yoga Sutra.	15	1
II	<u>SAMADHI PADA</u> 1. Meaning and Definition of Yoga Concept of Chitta. Chit Vritti and Chitta Bhumi 2. Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati. 3. Chitta Vikshep and Chitt Prasadhan. 4. Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.	15	2
III	<u>SADHAN PADA</u> 1. Explanation of Kriya Yoga 2. Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha 3. Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar	18	3
IV	<u>VIBHUTI PADA</u> 1. Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi 2. Samyama, Yoga Vibhootis 3. Ashtsiddhis 4. Purpose and limitations of acquiring Siddhis in Yoga.	15	4
V	<u>KAIVALYA PADA</u> 1. Types of Sidhis. 2. Concept of Dharmamegh Samadhi 3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta 4. Concept of Kaivalya	17	5

References Books:

1. Karbelkar. N. V. (1993). *Patanjal yogasutra bhashya* (Marathi ed.). Hanuman Vyayam Prasarak Mandal.
2. Kuvalayananda, S., & Vinekar, S. L. (1963). *Yogic therapy: Basic principles and methods*. Central Health Education Bureau, Government of India.
3. Saraswati, S. S. (1984). *Kundalini and tantra*. Yoga Publications Trust.
4. Sivananda, S. (1971). *The science of pranayama*. Divine Life Society.
5. Thirumalai Kumar, S., & Indira, S. (2011). *Yoga in your life*. The Parkar Publication.

M. A. YOGA – 1ST SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-104	Research Methodology in Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the basic concept of research and its need and characteristics in Yoga. Know about type of research, research problem its selection and formulation with delimitation.	An
2	Understand the concept of sampling, methods of sampling and hypothesis testing.	An
3	Know about review of related literature, its type's sources & writing and variables.	An
4	Know about Variables and Research Proposal.	Ap
5	To make students understand the concept of ethical issues in Yoga and various tools of research.	An

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create)

CO-PO/PSO Mapping for the course:

PO CO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	-	2	-	2	3	3	3	-	3	-	3
CO2	1	-	3	-	-	1	-	-	3	2	3	-	3	-	3
CO3	1	-	3	-	-	3	-	-	3	2	3	-	3	-	3
CO4	1	-	3	-	-	-	-	-	3	2	3	-	3	-	3
CO5	2	-	3	-	-	-	-	3	3	2	3	-	3	-	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-1 Paper -4

Course Title & Code	Research Methodology in Yoga (M.A. Yoga-104)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION</u> 1. Meaning, Definition and scope of Research. 2. Types of Research: Case Study, Survey, Historical, Experimental, Philosophical. 3. Research Problem: Meaning of Research Problem, location of research problem, Criteria for Selection of Research Problem. 4. Delimitation and limitations of research problem	15	1
II	<u>CONCEPT OF SAMPLING AND HYPOTHESIS</u> 1. Meaning and Definition of Sample and Population. 2. Types of sampling methods: Probability Sampling Methods and Non –Probability Sampling Methods. 3. Meaning and definition of Hypothesis, Importance Hypothesis in research, 4. Types of Hypotheses, Type 1 and Type 2 errors in Hypothesis testing.	15	2
III	<u>REVIEW OF RELATED LITERATURE</u> 1. Meaning and need for survey of related literature. 2 Literature Sources – Primary and Secondary sources. 3. Bibliometrics and Database	15	3
IV	1. Variables: Meaning and Definition of Variables, 2. types of variables: Dependent, Independent and Confounding. 3. Research Proposal: Meaning and Significance of Research Proposal 4. Format of a synopsis	18	4
V	<u>RESEARCH REPORT</u> 1. Research Report: Details of Chaptalization of Thesis/ Dissertation, 2. Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals. 3. Ethical Issues in Research: Areas of Dishonesty in research. 4. Reference writing	17	5

References Books: -

- Best, J. W. (1971). *Research in education*. Prentice Hall.
- Clarke, D. H., & Clarke, H. H. (1984). *Research processes in physical education*. Prentice Hall Inc.
- Williams, C., & Wragg, C. (2006). *Data analysis and research for sport and exercise science*. Routledge Press.
- Thomas, J. R., & Nelson, J. K. (2000). *Research methods in physical activities*. Human Kinetics.
- Kamlesh, M. L. (1999). *Research methodology in physical education and sports*. New Delhi: Surjeet Publications. (Assumed publisher, can be updated if you provide the correct one.)
- Moses, A. K. (1995). *Thesis writing format*. Poompugar Pathippagam.

M. A. YOGA – 1ST SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-105	Basic asana, Basic Pranayama and Shuddhi Kriya-I		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	-	1	10
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Students will Gain information about Surya Namaskara with Mantras, Chakras, Breath.	Ap
2	Different types of Asanas such as meditative asanas and relaxative asanas.	Ap
3.	Understand Different types of Asanas such as prone lying asanas and supine ying asanas.	Ap
4	Understand Different types of Asanas such as standing asanas and siting asanas.	Ap
5	Students will be able to present their subject matter related to yoga with more confident and impressive manner with greater impact.	Ap

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO CO	Pos										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	3	3	3	3	3	3	3	3	3	3	2	3
CO2	3	3	-	3	3	3	3	3	3	3	3	3	3	2	3
CO3	3	3	-	3	3	3	3	3	3	3	3	3	3	3	3
CO4	3	3	-	3	3	3	3	3	3	3	3	2	3	2	3
CO5	3	2	-	3	3	3	3	2	3	3	3	3	3	3	3

"3" – Strong; "2" – Moderate; "1"- Low; "-" No Correlation

Semester-1 Paper -5

Detailed Syllabus

Course Title & Code	Basic asana, Basic Pranayama and Shuddhi Kriya (M.A. Yoga-105)		
Unit No.	Topics	No. of Lectures	C O No.
I	Prayer, Sankalpmantra Surya Namaskara-12 Rounds Pawanmuktasana Series-I,II,III Sukshama Vyayama	15	1
II	MEDITATIVE ASANAS: Padmasan, Siddhasan, Vajarasana RELAXATIVE ASANAS: Shavasan, Makarasan	15	2
III	SUPINE LYING ASANAS: Naukasan, Setubandhasan, Pavanmuktasan, Vipareetkaraniasan, Ardhalasana, Simplematsyasana PRONE LYING ASANAS: Bhujangasan, Ardhalabhasan, Niralambasan	15	3
IV	SITTING ASANAS: Janushirasana, Vakrasana, Mandukasan, Yog Mudra Shashankasan Ardhaushtasana, Uttan Mandukasan, Parvatasana STANDING ASANAS: Tadasana, Natarajasan, Garudasan, Katichakrasana	18	4
V	Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the exam model will be compulsory for all the students.	17	5

References Books: -

1. Saraswati, S. S. (1989). *Asana pranayama mudra bandha*. Bihar School of Yoga.
2. Brahmachari, D. (1975). *Yogic suksma vyayama* (Hardcover ed.). Ind-US.

M. A. YOGA – 2nd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-201	Fundamentals of Hatha Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Gain information about basic concept of Hath yoga, Asanas and Shatkarmas their types, techniques, precautions and benefits.	U
2	Understand about Kumbhaka, Bandhas, Chakras, Nadis & Samadhies their types, techniques, precautions and benefits.	An
3	Understand about Gheranda Samhita and its various components.	U
4	Understand about Shatkarmas, Asanas and Mudras based on Gheranda Samhita	U
5	Understand about Pratyahara, Pranayamas, Dyan, Smadhi its types, techniques, precautions and benefits.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	Pos										Pos				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	1	2	2	2	2	3	3	3	3	3	3
CO2	3	3	1	3	3	3	3	3	3	3	3	3	1	3	3
CO3	3	3	3	3	3	3	3	2	3	3	3	3	2	2	3
CO4	3	2	2	2	1	2	3	3	2	3	3	2	1	3	3
CO5	3	3	1	3	3	3	3	3	3	3	3	3	1	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation"

Course Title & Code	Fundamentals of Hatha Yoga (M.A. Yoga-201)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF HATHAPRADIPIKA</u> 1. Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice 2. Concept of Mitahara, Pathya and Apathya 3. Introduction of Asanas, Mudra, Bandh & Concept of Nadis 4. Asana and Shatkarmas – Meaning, Definitions, Principles. Types, Technique, Precautions and Benefits.	15	1
II	<u>KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA</u> 1. Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits 2. Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits 3. Chakras, Kundalini and Nadis 4. Nadanusandhana and Various types of Samadhis.	15	2
III	<u>INTRODUCTION OF GHERANDA SAMHITA</u> 1. Introduction and History of Gheranda Samhita. 2. Concept of Ghatasth Yog 3. Saptasadhana:-Shatkarma, Asanas, Pranyama, Pratyahara, Mudra, Dhyana, Smadhi	18	3
IV	<u>Shatkarmas, Asanas and Mudras (Based on Gheranda Samhita)</u> 1. Shatkarmas – Meaning, Types: Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati. 2. Shatkarmas – Techniques, Precautions and Benefits. 3. Asanas and Mudras – Meaning, Definition, Types, Techniques, Precautions and Benefits (as per Gheranda Samhita).	15	4
V	<u>PRATYAHARA AND PRANAYAMAS</u> 1. Pratyahara – Meaning, Types, Technique, Precautions and Benefits 2. Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits. 3. Dhayana – Meaning, Types, Technique, Precautions and Benefits. 4. Samadhi – Meaning, Types, Technique, Precautions and Benefits.	17	5

References Books: -

1. "Feuerstein, G. (1975). *Textbook of yoga*. Motilal Banarsidass Publishers.
2. Gore, M. M. (1990). *Anatomy and physiology of yogic practices*. Kanchan Prakashan.

3. Karbelkar, N. V. (1993). *Patanjal yogasutra bhashya* (Marathi ed.). Hanuman Vyayam Prasarak Mandal.
4. Kuvalayananda, S., & Vinekar, S. L. (1963). *Yogic therapy: Basic principles and methods*. Central Health Education Bureau, Government of India.
5. Moorthy, A. M., & Alagesan, S. (2004). *Yoga therapy*. Teachers Publication House.
6. Sivananda, S. (1971). *The science of pranayama*. Divine Life Society.
7. Thirumalai Kumar, S., & Indira, S. (2011). *Yoga in your life*. The Parkar Publication.

M. A. YOGA – 2nd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-202	Anatomical And Physiological Aspects of Yoga-II		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the anatomy and Physiology of heart, and effects of yogic practices on structure and functioning of heart.	U
2	Gain knowledge about Nervous, System, functioning and effects of yogic practices on nose, ears & eyes.	An
3	Understand the anatomy and physiology of Kidneys & skin as organs of excretion	U
4	Gain information about endocrine glands their location, secretion and their Functions.	An
5	Functions of Enzymes in human body with effect of yogic practices on hormones secretion.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	Pos										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO5	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-2 Paper -2

Course Title & Code	Anatomical And Physiological Aspects of Yoga-II (M.A. Yoga-202)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>Cardio-Vascular System:</u> 1. Structure & Functions of Heart. 2. Blood and its composition, functions of blood. 3. Types of Blood circulations: Systemic and Pulmonary 4. Effect of Yogic Practice on Cardio-Vascular System.	15	1
II	<u>Nervous System:</u> 1. Introduction of Nervous System Organs. 2. Types of Nervous Systems: Central, Peripheral & Autonomic nervous system. 3. Effect of Yogic Practice on Nervous System. 4. Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes	15	2
III	<u>Excretory System</u> 1. Organs of excretory system. 2. Structure of Kidney and Skin 3. Structure of nephron and physiology of the formation of urine. 4. Effect of Yogic Practices on Kidney and Skin	18	3
IV	<u>Endocrine System-I</u> 1. Meaning of Endocrine glands. 2. Name and location of endocrine glands. 3. Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal glands. 4. functions of Hormones in the body.	17	4
V	<u>Endocrine System – II</u> 1. Meaning of Hormone and enzyme and their differentiation. 2. Functions of enzyme in the body. 3. Effect of yogic practices on Endocrine glands and their secretions. 4. Overall Impact of Yogic Practices on Human Body Systems.	15	5

References Books: -

1. Amrit Kumar, R., & Moses. (1995). *Introduction to exercise physiology*. Poompugar Pathipagam.
2. Beotra, A. (2000). *Drug education handbook on drug abuse in sport*. Sports Authority of India.
3. Clarke, D. H. (1975). *Exercise physiology*. Prentice Hall Inc.
4. Costill, D. L. (2004). *Physiology of sport and exercise*. Human Kinetics.
5. Fox, E. L., & Mathews, D. K. (1981). *The physiological basis of physical education and athletics*. Sanders College Publishing.

M. A. YOGA – 2nd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-203	Health Aspects of Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
1	At the end of the course, the students will be able to: Gain knowledge of health its components and concept of health and diseases in ayurveda.	U
2	Gain information about role of yoga and its practices in health care. Understand various yogic practices and their role in enhancing health.	U
3	Mental health while preventing mental disorders.	An
4	Understand concept of various diets such as yogic diet, Balanced Diet. moderation of diet.	U
5	Understand concept of vegetarian and non-vegetarian diet.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO	Pos										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	2	2	2	2	3	-	2	2	3	-	2	2	2	2
CO2	3	3	2	2	2	3	3	2	3	3	2	3	3	3	3
CO3	3	1	3	2	2	2	2	2	3	3	2	2	2	2	2
CO4	3	2	2	2	2	2	2	1	2	3	2	2	2	2	2
CO5	3	2	1	1	-	1	-	-	-	1	2	-	-	1	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-2 Paper -3

Course Title & Code	Health Aspects of Yoga (M.A. Yoga-203)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF HEALTH & YOGA</u> 1. Meaning, Definition according to WHO. 2. Importance of Health. 3. Dimensions of Health Physical, Mental, Social and Spiritual. 4. Concept of Health & Diseases in Indian Systems of Ayurveda.	15	1
II	<u>ROLE OF YOGA IN HEALTH CARE</u> 1. Role of Yoga in Preventing Health Care. 2. Asana & Health, Pranayam & Health. 3. Shatkarmas & Health, Mudra/Bandh & Health. 4. Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing.	15	2
III	<u>YOGA & MENTAL HEALTH</u> 1. Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva, Anavasthitatva, Dukha and Daurmanasy. 2. Meaning of Mental Health and Positive Mental Health. 3. Healing through Yoga: Mental Disorders, Depressive Disorders, Anxiety Disorders and Serious Mental Disorders.	18	3
IV	<u>YOGA & DIET-I</u> 1. Diet: Before and after yogic practices. 2. Concept and contents of Balance Diet. 3. Concept and contents of Yogic Diet. 4. Importance of Moderation in Diet.	15	4
V	<u>YOGA & DIET – PART II</u> 1. Concept of Vegetarian Diet. 2. Useful Effects of Vegetarian Diet. 3. Harmful Effects of Non-Vegetarian Diet. 4. Integrated Role of Yoga and Diet in Maintaining Holistic Health.	17	5

References Books:

1. Gore, C. S. (2011). *Yoga & health*. Sports Publication.
2. Srivastava, A. K. (2010). *Health and yoga*. Sports Publication.
3. Singh, B., & Malik, S. (2018). *Health education and environmental studies*. Sports Publication.
4. Verma, K. K. *Swasthya shiksha*. Parkash Brothers.
5. Kumar, A. (2008). *Pranayama & health*. Khel Sahitya Kendra.

M. A. YOGA – 2nd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-204	Applied Statistics in Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Understand the basic concept of statistics, data, methods of organizing data, explain & illustrate the concepts & application of measures of central tendency & its computation and merits & demerits of mean, median, mode.	Ap
2	Explain variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.	An
3	Understand the meaning, computation & significance of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correction.	U
4	Identify and illustrate the significance of graphical representation of data.	Ap
5	Understand the hypothesis testing through various graphical representation techniques.	Ap

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	-	3	2	2	1	-	-	3	2	-	-	3	-	3
CO2	3	-	3	1	2	1	-	-	3	2	-	-	3	-	3
CO3	3	-	3	2	2	1	-	-	3	2	-	-	3	-	3
CO4	3	-	3	1	2	1	-	-	3	2	-	-	3	-	3
CO5	3	-	3	3	2	2	-	-	3	2	-	-	3	-	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-2 Paper -4

Course Title & Code	Applied Statistics in Yoga (M.A. Yoga-204)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION TO STATISTICS AND MEASURES OF CENTRAL TENDENCY</u> 1. Meaning of Statistics. Need and importance of statistics in Yoga 2. Limitations of statistics 3. Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode. 4. Merits and limitations of Mean, Median and Mode	15	1
II	<u>INTRODUCTION OF VARIABILITY</u> 1. Meaning of measures of variability: Range, Quartile Deviation, Mean Deviation and Standard Deviation. 2. Computation of Range, Quartile Deviation, Mean Deviation and Standard Deviation. 3. Meaning of term Percentile and Quartiles. 4. Computation of Percentile and Quartiles	15	2
III	<u>INTRODUCTION TO NORMAL PROBABILITY CURVE AND CORRELATION</u> 1. Meaning of Normal Probability Curve and Properties of Normal Curve. 2. Skewness and kurtosis. 3. Computation of Correlation Coefficient with Product Movement and Rank Difference Method. 4. Normative scales	18	3
IV	<u>GRAPHICAL REPRESENTATION OF DATA AND TESTING OF HYPOTHESIS</u> 1. Graphical Representation of Data. 2. Construction of Various Graphs and Diagrams (Histogram, Bar Graph, Pie Chart, Frequency Polygon, etc.).	17	4
V	<u>HYPOTHESIS TESTING IN STATISTICS</u> 1. Application of t-Test and One-way ANOVA. 2. Application of Two-way ANOVA. 3. Application of Chi-square Test. 4. Practical Application of Statistical Techniques in Yoga Research.	15	5

References Books:

- Clarke, H. H. (1992). *The application of measurement in health and physical education*. Prentice Hall.
- Clarke, D. H., & Clarke, H. H. (1986). *Research process in health education, physical education, and recreation*. Prentice Hall.
- Shaw, D. (2007). *Fundamental statistics in physical education & sports sciences*. Sports Publication.

M. A. YOGA – 2nd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-205	Asana, Pranayama, Shuddhi Kriya-II		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	-	1	10
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

Demonstrations of Asana, Pranayam and Shudhi Kaiya. To provide practical knowledge about various yogic practices. The students will be provided Knowledge of some statistical techniques with Excel and SPSS to calculate mean, median, standard deviation, t-test, ANOVA, Co-relation & Graphical representation.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Students will Gain information about Surya Namaskara with Mantras, Chakras, Breath.	Ap
2	Students will Gain information about different types of Asanas such as meditative asanas, relaxative asanas, standing, sitting and prone lying asanas.	Ap
3	Students will Gain information about stretching practices and apply them in various condition to lead a healthy life	Ap
4	Students will Gain information about Mudras, Bandhas, Meditation and relaxation.	Ap
5	Students will be able to present their subject matter related to yoga with more confident and impressive manner with greater impact.	C

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO	POs										PSOs				
CO	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	3	3	3	3	3	3	3	3	3	3	2	3
CO2	3	3	-	3	3	3	3	3	3	3	3	3	3	2	3
CO3	3	3	-	3	3	3	3	3	3	3	3	3	3	3	3
CO4	3	3	-	3	3	3	3	3	3	3	3	2	3	2	3
CO5	3	3	-	3	3	3	3	3	3	3	3	3	3	2	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-2 Paper -5

Course Title & Code	Asana, Pranayama, Shuddhi Kriya -II-(M.A. Yoga-205)		
Unit No.	Topics	No. of Lectures	C O No.
I	PRAYER, SANKALP MANTRA SURYA NAMASKARA - 12 ROUNDS SUKSHAMA VYAYAMA MEDITATIVE ASANAS: Padmasan, Siddhasan, Vajarasana RELAXATIVE ASANAS: Shavasana, Makarasan.	15	1
II	SUPINE LYING ASANAS: Sarvangasan, Halasan, Chakrasan, Uttanpadanasan PRONE LYING ASANAS: Bhujangasan, Ardhsalabhasan, Niralambasan SITTING ASANAS: Paschimottanasan, Matsyandasan, Shashankasan, Ushtrasana, Suptavajarasana STANDING ASANAS: Tadasan, Vrikshasan, Konasan, Padhastasan	15	2
III	PRANAYAM: Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari Shatkarm: a) Neti: Two Types (Jal Neti and Rubber Neti) b) Dhauti: Two Types (Kunjal Kriya and Agnisar Kriya) c) Kapalabhati: Vaatkarma, Sheetkarma d) Tratak	18	3
IV	Meditation – Om Recitation Relaxation Techniques – Shavasana, Yog Nidra, BANDH: Jalandhar Bandh, Urdhva Bandh, Mool Bandh MUDRA: Gyan Mudra Pranayamic Mudra, Vipritkarni Mudra.	15	4
V	Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the exam model will be compulsory for all the students.	17	5

References Books: -

1. Saraswati, S. S. (1989). *Asana pranayama mudra bandha*. Bihar School of Yoga.
2. Brahmachari, D. (1975). *Yogic suksma vyayama* (Hardcover ed.). Ind-US.

M. A. YOGA – 3rd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-301	Fundamentals of Naturopathy		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To understand the basic principles of Naturopathy and healthy living routines. To learn the techniques, benefits, and applications of Hydrotherapy. To gain knowledge about Mud Therapy, its types, and practical uses. To understand the process, precautions, and health impacts of Fasting. To explore Naturopathic Dietetics, emphasizing vegetarian diets and natural healing.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Gain information about fundamental principles of Naturopathy, Various forms of Health and relationship between Allopathy and Naturopathy.	An
2	Understand about Hydro-therapy, its benefits as rehabilitative therapy	U
3	Gain information about Mud-therapy, its therapeutic use, soil and its uses in Naturopathy.	An
4	Understand fasting, starvation, hunger and appetite, diet according to Naturopathy and effects of fasting on Human Body.	U
5	Understand the concept and importance of diet according to naturopathy and its role in maintaining health and preventing diseases.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	2	2	-	3	2	3	2	-	3	-	2	1	3	2
CO2	3	1	2	1	2	2	3	2	-	2	-	-	1	2	2
CO3	3	1	2	1	2	2	3	2	-	2	-	-	1	2	2
CO4	3	2	2	2	2	2	3	2	-	2	-	-	2	2	2
CO5	3	3	3	2	3	2	3	2	-	3	1	2	1	3	2

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Course Title & Code	Fundamentals of Naturopathy (M.A. Yoga-301)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION TO NATUROPATHY</u> 1. Meaning & Definitions, Fundamental Principles of Naturopathy. 2. Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana. 3. Physical, Mental, Spiritual Health. 4. Naturopathy and Allopathy.	15	1
II	<u>HYDRO THERAPY</u> 1. Hydrotherapy: Meaning, Definition and its Benefits. 2. General Principles of Hydrotherapy. 3. Concept of Ushapan and its benefits. 4. Classification of Temperature, Effects of Different Water Temperature on the body.	15	2
III	<u>MUD THERAPY</u> 1. Mudtherapy: Meaning and its uses. 2. Classification of Mud for Therapeutic use and its effects. 3. Mud Bath, Different Bandages of Mud, their uses and application. 4. Soil: Meaning, Types, Characteristics and their uses in Naturopathy.	18	3
IV	<u>FASTING AND DIETETICS</u> 1. Fasting: Meaning and Classification. 2. Difference between Fasting and Starvation. 3. Diet According to Naturopathy and its types. 4. Fasting: Precautions before, during and after, Effect of fasting on human Body.	15	4
V	<u>DIETETICS IN NATUROPATHY</u> 1. Diet According to Naturopathy: Concepts and Types. 2. Importance of Natural Diet in Health Management. 3. Role of Diet in Disease Prevention and Health Promotion. 4. Integration of Fasting and Dietetics in Naturopathic Healing.	17	5

References Books:

1. Indani, A. (2013). *Mud therapy: Healing through one of the five elements* (Paperback ed.). B. Jain Publishers Pvt. Ltd.
2. Kellogg, J. H. (2004). *Rational hydrotherapy: A manual of the physiological and therapeutic effects of hydriatic procedures, and the technique of their application in the treatment of disease*. TEACH Services, Inc.
3. Singh, S. J. (1980). *History & philosophy of naturopathy*. Nature Cure Council of Medical Research.

M. A. YOGA – 3rd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-302	Basic Yoga Text Principles, Upanishads and Bhagwadgita		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To learn the philosophical messages, moral teachings, and consciousness models from Upanishads. To explore the introduction, history, and significance of the Bhagavad Gita in the modern era. To study the concept of Dharma and its explanation through selected Shlokas from the Bhagavad Gita. To understand the various paths of Yoga—Sankhya, Gyan, Karma, Bhakti—and the qualities of a true Yogi.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the concept of Yoga, Nature, Prana, Panchpranas, Tapasya and Guru bhakti and target of meditation.	U
2	Understand the concepts of Karmanishta, Vidya and Avidya, knowledge of Brahman, and the essence of Atma Bhava from Ishavasyopanishad.	An
3	Gain information about messages of Upanishads such as Indriya and Antahkarana, states of consciousness in relation to syllable in Omkara.	An
4	Gain information about Bhagwadgita and its relevance in modern time with Dharma Ka Swaroop.	U
5	Understand about, Sankha and Gyan yoga, Karma and bhakt yoga and characteristics of a Yogi in Bhagwadgita.	

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	2	-	3	2	2	-	3	3	2	2	-	3
CO2	3	2	-	2	-	3	2	2	-	3	3	2	2	-	3
CO3	3	2	-	2	-	3	3	2	-	3	3	2	2	-	3
CO4	3	3	-	3	-	3	3	3	-	3	3	3	3	-	3
CO5	3	3	-	3	-	3	3	3	-	3	3	3	3	-	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-3 Paper -2

Course Title & Code	Basic Yoga Text Principles, Upanishads and Bhagwadgita (M.A. Yoga-302)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF UPANISHADS</u> 1. Katha Upanishad: Definition of Yoga; Nature of soul; Importance of Self Realization. 2. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions. 3. Mundaka Upanikshad: Two approaches to Brahma Vidya-the Para and Apara.	15	1
II	<u>CORE TEACHINGS OF UPANISHADS</u> 1. Mundaka Upanishad (Continued): Greatness of Brahman, Worthlessness of Selfish Karma, Importance of Tapas and Gurubhakti, Brahman: The Origin of Creation and the Target of Meditation. 2. Ishavasyopanishad: Concept of Karmanishta, Concept of Vidya and Avidya, Knowledge of Brahman, Atma Bhava.	15	2
III	<u>MASSAGES OF UPANISHADS</u> 1. Kena Upanishad: indwelling Power; Indriya and antahkarana; Self and the Mind; 2. Kena Upanishad: Intuitive realization of the truth, Truth transcendental; Moral of Yaksha Upakhyana; 3. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.	15	3
IV	<u>BHAGWAT GITA</u> 1. Introduction to BhagwadGita. 2. History of BhagwadGita. 3. Purpose and Importance of Yoga in Modern Time. 4. Nature of Dharma (Dharma Ka Swaroop): 2.31, 2.33, 2.39, 2.40, 3.35, 4.30, 9.31, 18.47 and 18.66	18	4
V	<u>TYPES OF YOGA IN BHAGWADGITA</u> 1. Sankhya and Gyan Yoga (Chapter-2: Shloka 12-72) and (Chapter-13: Shloka 07-34). 2. Karma Yoga (Chapter-3: Shloka 09-35) and (Chapter-4: Shloka 17-42). 3. Bhakti Yoga (Chapter-12: Shloka 01-20). 4. Characteristics of a Yogi (Chapter-2: Shloka 55-72).	17	5

References Books: -

1. Bharatiya Vidya Bhavan. (1993). *Message of Upanishad*.
2. Prasad, R. (2003). *Know the Upanishads*. V & S Publication. ISBN 9381384754.
3. Gambhirananda, S. (1957). *Eight Upanishads with the commentary of Shankaracharya* (Vols. 1 & 2). Advaita Ashrama.

M. A. YOGA – 3rd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-303	Applications of Yoga		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks		CIA	ESE
100		30	70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	To provide the knowledge of concept of Yoga, Yoga education with Guru-shishya parampara.	U
2	To acquaint students with values and contribution of yoga in development of values in Education.	U
3	To provide knowledge about Astang yoga and personality development through yogic practices.	An
4	To acquaint the students with stress management through Astang yoga and Bhagwadgita.	U
5	To provide knowledge about Role of Pranayama and Meditation in Stress Management.	An

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	1	2	2	3	2	-	-	3	3	2	1	-	3
CO2	3	3	1	2	2	3	3	3	3	3	3	2	1	2	3
CO3	3	3	3	1	3	2	3	1	2	3	3	3	2	3	3
CO4	3	3	3	1	3	3	3	1	2	3	3	3	2	3	3
CO5	3	3	3	1	3	3	3	1	1	3	3	3	2	3	3

"3" - Strong; "2" - Moderate; "1" - Low; "-" No Correlation

Detailed Syllabus

Semester-3 Paper -3(Elective-1)

Course Title & Code	Applications of Yoga (M.A. Yoga-303)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>YOGA IN EDUCATION</u> 1. Meaning, Definitions, Aim and Objectives of Yoga Education. 2. Relationship between Yoga and Education. 3. Guru-Shishya Prampara in Yoga Education. 4. Role of Yoga in Development of Human Society.	15	1
II	<u>VALUE EDUCATION</u> 1. Meaning, Definitions and Types of Values. 2. Contribution of Yoga towards development of values. 3. Role of Yoga Teacher in Value Oriented Education. 4. Salient Features of Ideal Yoga Teachers.	15	2
III	<u>PERSONALTY DEVELOPMENT</u> 1. Astang Yoga and Personality Development. 2. Personality Development with Specific Emphasis on Panchkosh. 3. Different Yoga Modules to improve memories.	18	3
IV	<u>YOGA FOR STRESS MANAGEMENT-I</u> 1. Stress: Introduction, Concept Solution. 2. Techniques of Stress Management in Astang Yoga of Patanjali. 3. Stress Management Technique from Bhagwat Gita.	17	4
V	<u>YOGA FOR STRESS MANAGEMENT-II</u> 1. Specific Practices for Stress Management (Breath Awareness, Shavasan, Yognidra). 2. Rolr of Pranayam in Stress Management. 3. Role of Meditation for Stress Management.	15	5

References Books: -

1. Ahuja, R. (2000). Value oriented education in India. In R. Modi (Ed.), *Human values and social change*. Rawat Publications.
2. Baron, R. A. (2007). *Psychology* (5th ed.). Pearson Prentice-Hall of India.
3. Baron, R. A. (2002). *Psychology* (5th ed.). Pearson Education.
4. Kumar, P., & Pritam, A. (n.d.). *Yog prichya and parampara*. (Publisher and publication year not provided — please update.)
5. Singh, A. K. (2015). *Educational psychology*. Bharti Bhawan Publishers & Distributors.

M. A. YOGA – 3 rd SEMESTER			
Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-304	Yog Upanishad		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks		CIA	ESE
100		30	70

Learning Objective (LO):

Understand the techniques, importance, and stages of Dhyana Yoga as described in key Upanishads like Swetaswatara and Dhyanaabindu. Gain knowledge of various types and methods of Pranayama, including their role in self-realization and attainment of yoga siddhis. Explore the philosophy and practice of Mantrayoga, Layayoga, Hathayoga, and Rajayoga with their stages, effects, and daily routines. Learn about advanced yogic concepts like Shadanyoga, Nadanusandhan, Omkar sadhana, and the realization of the self (Atmadarshan). Develop insight into the nature of God, liberation techniques, and the integration of Karmayoga, Jnanayoga, and Ashtangayoga.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the techniques and importance of Dhyana Yoga as described in Swetaswatara Upanishad.	U
2	Identify suitable conditions and sequences for Pranayama and their role in attaining Yoga Siddhis.	U
3	Comprehend the concepts of Tattvajna, the nature of God, and the process of liberation.	An
4	Understand the methods and types of Pranayama mentioned in the Yogakundali Upanishad. Examine the connection between Pranayama practices and self-realization.	U
5	Understand Mantra Yoga, Laya Yoga, Hatha Yoga, Raja Yog, Nine Chakras, Dhyana	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	2	2	3	2	3	1	3	3	2	1	2	3
CO2	3	2	-	2	2	3	2	3	1	3	3	2	1	2	3
CO3	3	1	-	2	2	3	2	1	1	2	3	1	1	2	3
CO4	3	3	-	2	2	3	2	3	3	3	3	3	2	3	3
CO5	3	1	-	2	2	3	1	2	1	2	3	2	1	2	3

"3" - Strong; "2" - Moderate; "1" - Low; "-" No Correlation

Detailed Syllabus

Semester-3 Paper -3(Elective-2)

Course Title & Code	Yog Upanishad (M.A. Yoga-304)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>SWETASWATAROPANISHAD AND YOGAKUNDALI UPANISHAD</u> Swetaswataropanishad: (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana. sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna. (Chapter VI) Nature of God, techniques for Realization. Attainment of liberation. Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization.	15	1
II	<u>YOGACHUDAMADI UPANISHAD AND TRISHIKHIBRAHMANOPANISHAD</u> Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence Trishikhibrahmanopanishad: description of Ashtangayoga, Karmayoga and Jnanayoga.	15	2
III	<u>YOGATATTVA UPNISHAD AND DHYANBINDOOPANISHAD:</u> Yogatattva Upnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions. Dhyanbindoopanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.	18	3
IV	<u>NADABINDOOPANISHAD</u> Nadabindoopanishad: Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.	17	4
V	<u>YOGARAJOPNISHAD</u> Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results	15	5

References Books:

1. Deussen, P. (1980). *Sixty Upanishads of the Veda* (Reprint ed.; translated from German by V. M. Bedekar & G. B. Palsule). Delhi: Motilal Banarsidass Publishers Swami Rangaswarupananda. (n.d.). *Yoga Upanishads*. Advaita Ashrama.
2. Swami Brahmananda. (n.d.). *Yoga-Kundalini Upanishad with commentary*

M. A. YOGA – 3rd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-305	Applied Psychology in Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
1	At the end of the course, the students will be able to : basic concept of psychology, and its contribution in teaching learning process of yoga education.	U
2	Gain knowledge about learning, its laws and theories.	U
3	Understand the concept of Motivation, Emotion, and Attention.	U
4	Understand the concept of personality and its theories.	U
5	Gain information about guidance and counseling, their principles in yoga education and qualities of a counselor.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	3	3	3	3	2	3	3	2	3	1	-	3
CO2	3	3	-	3	3	3	3	2	3	3	2	3	1	-	3
CO3	3	3	-	3	3	3	3	2	3	3	2	3	2	-	3
CO4	3	3	-	3	3	3	3	2	3	3	2	3	2	-	3
CO5	3	3	-	3	3	3	3	2	3	3	2	3	2	-	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-3 Paper -4

Core Title & Code	Applied Psychology in Yoga (M.A. Yoga-305)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF PSYCHOLOGY</u> 1. Psychology: Meaning, Definition and Scope of Psychology in Yoga. 2. Nature and Branches of Psychology. 3. Relevance and Contribution of Psychology in Teaching & Learning Process of Yoga Education. 4. Methods of Psychology: General Introduction, Survey and Experiment Method.	15	1
II	<u>LEARNING AND MOTIVATION</u> 1. Learning: Meaning, Definition. 2. Laws of Learning and Learning Curves. 3. Theories of Learning: Thorndike's Trial and Error, Pavlov's learning by conditioning.	15	2
III	<u>Motivation, Emotion, and Attention</u> 1. Motivation: Meaning, Definition, Concept, and Dynamics of Motivation in Yoga. 2. Theories of Motivation: - o Abraham Maslow's Self-Actualization Theory - o Sigmund Freud's Instinct Theory 3. Emotion: Meaning and Definition. 4. Attention: Meaning, Definition, and Techniques to Improve Attention.	15	3
IV	<u>PERSONALITY</u> 1. Personality: Meaning, Definition and Structure of Personality. 2. Theories of Personality: Sigmund Freud's Psycho-Analytical Theory. 3. Type Theories of Personality: Kretschmer's, Sheldons and Jung's Classification. 4. Trait Theory of Personality: Allport and Eyesenk.	18	4
V	<u>MENTAL HEALTH</u> 1. Mental Health: Meaning, Definition, Importance. 2. Aggression: Meaning, Definition, Types of Aggression, Therapy 3. Concentration: Meaning, Definition, Factors Affecting Concentration. 4. Focus: Meaning, Definition, Importance, and Challenges.	17	5

References Books: -

1. Baron, R. A. (2007). *Psychology* (5th ed.). Pearson Prentice-Hall of India.
2. Baron, R. A. (2002). *Psychology* (5th ed.). Pearson Education.
3. Kaur Vir, J. (2008). *Psychology of teaching and learning*. Twenty First Century Publication.

M. A. YOGA – 3rd SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-306	Asana, Pranayama, Shuddhi Kriya-III		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	-	1	10
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To Provide practical experiences of different Yogic practices like asanas, pranayams, Bandhs, Mudras and their effect on Human Body. To provide practical experiences of Methodology of filling questionnaires and their uses in research.

Course Outcomes (CO):

CO No.	Expected Course Outcomes
	At the end of the course, the students will be able to:
1	Students will Gain information about Surya Namaskara with Mantras, Chakras, Breath.
2	Students will Gain information about different types of Asanas such as meditative asanas, relaxative asanas, standing, sitting and prone lying asanas.
3.	The student will understand practical knowledge of Pranayama, Mudra and Bandh
4	The students will gain practical experience of different Yogic practices and will apply them on all age groups and sexes for a better Lifestyle.
5	Students will be able to present their subject matter related to yoga with more confident and impressive manner with greater impact.

CO-PO/PSO Mapping for the course:

PO CO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	-	2	2	2	1	2	1	2	3	1	1	1	2
CO2	3	2	-	2	2	2	1	2	1	2	3	2	1	2	3
CO3	3	3	-	3	2	3	2	3	2	3	3	3	2	3	3
CO4	3	2	-	2	1	3	1	2	1	1	1	3	3	2	1
CO5	3	3	-	3	3	3	3	1	3	3	3	3	3	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus

Semester-3 Paper -5

Course Title & Code	Asana, Pranayama, Shuddhi Kriya-III (M.A. Yoga-306)		
Unit No.	Topics	No. of Lectures	CO No.
I	1. PRAYER: Gayatri Mantra, Mahamritunjya Mantra. 2. SUKSHAMA VYAYAMA 3. SURYA NAMASKAR: 12 Counts. 4. SUPINE LYING ASANAS: Sarvangasana, Padamsarvangasana, Karnpeedasana, Setubandhasana	15	1
II	1. PRONE LYING ASANAS: Sarpasana, Dhanurasana, Puranabhujangasana, Puranashalabhasana. 2. SITTING ASANAS: Shirsasana, Kukkutasana, Suptvajasana, Purnamatsyasana, Bakasana, Paschimottasana, Baddhpadmasana. 3. STANDING ASANAS: Tadasana, Vrikshasana, Trikonasana, Natrajasana.	15	2
III	1. PRANAYAM: Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam 2. BANDH: Mahabandh 3. MUDRA: Matangini Mudra, Shaktichalani Mudra.	15	3
IV	1. SHATKARM: a) NETI: Jal, Rubber Neti b) DHAUTI: Two Types (Kunjal Kriya and Agnisar Kriya) c) KAPALBHATI: Vaatkarma, Sheetkarma d) TRATAK 2. MEDITATION – Om recitation 3. RELAXATION TECHNIQUES – Shavasana, Yog Nidra, 4. NOTE BOOK	18	4
V	Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the exam model will be compulsory for all the students.	17	5

References Books: -

1. Saraswati, S. S. (1989). *Asana pranayama mudra bandha*. Bihar School of Yoga.
2. Brahmachari, D. (1975). *Yogic suksma vyayama* (Hardcover ed.). Ind-Us.

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-401	Yoga Therapy		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Gain knowledge about Yoga therapy, its concept, principles and limitations to treat various diseases.	U
2	Gain knowledge about concept of various diseases, its classifications and their causes along with Postural deformities and its treatment.	U
3	Understand yoga therapy and lifestyle disorders such as Hypertension, obesity and blood glucose,	U
4	Understand yoga therapy and lifestyle disorders such as Gastric Intestinal Problems and Cardio respiratory disorders along with their treatment through yoga therapy	U
5	Gain information about Yoga therapy for psychological disorders such as stress, anxiety, depression, Insomnia, Adjustment problems and attention deficit along with their treatment through yoga therapy.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	Pos										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	2	3	2	2	3	2	3	1	2	3	3	2	3	3
CO2	3	3	3	2	2	3	2	3	1	2	3	3	2	3	3
CO3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3
CO5	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3

"3" – Strong; "2" – Moderate; "1"- Low; "-" No Correlation

Course Title & Code	Yoga Therapy (M.A. Yoga-401)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>YOGA THERAPY: AN INTRODUCTION</u> 1. Meaning, Definition and Importance of Yoga Therapy in modern age. 2. Concept and Scope of Yoga Therapy. 3. Principles of Yoga Therapy. 4. Limitations of Using Yoga Therapy.	15	1
II	<u>CONCEPT OF DISEASES</u> 1. Diseases, Meaning and their causes. 2. Classifications of Diseases. 3. Postural Deformities: Meaning and their Causes. 4. Treatment of Different types of Postural Deformities through Yoga Therapy (KYPHOSIS, LORDOSIS, SCIOLIOSIS, KNOCK-KNEE, and FLAT-FOOT).	15	2
III	<u>YOGA THERAPY FOR LIFE STYLE DISORDERS- I</u> 1. Hypertension: Causes, Symptoms, and Yogic Therapy 2. Obesity: Causes, Symptoms, and Yogic Therapy 3. Blood Glucose Disorders (Diabetes): Causes, Symptoms, and Yogic Therapy.	18	3
IV	<u>YOGA THERAPY FOR LIFESTYLE DISORDERS - PART 2</u> 1. Gastric Intestinal Problems: - o Indigestion: Causes, Symptoms, and Yogic Therapy - o Constipation: Causes, Symptoms, and Yogic Therapy - o Acidity: Causes, Symptoms, and Yogic Therapy 2. Cardio-respiratory Disorders: - o Atherosclerosis: Causes, Symptoms, and Yogic Therapy - o Bronchial Asthma: Causes, Symptoms, and Yogic Therapy	15	4
V	<u>YOGA THERAPY FOR PSYCHOLOGICAL PROBLEMS</u> 1. Stress, Anxiety and Depression: Meaning, Causes, Symptoms and their Treatment through Yoga. 2. Insomnia: Meaning, Causes, Symptoms and Treatment through Yoga. 3. Adjustment Problems: Meaning, Causes, Symptoms and Treatment through Yoga. 4. Attention – Deficit, Hyperactivity Disorder: Meaning, Causes, Symptoms, Treatment through Yoga.	17	5

References Books: -

1. Saraswati, S. S. (1957). *Yoga therapy*. Umachal Yoga Ashram.
2. Verma, J. P. (1962). *Rogo ki achuk chikitsa*. Leader Press.
3. Tiwari, O. P. (1984). *Asanas: Why and how*. Kaivalyadhama.
4. Sivananda, S. (2018). *Roga & yoga*. Bihar School of Yoga.

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-402	Food & Nutrition		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Adopt knowledge about food and nutrition along with their classifications, functions and their importance.	U
2	Gain information about various nutrients such as proteins, fats, carbohydrates with thorough knowledge of their classification, sources, functions and their requirements.	U
3	Gain information about vitamins, minerals and water with thorough knowledge of their classification, sources, functions and their requirements.	U
4	Adopt thorough knowledge of Balanced diet with its importance and factors affecting it, Concept of yogic diet and advantages & disadvantages of vegetarian and non-vegetarian diet, Malnutrition with its causes and methods to overcome it.	An
5	Adopt knowledge of Meal planning with its principles and factors affecting it, Food intake timing and different types of meals.	An

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO \ CO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	-	2	3	1	3	-	3	2	-	1	-	-	3
CO2	3	3	-	2	3	1	3	-	3	2	-	1	-	-	3
CO3	3	3	-	2	3	1	3	-	3	2	-	1	-	-	3
CO4	3	3	-	2	3	1	3	2	3	2	-	1	-	-	3
CO5	3	3	-	2	3	1	3	3	3	2	-	1	-	-	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus:

Semester-4 Paper -2

Course Title & Code	Food & Nutrition (M.A. Yoga-402)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>FOOD & NUTRITION</u> 1. Meaning of Food, Nutrition and their importance. 2. Functions of Food and Nutrition. 3. Classifications of Nutrients. 4. Basic Principles of Nutrition.	15	1
II	<u>NUTRIENTS-I</u> 1. Proteins: Meaning, Classification, Sources, Functions, and Requirements 2. Fats: Meaning, Classification, Sources, Functions, and Requirements 3. Carbohydrates: Meaning, Classification, Sources, Functions, and Requirements	15	2
III	<u>NUTRIENTS – PART- II</u> 1. Vitamins: Classification, Sources, Functions, and Requirements 2. Minerals: Classification, Sources, Functions, and Requirements 3. Water: Role of Hydration and Water Balance	15	3
IV	<u>BALANCED DIET</u> 1. Meaning and Importance of Balanced Diet. 2. Factors Affecting Balanced Diet. 3. Concept of Yogic Diet. 4. Advantages/Disadvantages of Vegetarian and Non-Vegetarian Diets. 5. Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.	18	4
V	<u>MEAL PLANNING</u> 1. Concept and Principles of Meal Planning. 2. Factors Affecting Meal Planning. 3. Meal Planning for Healthy Living. 4. Meal Planning for Adolescents Male and Female. 5. Food Intake: Timing, Concept of Dugdhar, Falahar, Alpahar and Apakahar in Yoga.	17	5

References Books:

1. B. Williams, M. H. (2012). Nutrition for health, fitness and sport (10th ed.). New York, NY: McGraw-Hill.
2. Chu, S. Y., & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: A meta-analysis. *American Journal of Obstetrics and Gynecology*, 197(3), 223–228.
<https://doi.org/10.1016/j.ajog.2007.03.027> (Add DOI if available)

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-403	Kinesiological Aspect of Yoga		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To acquaint students about meaning of kinesiology, axis, plane, medical terminology of body positions and different body movements. understanding about functional classification muscles, their origin, insertion & functions of important muscles of the body. Understanding about joints of upper and lower extremity and structural & functional aspects.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Understanding and knowledge of kinesiology, axis, plane, medical terminology of body positions and different body movements.	U
2	Identify the origin, insertion, and actions of the Latissimus Dorsi muscle and its involvement in various yoga asanas.	U
3	Describe the anatomical structure (origin, insertion) and functional role of the Trapezius muscle in supporting asana performance.	U
4	Understanding and knowledge of joints of upper extremity and structural & Describe the anatomical structure (origin, insertion) and functional role of the Trapezius muscle in supporting asana performance.unctional aspects of upper extremity joints (shoulder & elbow joint).	An
5	Knowledge of joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO CO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	2	3	-	2	1	2	-	1	2	3	3
CO2	3	3	3	2	2	3	-	1	1	2	-	1	2	3	3
CO3	3	3	3	2	2	3	-	2	1	1	-	2	2	3	3
CO4	3	3	3	2	2	3	-	2	1	2	-	1	2	3	3
CO5	3	3	3	2	2	3	-	2	1	1	-	1	3	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Course Title & Code	Kinesiological Aspect of Yoga (M.A. Yoga-403)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS</u> 1. Kinesiology: Meaning, significance and scope in Yoga. 2. Medical Terminology of Body Position. 3. Axis and planes: meaning and Types. 4. Terminologies of different Body movements. 5. Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion.	15	1
II	<u>MUSCLES OF VARIOUS REGIONS-I</u> 1. Functional Classification of Skeletal Muscles 2. Origin, Insertion, and Actions of Muscles in Different Asanas: Latissimus Dorsi, Trapezius, Rhomboid Major, Rhomboid Minor	15	2
III	<u>MUSCLES OF VARIOUS REGIONS – PART-II</u> 1. Origin, Insertion, and Actions of Muscles in Different Asanas: Rectus Abdominal, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Sternocleidomastoid Muscle	15	3
IV	<u>JOINTS OF UPPER EXTREMITY</u> 1. Shoulder Joint – Structure, Ligaments, Muscle Reinforcement and Movements. 2. Elbow Joint – Structure, Ligaments, Muscle Reinforcement and Movements. Origin, Insertion and Actions of Muscles in different asanas: Deltoid, Biceps, Triceps and Pectoralis Major.	18	4
V	<u>JOINTS OF LOWER EXTREMITY</u> 1. Hip Joint - Structure, Ligaments, Muscle reinforcement and Movements. 2. Knee Joint -Structure, Ligaments, Muscle reinforcement and Movements. 3. Origin, Insertion and Action of Muscles in different asanas: Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle, and Gastrocnemius Muscle.	17	5

References Books: -

1. Gowitzke, B. A., & Milner, M. (1988). *Scientific basis of human movement* (3rd ed.). Baltimore: Williams & Wilkins.
2. Groves, R., & Camaine, D. (1983). *Concepts in kinesiology* (2nd ed.). Philadelphia: Saunders College Publishing.
3. Luttgens, K., Deutsch, H., & Hamilton, N. (n.d.). *Kinesiology: Scientific basis of human motion* (8th ed.). Brown & Benchmark. (Add publication year if available.)
4. Rasch, P. J. (1989). *Kinesiology and applied anatomy*. Philadelphia: Lea & Febiger.

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-404	Teaching Methods of Yoga		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

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

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Adopt knowledge about teaching methods, its importance, modern concept, different types, principles and factors affecting it.	U
2	Gain information about command, formation and teaching aids along with their types and importance.	An
3	Adopt knowledge about lesson planning, its objectives, principles	An
4	Adopt knowledge types, importance and factors affecting lesson planning.	U
5	Gain knowledge about Class management along with its importance and factors affecting it, Organization and administration of yoga competition and rules of Inter- collegiate/University Level Yoga Competition.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	-	3	3	3	1	3	3	2	2	2	2	1	3
CO2	3	-	-	3	3	3	1	3	3	2	1	2	2	1	3
CO3	3	-	-	3	3	3	1	3	3	2	1	2	2	1	3
CO4	3	-	-	3	3	3	2	3	3	2	2	2	2	1	3
CO5	3	1	-	3	3	3	1	3	3	1	2	2	1	1	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus:

Semester-4 Paper -4(Elective-1)

Course Title & Code	Teaching Methods of Yoga (M.A. Yoga-404)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>TEACHING METHODS</u> 1. Meaning, Definition and Importance of Teaching Methods in Yoga. 2. Modern Concept of Teaching Methods Types of Teaching Methods in Yoga. 3. Factors Affecting Teaching Methods. 4. Principles of teaching.	15	1
II	<u>COMMAND, FORMATION AND TEACHING AIDS</u> 1. Command: Their types and uses in Yoga. 2. Teaching Aids: Meaning and Importance. 3. Types of Teaching Aids 4. Modern concept of teaching Aids. 5. Class Formation: Meaning, Types and their importance.	15	2
III	<u>LESSON PLANNING-I</u> 1. Meaning and Importance of Lesson Plan. 2. Objectives of Making Lesson Plan. 3. Steps of Making Lesson Plan. 4. Types of Lesson Plan.	18	3
IV	<u>LESSON PLANNING – PART-II</u> 1. Types of Lesson Plan. 2. Factors Affecting Lesson Plan. 3. Basic Principles of Making Lesson Plan.	15	4
V	<u>CLASS MANAGEMENT</u> 1. Meaning and Importance of Class Management. 2. Factors Affecting Class Management. 3. Steps of Class Management. 4. Organization and administration of Yoga Competition. 5. Rules of Inter-collegiate/University Level Yoga Competition.	17	5

References Books:

1. Bhatia, K. K., & Bhatia, B. D. (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
2. Chandra, R. (2004). *Technology in the preparation of teachers*. Delhi: Usha Books.
3. Kochar, S. K. (2010). *Methods and techniques of teaching*. New Delhi: Sterling Publishers.
4. Walia, J. S. (2003). *Principles and methods of education*. Jalandhar City: Paul Publishers.

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-405	Shat Darshan		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	1	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

Understand the foundational framework and purpose of Indian philosophical thought and its relevance to Yoga philosophy. Develop logical analysis, critical thinking, and understanding of metaphysics foundational to yogic inquiry. Gain philosophical and practical understanding of the dualist framework and yogic path for spiritual liberation. Understand Vedantic metaphysics and their integration into advanced yogic and meditative practices.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the meaning, classification, and significance of the six systems of Indian philosophy in the context of spiritual liberation.	U
2	Gain knowledge of logical reasoning, metaphysical concepts, and the theory of knowledge through Nyaya and Vaisheshika Darshan.	U
3	Comprehend the philosophical foundation of Samkhya and its practical application	U
4	Comprehend the philosophical foundation of Patanjali's Yoga Darshan.	U
5	Analyze the ritualistic approach of Purva Mimamsa and the spiritual philosophies of Vedanta for attaining self-realization.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

CO-PO/PSO Mapping for the course:

PO	Pos										PSOs				
CO	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	1	2	1	3	1	3	2	2	3	1	-	-	2
CO2	3	1	-	2	1	3	1	3	2	2	3	1	-	-	2
CO3	3	2	-	2	2	3	1	3	2	2	3	2	-	1	3
CO4	3	1	2	2	3	3	1	3	3	2	3	3	2	2	3
CO5	3	1	-	-	2	3	1	3	2	2	3	2	-	1	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Semester-4 Paper -4(Elective-2) Detailed Syllabus:

Course Title & Code	Shat Darshan (M.A. Yoga-405)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>Introduction and Overview of Shat Darshan</u> 1. Meaning, significance and Historical development of Darshan 2. Classification of Astika (orthodox) and Nastika (heterodox) schools 3. Overview of the six classical systems: Nyaya, Vaisheshika, Samkhya, Yoga, Purva Mimamsa, Uttara Mimamsa (Vedanta)	15	1
II	<u>Nyaya and Vaisheshika Darshan</u> 1. Nyaya Darshan: Gautama's Nyaya Sutras – logic, pramana (means of knowledge), concept of soul, bondage and liberation 2. Vaisheshika Darshan: Kanada's atomic theory, categories (padarthas), nature of matter, soul, and God 3. Similarities and differences between Nyaya and Vaisheshika	15	2
III	<u>SAMKHYA DARSHAN</u> 1. Samkhya Darshan: - o Dualism of Purusha and Prakriti - o 25 Tattvas - o Theory of Evolution - o Cause of Bondage and Path to Liberation	18	3
IV	<u>YOGA DARSHAN</u> 1. Yoga Darshan: - o Patanjali's Yoga Sutras - o Eightfold Path (Ashtanga Yoga) - o Chitta Vritti Nirodha - o Ishwarapranidhana 2. Relation between Samkhya and Yoga Systems 3. Practical Application of Samkhya-Yoga in Yogic Discipline	15	4
V	<u>Mimamsa and Vedanta Darshan</u> 1. Purva Mimamsa: Jaimini's principles of Dharma, rituals (Karma Kanda), Vedic authority, theory of Apurva 2. Uttara Mimamsa (Vedanta): Badarayana's Brahmasutras, concept of Brahman, Atman, Maya, Moksha 3. Schools of Vedanta – Advaita (Shankara), Vishishtadvaita (Ramanuja), Dvaita (Madhva) 4. Relevance of Vedanta in Yoga and spiritual realization.	17	5

References Books:

1. Hiriyanna, M. (1932). *Outlines of Indian philosophy*. George Allen & Unwin.
2. Dasgupta, S. N. (1922). *A history of Indian philosophy* (Vol. 1). Cambridge University Press
3. Radhakrishnan, S. (1923). *Indian philosophy* (Vol. 1). Oxford University Press.

M. A. YOGA – 4th SEMESTER

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	2	IV
Course Code	Course Title		Course Type
M.A. Yoga-406	Asana, Pranayama, Teaching Practices and Lesson Plan		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	-	1	10
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To Provide practical experiences of different Yogic practices like asanas, pranayams, Bandhs, Mudras and their effect on Human Body The students will be provided with the basic knowledge of presenting the subject matter relates to yoga in an effective manner through various Pedagogical techniques.

Course Outcomes (CO):

CO No.	Expected Course Outcomes
	At the end of the course, the students will be able to:
1	Develop the ability to demonstrate and explain prone lying and sitting asanas with correct technique and benefits.
2	Perform standing asanas and various pranayama techniques to enhance balance, flexibility, and breath control.
3	Apply and explain shatkarm practices for internal cleansing and yogic purification.
4	Practice and guide basic meditation and relaxation techniques for mental peace and stress management.
5	Prepare lesson plans, teach yoga practices effectively, and maintain proper practical records with viva-voce readiness.

CO-PO/PSO Mapping for the course:

CO \ PO	POs										PSOs				
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	1	-	2	2	2	1	2	1	2	3	1	1	1	2
CO2	3	2	-	2	2	2	1	2	1	2	3	2	1	2	3
CO3	3	3	-	3	2	3	2	3	2	3	3	3	2	3	3
CO4	3	2	-	2	1	3	1	2	1	1	1	3	3	2	1
CO5	3	3	-	3	3	3	3	1	3	3	3	3	3	3	3

"3" – Strong; "2" – Moderate; "1" – Low; "-" No Correlation

Detailed Syllabus:

Semester-4 Paper -5

Course Title & Code	Asana, Pranayama, Teaching Practices and Lesson Plan (M.A. Yoga-406)		
Unit No.	Topics	No. of Lectures	CO No.
I	PRONE LYING ASANAS: Bhujangasana. Shalabhasana. Dhanurasana. Vipritnaukasana. SITTING ASANAS: Vajrasana. Suptvajrasana. Padamasana. Shashankasana. Akarana Dhanurasana. Gomukhasana. Ushtrasana. Ardhamatsyandrasana. Ekpadsakandhasana. Vatyanasana.	15	1
II	STANDING ASANAS: Tadasana, Vrikshasan, Trikonasana. Natrajasana. PRANAYAM: Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam	15	2
III	SHATKARM: a) NETI: Jal, Rubber Neti b) DHAUTI: Vaman (Kunjal). Agnisar Kriya c) KAPALBHATI: Vaatkarma. Sheetkarma d) TRATAK	15	3
IV	MEDITATION – Om recitation RELAXATION TECHNIQUES – Shavasana, Yog Nidra. PRACTICAL NOTE BOOK	18	4
V	Practice of teaching Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.	17	5

References Books: -

1. Saraswati, S. S. (1989). *Asana pranayama mudra bandha*. Bihar School of Yoga.
2. Brahmachari, D. (1975). *Yogic suksma vyayama* (Hardcover ed.). Ind-US.

[Handwritten signatures and marks]

M. A. YOGA – 2nd SEMESTER

(Offered to PG students of other Departments/SoS only)

Program	Subject	Year	Semester
M.A.	Yoga	I	II
Course Code	Course Title		Course Type
M.A. Yoga-206	Yog Parichay-I		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
2	2	-	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The primary objective of this course is to provide students with a foundational understanding of Yoga, Yoga Sutras, Ayurveda, and practical applications of Asana, Pranayama, and Dhyana. The course aims to develop theoretical knowledge and promote holistic health, well-being, and yogic lifestyle in modern society.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the meaning, definition, historical background, aims, objectives, and relevance of Yoga in modern life.	U
2	Gain knowledge of Maharishi Patanjali's Yoga Sutra and develop a deep understanding of the concept of "Yogah Chitta Vritti Nirodhah" and the eight limbs of Ashtanga Yoga.	An
3	Comprehend the basic principles of Ayurveda, including Panchamahabhuta, Tridosha theory.	U
4	Comprehend the basic Application of Ayurveda and the significance of Dinacharya, Ritucharya, Ahara, and Vihara.	An
5	Acquire practical knowledge of various types of Asanas, Pranayama, and Dhyana along with their definitions, importance, and application in daily life.	Ap

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

Detailed Syllabus

Course Title & Code	Yog Parichay-I (M.A. Yoga-206)		
Unit No	Topics	No. of Lectures	CO No.
I	<u>BASIC CONCEPT OF YOGA</u> - Meaning and definition of Yoga - Historical background of Yoga - Aim and objectives of Yoga - Importance of Yoga in modern life	6	1
II	<u>BASIC CONCEPT OF YOGA SUTRA</u> - Introduction to Maharishi Patanjali - Meaning of Yoga according to Yoga Sutra: "Yogah Chitta Vritti Nirodhah" - Explanation of Chitta, Vritti, and Nirodha - Ashtanga Yoga (Detailed explanation of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi)	6	2
III	<u>BASIC CONCEPT OF AYURVEDA</u> - Meaning and definition of Ayurveda - Basic principles: Panchamahabhuta, Tridosha (Vata, Pitta, Kapha) - Concept of health in ayurved.	6	3
IV	<u>APPLIED AYURVEDA</u> - Importance of Dinacharya (Daily Routine) - Importance of Ritucharya (Seasonal Routine) - Basic Concept of Ahara (Diet) - Basic Concept of Vihara (Lifestyle)	6	4
V	<u>TYPES OF ASANAS, PRANAYAMA, AND DHYANA</u> - Definition and importance of Asana - Types of aasanas - Definition and importance of Pranayama - Typees of pranayama - Meaning and importance of Meditation - Types of dhyaan	6	5

Recommended Books:

- Gore, M. M. (1990). *Anatomy and Physiology of Yogic Practices*. Lonavala: Kanchan Prakashan.
- Iyengar, B. K. S. (2000). *Light on Yoga*. New Delhi: HarperCollins Publishers.
- Karbelkar, N. V. (1993). *Patanjal Yogasutra Bhashya* (Marathi ed.). Amravati: Hanuman Vyayam Prasarak Mandal.
- Kenghe, C. T. (1976). *Yoga as Depth-Psychology and Para-Psychology (Vol. I): Historical Background*. Varanasi: Bharata Manisha.
- Kuvalayananda, S., & Vinekar, S. L. (1963). *Yogic Therapy – Basic Principles and Methods*. New Delhi: Government of India, Central Health Education Bureau.
- Satyananda Saraswati, S. (1989). *Asana, Pranayama, Mudra, Bandha*. Munger: Bihar School of Yoga.

M. A. YOGA – 3rd SEMESTER

(Offered to PG students of other Departments/SoS only)

Program	Subject	Year	Semester
M.A.	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-307	Yog Parichay-II		Elective
Credit	Hours Per Week (L-T-P)		
	L	T	P
2	2	-	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The objective of this course is to provide students with a comprehensive understanding of the key teachings of the **Bhagavad Gita**, the foundational principles of **Hatha Yoga**, and the practical knowledge of **Mudra**, **Bandha**, **Chakra**, and **Surya Namaskar**. The course aims to equip students with the philosophical, theoretical, and practical aspects of these yogic practices for self-development, spiritual growth, and holistic well-being.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Understand the historical background, structure, and essential teachings of the Bhagavad Gita, including Nishkama Karma, Bhakti Yoga, Jnana Yoga, and Karma Yoga.	U
2	Gain in-depth knowledge of the meaning, origin, principles, and texts related to Hatha Yoga and its key components like Asana, Pranayama, Mudra, Bandha, and Shatkarma.	U
3	Understand the concepts, types, and significance of Mudra, Bandha, and Chakras, along with their role in balancing energy and enhancing physical and mental health.	U
4	Learn the step-by-step practice of Surya Namaskar, its breathing patterns, and comprehend its physical, mental, and spiritual benefits.	U
5	Learn the step-by-step practice of Asana, Pranayama, Mudra, Bandha, Shatkarma	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

Detailed Syllabus

Course Title & Code	Yog Parichay-II (M.A. Yoga-307)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>INTRODUCTION TO BHAGAVAD GITA</u> - Historical Background of the Bhagavad Gita - Structure of the Bhagavad Gita: 18 Chapters and 700 Shlokas - Key Teachings of the Bhagavad Gita: - Nishkama Karma (Selfless Action) - Bhakti Yoga (Path of Devotion) - Jnana Yoga (Path of Knowledge) - Karma Yoga (Path of Action)	6	1
II	<u>CONCEPT OF HATHA YOGA</u> - Meaning and Definition of Hatha Yoga - Origin and Basic Principles of Hatha Yoga - Hatha Yoga Texts: Hatha Yoga Pradipika, Gheranda Samhita - Components of Hatha Yoga: Asana, Pranayama, Mudra, Bandha, Shatkarma	6	2
III	<u>MUDRA, BANDHA, AND CHAKRA</u> - Meaning and Definition of Mudra - Types of Mudras. - Meaning and Definition of Bandha - Types of Bandhas - Concept of Chakras (Energy Centers) - Balancing and Activation of Chakras through Yoga	6	3
IV	<u>SURYA NAMASKAR (SUN SALUTATION)</u> - Introduction and Importance of Surya Namaskar - Step-by-Step Practice (12 Steps) - Physical, Mental, and Spiritual Benefits - Breathing Pattern during Surya Namaskar	6	4
V	<u>PRACTICAL AND APPLICATION</u> - Practical Demonstration of Hatha Yoga Components: Asana, Pranayama, Mudra, Bandha, Shatkarma - Practical Performance of Surya Namaskar - Practical Notebook, Charts, and Viva-Voce Preparation	6	5

Recommended Books:

- Gore, M. M. (1990). *Anatomy and Physiology of Yogic Practices*. Lonavala: Kanchan Prakashan.
- Iyengar, B. K. S. (2000). *Light on Yoga*. New Delhi: HarperCollins Publishers.
- Karbelkar, N. V. (1993). *Patanjal Yogasutra Bhashya* (Marathi ed.). Amravati: Hanuman Vyayam Prasarak Mandal.
- Kenghe, C. T. (1976). *Yoga as Depth-Psychology and Para-Psychology (Vol. I): Historical Background*. Varanasi: Bharata Manisha.
- Kuvalayananda, S., & Vinekar, S. L. (1963). *Yogic Therapy – Basic Principles and Methods*. New Delhi: Government of India, Central Health Education Bureau

M. A. YOGA – 1ST SEMESTER

(Offered to PG students of M.A. in Yoga only)

Program	Subject	Year	Semester
M.A. in Yoga	Yoga	I	I
Course Code	Course Title		Course Type
M.A. Yoga-106	IKS (Inan Knowledge System)		IKS
Credit	Hours Per Week (L-T-P)		
	L	T	P
2	4	-	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

Understand the foundational need and relevance of Indian Knowledge System (IKS). Identify the consequences of disconnection from IKS. **Explore the depth and diversity of Indian cultural heritage.** Develop an understanding of indigenous research methodologies. Examine the role of IKS in the field of Yoga

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Students will be able to explain the importance of the Indian Knowledge System (IKS) and analyze the impact of colonization on cultural heritage.	U
2	Students will be able to explore various disciplines of Indian knowledge and identify ways to reconnect with cultural traditions.	U
3	Students will be able to understand and apply traditional Indian research methodologies and logical frameworks in knowledge analysis.	U
4	Students will be able to integrate Indian Knowledge System concepts into yoga practices and explain the traditional view of health in yoga.	U
5	Students will be able to identify and apply ancient yoga therapy techniques in promoting holistic health and well-being.	U

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C>Create).





Semester-I Paper-6

Detailed Syllabus

Course Title & Code	IKS (Indian Knowledge System) (M.A. Yoga-106)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>WISDOM THROUGH AGES:</u> • Need of Indian Knowledge System • Risk of disconnecting IKS & importance of cultural heritage • Colonization & its impact on IKS	6	1
II	<u>CULTURAL HERITAGE OF IKS:</u> • Exploring Indian Knowledge & Heritage through multiple subjects • Disciplines under Bhartiya Vidyas & Kalas • Way of connecting with traditions.	6	2
III	<u>RESEARCH METHODOLOGIES IN IKS</u> • Anubandha Catustaya • Nyayshastra (Frameworks of Reasoning) • Anumana (Inference): Pañcāvayava(Five-part logical structure)	6	3
IV	<u>IKS IN YOGA</u> • Concept of Health in Yoga • Traditional yoga practice Systems • Ancient Therapy techniques	6	4
V	<u>ANCIENT THERAPY TECHNIQUES IN YOGA</u> • Introduction of ancient therapy techniques used in traditional yoga and Indian healing systems. • Application and relevance of these therapies in current yoga practice. • Case-based discussion on traditional healing methods.	6	5

References Books:

1. Mahadevan, B. (2022). *Introduction to Indian Knowledge System: Concepts and Application*. Delhi: PHI Learning Private Limited.
2. Keay, J. (2000). *India: A History*. London: HarperCollins.
3. Basham, A. L. (1954). *The Wonder That Was India*. London: Sidgwick & Jackson.
4. Mookerji, R. (1951). *Ancient Indian Education: Brahmanical and Buddhist*. Delhi: Motilal Banarsidass.
5. Asher, F. M. (2015). *Nalanda: Situating the Great Monastery*. New Delhi: Marg Foundation.
6. Singhania, N. (2020). *Indian Art and Culture*. New Delhi: McGraw Hill Education.
7. Dev, A. (Ed.). (2006). *Indian Literature: An Anthology*. New Delhi: Sahitya Akademi.
8. Lad, V. (1984). *Ayurveda: The Science of Self-Healing*. New Mexico: Lotus Press.
9. Gadgil, M., & Guha, R. (1995). *Ecology and Equity: The Use and Abuse of Nature in Contemporary India*. London: Routledge.
10. Iyengar, B. K. S. (1966). *Light on Yoga*. London: George Allen & Unwin.

M. A. YOGA – 3rd SEMESTER

(Offered to PG students of M.A. in Yoga only)

Program	Subject	Year	Semester
M.A.	Yoga	2	III
Course Code	Course Title		Course Type
M.A. Yoga-308	Fundamentals of Life Science		Value Added
Credit	Hours Per Week (L-T-P)		
	L	T	P
2	4	-	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

To equip M.A. Yoga students with essential computer and IT skills required for yoga teaching, research, and administration. To enhance the communication, speaking, and presentation skills of students for academic and professional effectiveness. To develop interpersonal and social skills needed for working effectively in diverse yoga and wellness environments. To bridge the gap between traditional yoga knowledge and modern technological tools. To foster a holistic personality development in students aligned with yogic values and professional needs.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to :	
1	Apply basic computer operations including MS Office, internet tools, and digital communication in yoga contexts.	Ap
2	Prepare presentations, documents, and research reports using computers.	Ap
3	Communicate effectively in various settings using appropriate speaking and communication techniques.	Ap
4	Demonstrate interpersonal and social skills in team and professional yoga environments. Integrated modern skill sets with yogic philosophy for better career and social engagement	An
5	Students will be able to apply digital tools and communication skills in practical yoga teaching, professional interactions, and real-life scenarios.	An

CL: Cognitive Levels (R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create).

Detailed Syllabus

Semester-3 paper-6

Course Title & Code	Fundamentals of Life Science (M.A, Yoga-308)		
Unit No.	Topics	No. of Lectures	CO No.
I	<u>DIGITAL LITERACY AND ICT FOR YOGA PROFESSIONALS</u> - Basics of Computer Systems: Hardware, Software, Operating Systems, and Types of Devices (desktop/laptop/mobile/tablets). - MS PowerPoint: Creating professional presentations for yoga classes/seminars. - Online tools: Google Drive, Forms, Zoom, MS Teams for teaching yoga. - Data handling for yoga research: Basics of data collection, entry, and presentation.	6	1
II	<u>SPEAKING SKILLS</u> - Importance of speaking skills in yoga teaching and therapy. - Voice modulation, clarity, tone, and body language. - Techniques for effective public speaking and class engagement. - Practice sessions: Giving instructions, guiding meditation, introducing yoga concepts.	6	2
III	<u>COMMUNICATION SKILLS</u> - Verbal and non-verbal communication. - Listening skills and empathy in communication. - Group discussion, interpersonal communication. - Written communication: Emails, reports, notices for yoga programs.	6	3
IV	<u>SOCIAL SKILLS AND PROFESSIONAL ETIQUETTE</u> - Interpersonal skills: Empathy, cooperation, teamwork. - Time management, goal setting, and discipline. - Professional conduct in yoga studios, schools, and institutions. - Cultural sensitivity and ethics in communication. - Leadership and volunteering in community yoga service.	6	4
V	<u>PRACTICAL APPLICATIONS AND WORKSHOPS</u> - Hands-on Practice with MS PowerPoint, Google Tools, and Yoga Apps. - Role Play and Mock Yoga Classes for Speaking and Communication Skills. - Group Activities for Teamwork and Conflict Resolution. - Email Drafting, Report Writing, and Presentation Preparation. - Case Studies: Handling Real-life Communication Scenarios in Yoga Settings.	6	5

References Books: -

1. Rajaraman, V. (2018). *Fundamentals of Computers* (6th ed.). New Delhi: PHI Learning Pvt. Ltd.
2. Nordell, R. (2020). *Microsoft Office 365: In Practice* (2020 ed.). New York: McGraw-Hill Education.
3. Sinha, P. K., & Sinha, P. (2007). *Computer Fundamentals* (6th ed.). New Delhi: BPB Publications.
4. ITL Education Solutions. (2005). *Introduction to Information Technology*. New Delhi: Pearson Education India.
5. Rao, M. S. (2010). *Effective Communication Skills*. New Delhi: Himalaya Publishing House.
6. Rizvi, M. A. (2005). *English for Effective Communication*. New Delhi: Foundation Books.
7. Sherfield, R. M., Montgomery, R. J., & Moody, P. G. (2012). *Soft Skills: Enhancing Employability and Career Growth* (2nd ed.). New Delhi: Pearson Education.
8. Mitra, B. K. (2011). *Personality Development and Soft Skills*. New Delhi: Oxford University Press.
9. Maxwell, J. C. (2007). *Developing the Leader Within You* (Rev. ed.). Nashville, TN: Thomas Nelson.
10. Hayes, J. (2002). *Interpersonal Skills at Work* (2nd ed.). London: Routledge.
11. Goleman, D. (2006). *Social Intelligence: The New Science of Human Relationships*. New York: Bantam Books.
12. Covey, S. R. (1989). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*. New York: Free Press.