



पाठ्यक्रम का नाम एम.ए.अनुप्रयुक्त दर्शन एवं योग

एम.ए.अनुप्रयुक्त दर्शन एवं योग

परीक्षा प्रणाली 1, 2, 3 एवं 4 (चार सेमेस्टर)

प्रभावशील सत्र 2025-27

दर्शनशास्त्र एवं योग अध्ययन मंडल के सदस्य के नाम

जे.एल. गहरे 21.8.2025
डॉ.लक्ष्मीकांत साहू 21.8.2025

डॉ रंजना शर्मा

डॉ.गायत्री शर्मा 21.8.2025

अध्यक्ष

सदस्य

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बैठक दिनांक 20 मई 2025

पाठ्यक्रम यथावत रखने की स्थिति में :-

पाठ्यक्रम यथावत रखे जाने की स्थिति में पाठ्यक्रम का कवर पेज को बदलना अनिवार्य है। जिसमें उपरोक्तानुसार बिन्दु क्रमांक 1-7 का उल्लेख करने के साथ-साथ पाठ्यक्रम के कवर पेज में स्पष्ट उल्लेख करेंगे कि सत्र 2025-27 के पाठ्यक्रम को यथावत प्रभावशील किया जाता है तथा बैठक में उपस्थित सदस्य नए सिरे से तिथि का उल्लेख करते हुए अपने नाम के सम्मुख अनिवार्यतः हस्ताक्षर करेंगे

21.8.2025

विभागाध्यक्ष

रवामी विवेकानंद स्मृति

बुलनात्मक धर्म, दर्शन एवं योग अध्ययन शाला
पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.)



NAAC Grade- "A+"

S.V.M. S. o. S. in Comparative Religion, Philosophy & Yoga

Pt. Ravishankar Shukla University, Raipur (C. G.)

M.A. Applied Philosophy & Yoga Classes I-IV Semester

Syllabus Summary

Effective From 2024-25

I- Semester

Paper -I THE FUNDAMENTAL ELEMENTS OF YOGA

Unit -I	Nature and importance of Philosophy & Yoga empower students to apply these concepts to understand the Vedic, Philosophical and Yogic Concept & Principles.
Unit-II	Analysis of various kinds of Yogic Thoughts & Practices to understand scientific & spiritual impact on human body, mind & soul.
Unit -III	Vedic knowledge through Veda, Upanishads, Gita with the comprehensive understanding of various Religion & Philosophy like- Buddhism, Jainism with an ancient philosophy Samkhya and Vedanta.
Unit -IV	Applied tactic of Yogic Practices to develop Yoga Skills for overall development of the human beings.
Unit -V	The students learn and analysis himself/herself by their knowledge that it is benicial for future like health and suitable life.

Paper -II THE PHILOSOPHICAL BACK GROUND OF YOGA

UNIT-I	General informative thoughts of Indian philosophy & yoga to empower the students to apply these concepts to understand the Vedic, Philosophical and Yogic features.
UNIT-II	Philosophical background of ancient theories of Samkhya relating to Yoga.
UNIT-III	Theories of cosmology , Prakriti , Purusha & Siddhi according to Samkhya Philosophy.
UNIT-IV	The various kinds of Yogic Practices to develop Yoga Skills for overall development of the human beings in light of Yoga Sutra & Gita.
UNIT-V	General informative thoughts of Indian philosophy & Yoga that it is very important root and history of Indian Heritage and boon for human life.

Paper -III HATHA YOGA THEORY AND PRACTICE

UNIT-I	Hathyoga (Chaturang Yoga) to introduce environment with favorable & unfavorable factors and diet plan for the yogic practices.
UNIT-II	Various Yogic practices- Aasanas , Pranayama, Shatkarma in light of Hath Yoga Pradipika.
UNIT-III	Apply the Yogic Tools, Mudras, Bandha; Nad Tactics to make the students skilled develop the Kundalini Chakras.
UNIT-IV	Levels of Saptangyoga to introduce & eneble the students with environment with favorable & unfavorable factors and diet plan for the yogic practices
UNIT-V	It thoughts can be changes of men's personality, mind power and gives higher knowledge about world.

Paper -IV ALTERNATIVE THERAPIES

UNIT-I	Various Alternative Therapies and Yogic practices to make the students skilled and Healing Techniques and correlation between Yoga and Alternative Therapies.
UNIT-II	All therapies techniques clearly to the students and its uses and benefits and Students make fact introduce about knowledge of Alternative Therapies.
UNIT-III	Knowledge Levels Developed Experience in effective performing the students through Alternative Therapies.
UNIT-IV	Understanding concept, methods, uses and knowledge of all Alternative Therapies tools and Techniques.
UNIT-V	Analyze the all therapies techniques about knowledge of Alternative Therapies. The students can be choose best useful therapy and applied professional and personal life.

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Paper -V INDIAN KNOWLEDGE SYSTEM

UNIT-I	The basic ancient Indian Knowledge System, Reasoning, knowledge of Substataion and basic ancient Indian Philosophical knowledge system.
UNIT-II	Various ancient Indian Knowledge System practices, methods of logic (knowledge of reasoning) in light of ancient source of Knowledge.
UNIT-III	The two important Indian philosophical source of knowledge- first one of Epistemology and second one of Metaphysics with ancient Indian Knowledge System.
UNIT-IV	Source of ancient Indian Knowledge system, the theory of various World famous Indian Scholar's and Sages.
UNIT-V	Ancient Indian theories of all relating to Yoga and life style like Vedic -ancient management of ruler and people's, education system, agriculture, civilization and culture.

Paper-VI KRIYATAMAK YOGA (YOGA PRACTICES)

UNIT-I	Create The Ability in the students to make them efficient in practical & useful yogic practices - Asanas - Pawanmuktasanas (Part - 1, 2 & 3) alongwith various different categories of Asana.
UNIT-I	Create The Ability in the students to make them efficient in practical & useful yogic practices in various Pranayama - Suryabhedhi, Bhastrika, Bhramari, Sheetali, Sitkari, Ujjayi Kewali etc.
UNIT-I	Create The Ability in the students to make them efficient in practical & useful yogic practices of Most usefull exercises of Sun Salutation.
UNIT-I	Evaluate the Students learning in various kinds of yogic practices to make them most useful & beneficial in human life.
UNIT-I	Kriya Yoga is most part of the student's class activity, it is depends of practice it's work theory of more practice and more experience.

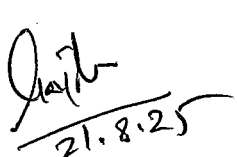
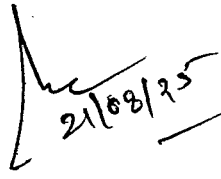
SEMESTER-II

Paper-I THE STUDY OF CONSCIOUSNESS

UNIT-I	Balance with physical and spiritual life, concept of birth and rebirth and karmafala, knowledge and concept of the Human Consciousness.
UNIT-II	Effective Psychological Study and knowledge and source of the Human Consciousness, Technique Knowledge solving the current problems and control the Body, Mind and Soul.
UNIT-III	Scientific & spiritual impact on human body, mind & soul using various theories, Practices & Tactics of Budhdha, Swami Mahaveera and Maharshi Arvindo etc.
UNIT-IV	It is Psychological effects is better than other curricula's subjects.
UNIT-V	System of Conciosness depends of students learning ,capacity, ability and experience with practical life.

Paper-II PATANJALI YOGA SUTRA

UNIT-I	Deep Knowledge of an ancient Indian traditionally, cultural, heritage of secret healthy Yogic life style. the students develop Secret Techniques of Supernatural abilities through Eight Limbs of Yoga.
UNIT-II	Ancient Vedic, Philosophical and Yogic features. Understanding of various Yogic practices to make the students skilled in ASANAS, PRANAYAMA & MEDITATION in light of Patanjali.
UNIT-III	Apply the various kinds of Yogic Practices to develop Yoga Skills for overall development of the human beings in light of Patanjali Yoga Sutra.
UNIT-IV	The most World popular Yogic Context "Kriya Yoga" its practices, especially students know about super conciuosness state or trance abilities etc.
UNIT-V	The deep Knowledge of an ancient Indian traditionally, cultural, heritage of secret healthy Yogic life style

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Paper-III YOGA SWASTHYA & YOGIC POSHAN AAHAR

UNIT-I	Knowledge of Healthy Diet's, Nutrition's, Student learn self care, will be transform own personality with applied daily outline Yoga Practices.
UNIT-II	Concepts & relationship with Helaths basics of Tridosha Principles of Vata, Pitta & Cough with their Properties
UNIT-III	Understand The concept of daily routine, morning routine, night routine & sleep and the concept of Bramhacharya.
UNIT-IV	Balance Diet with various components such as Carbohydrates, Vitamins, Minerals with application of dietary variety, Fruit diet, Milky Diet, undigested diet, sprouted diet.
UNIT-V	Yoga, Health & Diet- It is fact Knowledge of Yogic life style and live long life.

Paper-IV APPLIED YOGA

UNIT-I	Understanding of Practical Yoga Forms Features & objective, useful practices for children's and younger's.
UNIT-II	Apply Useful practices & tactics for teenage women for their irregular menstruation, pregnancy, postpartum yoga, menopause, hormonal imbalance, etc.
UNIT-III	Useful Yogic practices to make skilled the students to to prepare the dynamic players in the various games.
UNIT-IV	Application of Yogic practices to make the students accomplished & experienced to relief stress in corporate Sector.
UNIT-V	Analyze the theory and best practices of human beings, the fact and uses of Yogic practice applied through Aasanas, Pranayama, Mudra and bandha.

Paper-V KRIYATAMAK YOGA (YOGA PRACTICES)

UNIT-I	Create The Ability in the students to make them efficient in practical & usefull yogic practices - Asanas - Pawanmukta Asanas (Part - 1, 2 & 3) alongwith various different categories of Asanas.
UNIT-II	Create The Ability in the students to make them efficient in practical & usefull yogic practices in various Pranayama - Suryabhedhi, Bhastrika, Bhramari, Sheetali, Sitkari, Ujjayi Kewali etc.
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UNIT-V	Create The Ability in the students to make them efficient in practical & usefull yogic practices - Asanas - Pawanmukta Asanas (Part - 1, 2 & 3) alongwith various different categories of Asanas.

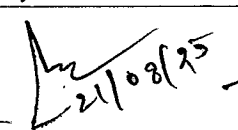
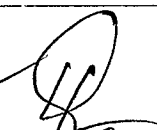
SEMESTER III

Paper-I ELEMENTS OF SRIMAD BHAGAVAD GEETA PHILOSOPHY AND YOGA PRACTICE

UNIT-I	knowledge of spiritual & philosophical importance of the Shrimad Bhagwad Gita to enable the students to apply the universal impact over the human thinking & life.
UNIT-II	Yogic practices and characteristics of the commentary of few commentators of Shrimad Bhagavad Gita, specially in the context of Acharya Shankar, Acharya Ramanuja, Lokmanya Tilak and Gandhi.
UNIT-III	Thoughts of Srimad Bhagavad Geeta, nature of Maya, Purusha, Ishwar and Avatar Tattva, to accomplish the students in the Ethics of Srimad Bhagavad Geeta.
UNIT-IV	The various kinds of Yogic skills for the overall development of the human beings with various Types of Yoga - Karma Yoga, Bhakti Yoga, Gyan Yoga, and Dhyana Yoga. Tatva Darshan etc.
UNIT-V	Essence of The Bhagvad Gita learn the beings that duty is name of dharma and its practice is the source of liberation through the three fold - Karmayoga, Bhaktiyoga & Janayoga.

Paper-II SCIENTIFIC STUDY OF ASANAS AND PRANAYAMA

UNIT-I	Yogic Practice of Aasanas, objective, classification, difference between asanas and exercise, scientific discussion of bandhas.
UNIT-II	Scientific views of physiological and relaxation asanas, properties of Pranayama, scientific analysis of the process of Pranayam, mechanism of respiratory system.
UNIT-III	Apply Five forms of Prana Shakti to experience the students usefulness of Pranayam in the treatment of various diseases.

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UNIT-IV	Evaluate Scientific analysis of the necessity of meditative asanas and bandhas of pranayama over human body.
UNIT-V	It's practices and apply in self life can be effective transformation for human brings and get healthy and long life.

Paper-III BASIC ELEMENTS OF YOGIC TEXTS (UPNISHADA)

UNIT-I	The concept of Ishavasayopanishad & Kenopanishad to to accomplished & experienced the students with various spiritual thoughts
UNIT-II	The concept of Kathopanishada, Prashnopanishada, Mundakopanishada to to accomplished & experienced the students with various spiritual thoughts.
UNIT-III	The concept of Mandukyo Upanishada & Aitareya Upanishada to accomplished & experienced the students with various spiritual thoughts.
UNIT-IV	The concept of Chandogya Upanishada & Vrihadaranyaka Upanishada & Yoga Vasishtha to accomplished & experienced the students with various spiritual thoughts.
UNIT-V	Upanishada is the most powerful knowledge of Vedas. The Upanishada called of the esance of Vedic knowledge and storehouse of knowledge.

Paper-IV EMINENT INDIAN YOGIS

UNIT-I	The modern students that The Ancient Indian yogis attained self realization through deep meditation, students to make will be learn about its practices.
UNIT-II	This course through know about various life sketch of Indian Yogis and their contribution the field of Yogic life style.
UNIT-III	Course included thoughts of the most top Indian yogi's and Manishi's such as- B.K.S. Iyengar, Shri Ram Sharma Acharya, Paramahansa Yogananda, Swami Swatma Ram, Swami Ram, Sri Arbindo, Maharshi Mahesh Yogi etc.
UNIT-IV	Self Analyze and Evaluate through this course, this course provide to students effective and Inspirational thoughts by various life skech of Indian Yogis.
UNIT-V	Course provides all top most Indian Yogis thoughts and their life style its helpful best practices for human beings.

Paper-V KRIYATAMAK YOGA (YOGA PRACTICES)

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SEMESTER IV

Paper- I YOGA THERAPY

UNIT-I	Knowledge of Yoga Therapy, basic principles, importance of Yoga Therapy for health promotion, prevention, treatment and longevity with Contemporary methods of Yoga Therapy.
UNIT-II	Yogic Vikriti Nidanas 1. Swara Gyan 2. Prana and 3. Breathing Relation with physical, mental and psycho somatic daily problems. Relation of Saptchakra with nervous system and endocrine glands. Health and fitness with context of WHO).
UNIT-III	Apply Yoga Therapy for Common Ailments, Diseases of Bone and Muscular System- Backache, Sciatica, Cervical Spondylitis, Rheumatism, Diagnosis and Yoga Therapy, Respiratory Ailments.
UNIT-IV	Analysis of Various kinds of Diseases related to digestive system- diagnosis and Yoga Therapy for indigestion, ulcer, flatulence, jaundice. Blood circulation related to high blood pressure, low blood pressure,.
UNIT-V	Course provides control heart artery obstruction, endocrine glands, diabetes, increase and decrease in thyroid hormone, obesity, nervous system related diseases, headache, depression, anxiety, insomnia, migraine, stress, smoking, alcoholism, causes, symptoms, diagnosis with Yoga Therapy.

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Paper II BODY AND PHYSIOLOGY

UNIT-I	Course provide adequate knowledge about Anatomy, Respiratory system, urine, digestive, reproductive , nervous & excretory system with balanced diet.
UNIT-II	To provide with adequate knowledge of SKELETAL SYSTEM - upper limb & lower limb , Circulatory system - heart, causes and preventive measures of cardiac arrest, preventive measures, precautions and diagnosis, composition of blood
UNIT-III	Course provide with adequate knowledge of Digestive system, circulatory system and respiratory system: Effects of Yogic Practices on their functioning.
UNIT-IV	Understanding to provide students with adequate knowledge of Yogic studies on functioning of uro genital system, excretory system and nervous system.
UNIT-V	Understanding to provide students with adequate knowledge about Anatomy, Respiratory system, urine, digestive, reproductive , nervous & excretory system with balanced diet.

Paper III RESEARCH METHODOLOGY IN YOGIC SCIENCE

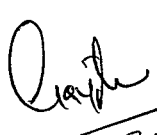
UNIT-I	Cognitive Levels to provide students with knowledge about Research Methods in Yogic Science, Properties, and Principles with Classification of Research.
UNIT-II	Understanding to provide students with knowledge of Hypothesis meaning & Types of Research design.
UNIT-III	Analysis of Data to provide students with knowledge of Tools of Data collection , processing, analysis.
UNIT-IV	Apply The Measures Of Variability - Mean, Median & Mode, Standard Deviation - Correlation Coefficient. Preparation Of Research Synopsis & Reports.
UNIT-V	Cognitive Levels to provide students with knowledge about Research Methods in Yogic Science, Properties, and Principles with Classification of Research.

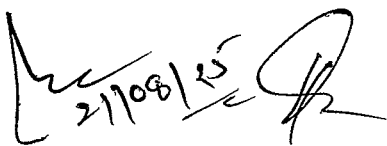
Paper IV KRIYATAMAK YOGA (YOGA PRACTICES)

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Paper V Project Work

Project Writing Work /Educational Learning Tour/Oratory / Viva-Voice


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