

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



**CURRICULUM & SYLLABI
(Based on CBCS & LOCF)**

**M.A. Applied Philosophy & Yoga
Semester System
Session: 2024-25 onwards**

Approved by:	Board of Studies	Academic Council
Date: 20-5-2025		

M.A. Philosophy & Yoga

The objective of M.A. in Philosophy & Yoga is to provide advanced education and training in various Kinds of Philosophy & Yoga, equipping students with a deep understanding of theoretical principles and practical skills. The program aims to foster critical thinking, research capabilities, and the ability to apply advanced Philosophical & Yogic knowledge to address scientific and technological challenges in the current & diverse environment, preparing graduates for diverse career opportunities in Academic, Health industries as well as in research institutions.

Program Outcomes:

Upon successful completion of the Master of Arts Applied Philosophy and Yoga program, students will be able to:

PO1	Knowledge:- This course provides knowledge related to Modern World and Indian
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	Philosophy and Yoga, historical writing methodology, important events of. Indian philosophy & Yoga.
PO2	Critical Thinking and Reasoning:- To study the social, economic, foreign and religious policies, diplomacy and various works done by various personalities.
PO3	Problem Solving:- During Philosophical& Yoga practice and study, problems and curiosities related to Yogic principles and writings, events and ideologies etc. will be solved through logical teaching and educational tours by providing historical evidence and sources.
PO4	Advanced Analytical and Computational Skills:- Possess advanced skills in Philosophical and Yogic analysis and including proficiency in using individual and group practices.
PO5	Effective Communication:- Effective teaching through logical dialogue, presentation of cause-effect and causation relation of philosophy and Yoga through report writing, Philosophical and Yogic audio and video.
PO6	Social/ Interdisciplinary Interaction:- Philosophical and yogic is the study of various facts of human life and it is closely related to other social sciences which make specific study of various facts of human life. For this, effective cooperation in interdisciplinary context and solution of complex problems in professional manner.
PO7	Self-Directed and Life Long Program:- Recognition of the importance of ongoing professional development and life-long learning in the rapidly growing field of Philosophy and yoga the development of this capability through lifelong research in Philosophy& Yoga and study of completed historical theses.
PO8	Effective Citizenship: Leadership and Innovation:- Working regularly as a leader in Yoga and helping in discovering, finding undocumented Yogic features and solving various problems.
PO9	Ethics:- Adhering to professional standards and best practices by exercising ethics and responsibility in research, teaching and participation in Philosophy & Yoga.
PO10	Future Education or Employment:- To be engaged in future educational activities including Ph.D. program in Philosophy & Yoga and to provide employment opportunities in the fields of government services, teaching, culture department and educational work etc.

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

PSO1	This course makes you aware of the India's freedom struggle. Yogic practice events, chronology, personalities and ideologies of World, India and Chhattisgarh.
PSO2	This course helps develop multi-causal explanations of major Yogic life style developments based on contextual analysis of interrelated social, cultural and intellectual processes by building critical capacity through competing interpretations of the past and multiple narratives.
PSO3	To develop the ability to evaluate Philosophical ideas, arguments and viewpoints and present a summary of a topic orally or in writing in a systematic, coherent and sequential manner.
PSO4	To develop the ability to construct original Philosophical & yogic practices based on primary and secondary source material and the ability to find and describe Philosophical & Yogic practice areas.
PSO5	Through the course students will acquire basic Philosophical & Yogic research skills, including effective use of libraries, archives and databases.
PSO6	To make students study Philosophical & Yogic research, its importance and various methods of research through the course.

M. A. APPLIED PHILOSOPHY AND YOGA

Specification of Course	Semester	No. of Course	Credits
Core	I-IV	21	105
Elective	I-IV	00	00
Total		21	105
Additional Course			
Generic Elective	II-III	02	10
Value Added Course	III-IV	00	00

M. A. APPLIED PHILOSOPHY AND YOGA PROGRAMME STRUCTURE

SEME STER	COURSE NATURE	COURSE CODE	COURSE TITLE	Course Type (T/P)	Hrs/ Week	Cre- dits	Marks		
							CIA	ESE	Total
SEMESTER-I	CORE	AP&Y101 FIRST SEMESTER	THE FUNDAMENTAL ELEMENTS OF YOGA	T	5	5	30	70	100
	CORE	AP&Y102 FIRST	THE PHILOSOPHICAL BACK GRAUD OF YOGA	T	5	5	30	70	100
	CORE	AP&Y103 FIRST	HATHYOGA THEORY AND PRACTICE	T	5	5	30	70	100
	CORE	AP&YAP&Y104 FIRST SEMESTER	ALTERNATIVE THERAPY	T	5	5	30	70	100
	CORE	AP&Y105 FIRST SEMESTER	INDIAN KNOWLEDGE SYSTEM	T	5	5	30	70	100
		AP&Y106 FIRST SEMESTER	PRACTICAL (Yoga Practices)	P	5	00	00	00	100
SEMESTER-II	CORE	AP&Y201 SECOND SEMESTER	THE STYDY OF CONSCIOUSNESS	T	5	5	30	70	100
	CORE	AP&Y202 SECOND	PATANJALI YOGASUTRA	T	5	5	30	70	100
	CORE	AP&Y203 SECOND	YOGA Evm Swasthya Evm Yogic Poshan Aahar	T	5	5	30	70	100
	CORE	AP&Y204 SECOND SEMESTER	APPLIED YOGA	T	5	5	30	70	100
		AP&Y205 SECOND SEMESTER	Practical (Yoga Practices)	P	5	00	30	70	100

SEMESTER III	CORE	AP&Y301 THIRD SEMESTER	SHRI MADBHAGVAD GEETA DARSHAN EVM YOGA SADHANA KE TATAVA	T	5	5	30	70	100
	CORE	AP&Y302 THIRD SEMESTER	AASAN AND PRANAYAM A SCIENTIFIC STUDY	T	5	5	30	70	100
	CORE	AP&Y303 THIRD SEMESTER	YOGIC GRANTHON KA MULBHUT TATVA [UPNISHAD]	T	5	5	30	70	100
	CORE	AP&Y304 FOURTH SEMESTER	EMINENT INDIAN YOGIS	T	5	5	30	70	100
		AP&Y305	PRACTICAL (Yoga Practices)	P	5	5	30	70	100
SEMESTER IV	CORE	AP&Y401 Fourth Semester	YOGA THERAPY	T	5	5	30	70	100
	CORE	AP&Y402 Fourth Semester	SHARIR EVAM SHARIR KRIYA VIGYAN	T	5	5	30	70	100
	CORE	AP&Y403 Fourth Semester	RESEARCH METHDOLOGY INYOGIC SCIENCE	T	5	5	30	70	100
	CORE	AP&Y404 Fourth Semester	PROJECT WORK	T	5	5	30	70	100
	CORE	AP&Y405	PRACTICAL (Yoga Practices)	P	5	5	00	100	100

Note:

1. 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.

2. 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.

3. The candidates, who have joined the PG Programme in School of Studies (University Teaching Department), shall undergo Skill Enhancement Course/Value Added Course (only qualifying in nature) in Semester I and Semester II.

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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	CBCS 406 PHILOOPHY& YOGA 1	INTRODUCTION TO PHILOSOPHY AND YOGA	T	3	5	30	70	100
III	CBCS 407 PHILOOPHY& YOGA 2	YOGA KA VAIGYANIK PAKSHA EVAM SWASTHYA	T	3	5	30	70	100

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Chairmen & HoD M of BoS M of BoS M of BoS M of BoS

Skill Enhancement/Value Added Courses:
(Offered to the PG Students of SOS in Applied Philosophy & Yoga)

The candidates who have joined the PG Programme in School of Studies (University Teaching Department), shall undergo Skill Enhancement Course / Value Added Course (only qualifying in nature) in Semester I and Semester III.

Semester	Course Code	Course Title	Course Type (T/P)	Hrs. Week	Credits	Marks		
						CIA	ESE	Total
I	AP & Y 105	Indian Knowledge System	T	5	5	30	70	100

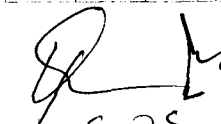
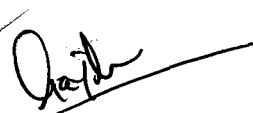
Programme Articulation Matrix:

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

Course Code	POs											PSO				
	1	2	3	4	5	6	7	8	9	10		1	2	3	4	5
APY Philosophy 101	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 102	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY	√	√	×	√	√	√	√	√	√	√		√	√	√	√	√

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Philosophy 103																
APY Philosophy 104	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 105	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 106	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 201	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 202	√	√	√	√	√	√	√	√	√	√		√	√	√	√	√
APY Philosophy 203	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 204	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 205	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 301	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 302	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 303	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 304	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 305	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 401	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 402	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 403	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY Philosophy 404	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
APY	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√



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Philosophy 405																
	21	21	20	21	21	21	21	21	21	21	21	21	21	21	21	21

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M.A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M.A.	Applied Philosophy & Yoga	I	I
Course Code	Course Title		Course Type
AP & Y101	THE FUNDAMENTAL ELEMENTS OF YOGA		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	-	-
Maximum Marks		CIA	ESE
100		30	70

Learning Objective (LO):-

The Objective of the course to enable the students with a deep understanding of Fundamental knowledge of Philosophy & Yoga , theory & Practices of the various kinds of Yoga & detailed introduction of eminent Yogis and their contribution.

Course Outcomes (CO):-

CO No.	Expected Course Outcomes At the end of the course, the students will be able to:	CL
1	Understand the Meaning, Definition; Nature and importance of Philosophy & Yoga empower students to apply these concepts to understand the Vedic, Philosophical and Yogic Concepts & Principles.	U
2	Analysis of various kinds of Yogic Thoughts & Practices to understand scientific & spiritual impact on human body, mind & soul using various theories, Practices & Tactises of Maharshi Patanjali ,Gorakshanath , Shankaracharya , Swami Vivekanand and Maharshi Arvind etc.	An


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3	Understanding of Vedic knowledge through Veda, Upnishada, Gita with the comprehensive understanding of various religion & Darshan - Buddhism, Jainism with an ancient philosophy Samkhya and Vedanta.	U
4	Understanding and application of Yogic Practices to develop Yoga Skills for overall development of the human beings.	U

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

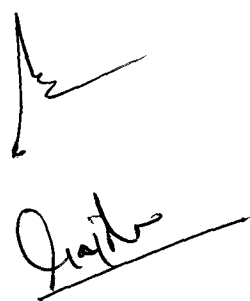
CO-PO/PSOMappingforthecourse:

PO \ CO	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	3	1	2	3	2
CO2	3	3	3	3	2	3	3	2	3	1	3	2	2	2	1
CO3	2	2	3	2	2	2	3	3	3	1	3	2	2	3	2
CO4	3	3	3	2	2	3	3	3	3	2	3	2	3	2	2

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: (APY-101) THE FUNDAMENTAL ELEMENTS OF YOGA

Topics	No.of Lectures	CO No.
I Applied Philosophy Meaning, form and significance Relationship between philosophy and applied philosophy. Meaning, definition and purpose of yoga, origin and development of yoga, factors that help and hinder yoga. Yoga skill development, meaning, definition, need and purpose. Various dimensions of yoga skill development	15	1
II Vedas and Upanishads, Geeta and Yoga Vashishtha, Buddhist philosophy and philosophy, Sakhya and Veda philosophy.	15	2
III Ashtanga Yoga and Karma Yoga, Bhakti Yoga and Gyan Yoga, Hatha Yoga, Mantra Yoga, Laya Yoga and Kiya Yoga	15	3
IV Maharishi Patanjali, Guru Gorakshanath, Shankaracharya	10	4
V Swami Vivekananda, Sri Aurobindo, Yogi Shyamacharan Lahidi, Swami Kuvalyanand and Swami Sivananda	15	5





Supporting Books -

- 1 Indian philosophy -Nadkishore Devraj
- 2 Survey of Indian Philosophy-Sagamlal Padey
- 3 Hatha Yoga Pradipika-Kaivalyadhaga Lonavala
- 4 Asana Mimansa-Swami Kuvalayanad
- 5 Pranayama Mimansa-Swami Kuvalayanad

M.A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M.A.	Applied Philosophy & Yoga	I	I
Course Code	Course Title		Course Type
AP & Y 102	THE PHILOSOPHICAL BACK GROUND OF YOGA		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

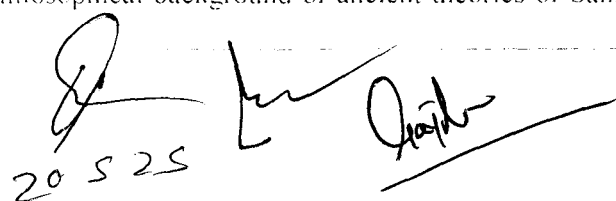
Learning Objective (LO):-

The Objective of the course to enable the students with a deep understanding of Fundamental knowledge of Ancient Philosophical base of Yoga , theory & Practices of the various kinds of Yoga & detailed knowledge of Spiritual Thoughts of philosophy and yoga.

Course Outcomes(CO):-

CO No.	Expected Course Outcomes At the end of the course, the students will be able to:	CL
1	Understanding the general informative thoughts of Indian philosophy & yoga to empower the students to apply these concepts to understand the Vedic, Philosophical and Yogic features.	U
2	An Analysis of Philosophical background of ancient theories of Sanmkhya relating to Yoga.	An

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3	Comprehensive Understanding of cosmology , Prakriti , Purusha & Siddhi according to Samkhya Philosophy	U
4	Apply the various kinds of Yogic Practices to develop Yoga Skills for overall development of the human beings in light of Yoga Sutra & Gita.	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	PSO														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	2	3	2	3	2	3	3	3	2	3	3
CO2	3	3	2	2	3	2	2	3	2	3	3	3	3	3	2
CO3	3	2	3	2	3	2	2	3	2	3	3	3	2	2	3
CO4	3	2	3	3	2	2	2	3	2	3	3	3	2	3	2

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: APY 102 (THE PHILOSOPHICAL BACK GROUND OF YOGA)

Unit No.	Topics	No.of Lectures	CO No.
I	General features of Indian Philosophy Importance of Yoga in Indian Philosophy	15	1
II	Philosophical background of Yoga, Sankhya Philosophy Relation between Sankhya and Yoga, Purusha Siddhi Badhan.	15	2
III	Sankhya Prakriti Siddhi, Form Evolution and Kaivalya.	15	3
IV	Yoga Sutras Ashtanga Yoga Introduction.	20	4
V	Various forms of Yoga in Gita, Bhakti, knowledge and Action.	10	5

Supporting books -

- 1 Yoga Darshan - Sampurnanad
- 2 Patanjali Yoga discussion- Vijaypal Shastri
- 3 Outline of Indian Philosophy -M Hiriyanna
- 4 Sakhyatattva Kaumudi -Vachaspati Mishra

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M.A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M.A.	Applied Philosophy & Yoga	I	I
Course Code	Course Title		Course Type
AP Y 103	Hatha Yoga Theory and Practice		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective(LO):

The Objective of the course to enable the students with a deep understanding of Comprehensive knowledge of Hath Yoga . theory & Practices of the various kinds of Yogic Exercises recommended in Original Grantha of Yoga Hath Yog Pradipika & Gherand Samhita.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Cognitive Levels of Hathyoga (Chaturang Yoga) to introduce & enable the students with environment with favorable & unfavorable factors and diet plan for the yogic practices.	CL
2	Understanding of various Yogic practices to make the students skilled in ASANAS , PRANAYAMA, SHATKARMA in light of Hath Yoga Pradipika .	U

3	Apply the Yogic Tools, Mudras, Bandha; Nad Tactics to make the students skilled develop the Kundalini Chakras.	Ap
4	Cognitive Levels of Saptangyoga to introduce & enable the students with environment with favorable & unfavorable factors and diet plan for the yogic practices. make the students skilled in SHATKARMA , ASANAS , PRANAYAMA, MUDRAS, MEDITATION in light of Gherand Samhita	CL

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

CO-PO/PSOMappingforthe course:

PO/CO	PS O														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	2	3	2	3	2	3	3	2	3	3	2	2	3
CO2	3	3	3	2	2	3	2	3	2	2	3	3	2	2	3
CO3	3	2	3	3	3	3	2	2	3	2	3	3	2	2	3
CO4	2	3	2	3	2	3	3	3	2	2	3	3	2	2	3

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

Detailed Syllabus: APY 103 (Hatha Yoga Theory and Practice)

Unit No	Topics	No. of Lectures	CO No.
I	Definition of Hatha Yoga, appropriate place for practice, season, Facilitating and hindering factors in practice, Signs of Hatha Siddhi, Utility of Hatha Yoga, dietary guidelines for Yoga practice.	17	1
II	Method and benefits of the asanas described in Hatha Yoga Pradipika, Definition of Pranayam, types and methods, utility of Pranayam, Description of Shatkarma, method and benefits of Dhauti Vasti Neti Nauli Tratak Kapalbhata.	19	2
III	Form of Kundalini and methods of awakening the chakras, Description of Bandha Mudra, Mahamudra, Mahabandha, Mahavedh, Khechari, Uddiyanabandh, Jalandhar, Moolabandha, Viparitarani, Brajoli, Shakti Chalini, description of Samadhi, Nadanusandhan.	20	3
IV	Method, precautions and benefits of Shatkarma Dhauti, Varit Neti, Nauli Tratak Kapalbhata discussed in Gherad Sahita.	19	4
V	Discussion of Gherad Samhita's asanas, pranayama postures, pratyahara meditation and samadhi, Method, benefits and precautions of various asanas and pranayams described in Gharadsahita.		

Supporting books -

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- 1 **Hatha Yoga Pradipika:** Publisher Kaivalyadhama Lonavala
- 2 **Gherad Samhita :** Code Publisher Kaivalyadhama Lonavala
- 3 **Yogank Kalyan:** Special Issue Geeta Press Gorakhpur
- 4 **Hatha Yoga:** Swami Shivanand
- 5 **Yoga Science:** Swami Vigyanananda Saraswati

M.A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M.A.	Applied Philosophy & Yoga	I	I
Course Code	Course Title		Course Type
AP Y 104	ALTERNATIVE THERAPIES		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5	-	-
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Objective of the course to enable the students with a deep understanding of Fundamental knowledge & concept of Alternative with Yoga Therapy. Alternative Therapies are various kinds of methods and their detailed introduction knowledge and benefits.

Course Outcomes(CO):

CO No	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Understanding of various Alternative Therapies and Yogic practices to make the students skilled and Healing Techniques and correlation between Yoga and Alternative Therapies.	U


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2	Analyze the all therapies techniques clearly to the students and its uses and benefits and Students make fact introduce about knowledge of Alternative Therapies.	An
3	Cognitive Levels Developed Experience in effective performing the students through Alternative Therapies.	Cl.
4.	Students Understanding concept, methods, uses and knowledge of all Alternative Therapies tools and Techniques.	U

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

CO-PO/PSOMappingforthecourse:

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

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

DetailedSyllabus: APY 104 (ALTERNATIVE THERAPIES)

Unit No.	Topics	No.ofLecture	CO No.
I	Concept of Alternative Therapy & Importance of Alternative Therapy. Scope and Limitation of Alternative Therapy. Relation Between Yoga Therapy and Alternative	15	1
II	Meaning of Acupressure. Benefits of Acupressure. Principles and Techniques of Acupressure, Instruments of Acupressure. Introduction of Different Pressure Points.	18	2
III	Meaning & Nature of Prana. Introduction & Principles of Pranic Healing. Various Techniques of Pranic Healing	12	3
IV	Meaning. Definition. & Scope, Principles of Magneto Therapy. Kinds of Magnets, Methods of Magneto Therapy and Effect of Magneto Therapy on Different Diseases	15	4
V	Brief History of Naturopathy The Basic principles of Naturopathy. Root Causes of Disease, Acute and Chronic stages of Diseases, theory of foreign Poison. Theory of Bulge. Measures to Increase Vitality. Shape Diagnosis	15	5

REFERENCE BOOKS:-

1. Acupressure - Dr Attar Singh
2. Acupressure Dr. I. N Kothari
3. Miracles through Pranic healing Master Choa Kok Sui
4. Advanced Pranic healing Master Choa Kok Sui

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5. Magneto therapy Dr. H. L. Bansal
6. Magnetic Cure for common disease - Dr. R.S. Bansal, Dr HL Bansal
7. Yoga and Vaikalpik Chikitsya Dr. V Nautiyal

M.A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	I
Course Code	Course Title		Course Type
APY105	INDIAN KNOWLEDGE SYSTEM		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective(LO):

The Objective of the course to enable the students with a deep understanding of Fundamental knowledge & concept of ancient Indian Knowledge System, the students introduce to ancient culture, tradition, the system of knowledge and logic and various kinds of theories of Indian sages and their knowledge.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
1	At the end of the course, the students will be able to: Cognitive Levels Developed Understanding of the basic ancient Indian Knowledge System, Reasoning, knowledge of Substantiation and basic ancient Indian Philosophical knowledge system.	CL

2	Understanding of various ancient Indian Knowledge System practices to make the students skilled in Substantion, methods of logic (knowledge of resoning) in light of ancient source of Knowledge.	U
3	The student keep remember of the two important Indian philosophical source of knowledge- first one of Epistomology and second one of Metaphysics with ancient Indian Knowledge System.	R
4	Students Understanding concept, methods, uses and knowledge and ancient methods of substantion, source of ancient Indian Knowledge system, the theory of various World famous Indian Scholar's and Sages.	U

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

CO-PO/PSOMappingforthecourse:

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

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: APY105 (INDIAN KNOWLEDGE SYSTEM)

Unit No.	Topics	No.ofLecture s	CO No.
I	1. Cogrition in Indian Valid, Invalid and validity. 2. Svatahpramanyavada and paratalipramanyavada, Prama and Aprama.	15	1
II	1. Pramanaya-Pratyaksha, Anumana, Shabda, Upmana, Arthapatti. Anupalabdhi 2. Pramanayavastha and pramana samplava.	15	2
III	Khyativada & Akhyativvada, Anyathakhyati Viparitakhyati, Atmakhyati, Anirvachaniya Khyati, Abhinav-khyati, Sadasatkhyati.	15	3
IV	1. Theories of Self evidence, Correspondence, Coherence, Pragmatic. 2. Apriori knowledge- Analytic and Synthetic	15	4
V	1. Vedant Darshan, Practical Vedanta of Swami Vivekananda ,Shankaracharya's Advait- vedanta, Ramanujacharya's Vishistadvaitvedanta. 2. Gyanmimansa and Tatwamimansa (Epistomology and Metaphysics)- Meaning, Definition and. Interpretation	15	5

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RECOMMENDED BOOKS:

1. D.M. Datta : The six ways of knowledge
2. Debabrata Sen: The Concept of Knowledge
3. Srinivasa Rao: Perceptual Error, Indian Theories
- 4 Pollock: Contemporary theories of knowledge
- 5: Bhalacharya : Doubt, belief and knowledge
6. S. Radhakrishnan: Indian philosophy, part. and part 2
7. Sangamlal Padey: Indian philosophy
8. Hridayanarayan Mishra : Epistemology and Metaphysics

M. A. (Applied Philosophy & Yoga) Semester-I

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	II
Course Code	Course Title		Course Type
APY 106	Kriyatamak Yoga (Yoga Practices)		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & experienced in Practical Yogic practices with the Fundamental knowledge of Asanas, Pranayama, Mudras and Bandha Etc.

Course Outcomes (CO) :

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CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	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.	C
2	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.	C
3	Create The Ability in the students to make them efficient in practical & usefull yogic practices of Most usefull excercises of Sun Salutation.	C
4	Evaluate the Students learning in various kinds of yogic practices to make them most usefull & beneficial in human life.	E

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

CO-PO/PSO Mapping for the course:

POC	PSO														
	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

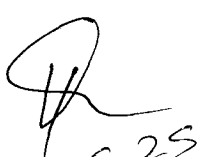
"3"-Strong; "2"-Moderate; "1"-Low; "-"-No Correlation

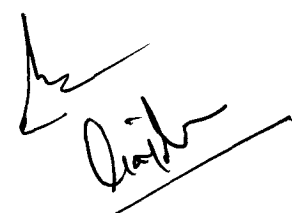
Detailed Syllabus: APY 106 - Kriyatamak Yoga (Yoga Practices)

Unit No.	Topics	No. of Lectures	CO No.
1	Kriyatmak Yoga & internship. Pawanmukta Part Part - 1, 2 & 3., Surya Namaskar	80	1 to 5

BOOKS SUGGESTED -

- 1-Asana, Pranayama, Mudra & Bandha by Swami Satyanand Saraswati.
- 2-Hath Yog Pradipika
- 3-Gherand Samhita
- 4-Light on Yoga by B K S Iyengar
- 5-Yoga the Path to Holistic by B K S Iyengar
- 6- Light on Pranayama by B K S Iyengar


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Chairmen & HoD M of BoS M of B o S M of B o S M of B o S

M.A. (Applied Philosophy & Yoga) Semester-II

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	I
CourseCode	CourseTitle		Course Type
APY201	STUDY OF CONSCIOUSNESS		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
MaximumMarks	CIA		ESE
100	30		70

Learning Objective (LO):

The Objective of the course to enable the students with a deep understanding and Knowledge of the Human Consciousness through Indian and Western Philosophical Theories, development of effective and power of mind and mystery of the Human consciousness, the study of fact knowledge and theory of Supermind. Advantage of spiritual and life concept of birth, rebirth karmafala.

Course Outcomes (CO):

CO No.	ExpectedCourseOutcomes	CL
1	At the end of the course, the students will be able to: Understanding of balance with physical and spiritual life, concept of birth and rebirth and karmafala, knowledge and concept of the Human Consciousness.	U

2	Cognitive Levels Developed Understanding of the Knowledge of actual main generating System of Conciosness. the power of brain maping , Effecivet Psychological Study and knowledge and source of the Human Conciousness. Techniquial Knowledge solving the current problems and control the Body, Mind and Soul.	CL
3	An Analyze Analysis of various kinds of Yogic Thoughts & Practices to understand scientific & spritual impact on human body. mind & soul using various theories, Practices & Tactises of Budhdha, Swami Mahaveera and Maharshi Arvindo etc.	An
4	The Students self Experience Evaluate in performing. empowriyng and developing good conduct, the students evaluate of compare with other curricular students that it's Psychological effects is better than other curricular's students.	E

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

CO-PO/PSOMappingforthecourse:

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

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: APY201 (STUDY OF CONSCIOUSNESS)

Unit No.	Topics	No.of Lectures	CO No.
I	Meanig ,definition of Consciousness. nature of Consciousness. Need to the study of Consciousness.	12	1
II	Consciousness According to Upanishads. Buddhism and Jainism.	12	2
III	Nature of Consciousness. Soul, Brahma, Purusha, Siddhi, Purusha. Multiplicity in Samkha- Yoga and Mimasa and Advaita Vedanta.	15	3
IV	Nature of Consciousness Hurrstal, Sartre, Sri Arvido. Nature of Human: Radhakrishnan and Rabindranath Tagore.	15	4
V	Nature of human consciousness, need of studying human consciousness, present Crisis of human consciousness and ways of finding meaningful solution. Various mysteries and facts of human consciousness : Birth and life, destiny and effort. methods of development of human consciousness developed Through the theory of karma, rituals and rebirth. Indian Sages.	20	5

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Supporting books:

- 1 Contemporary Indian Philosophy : B.K Lal
- 2 Contemporary Indian Philosophy: B.K Lal
3. Contemporary Western Philosophy: Lakshmi Saxena
- 4 Nature of consciousness in Indian philosophy: Lakshmi Saxena
- 5 Human consciousness: Dr Ishwar Bharatwaj

M.A. (Applied Philosophy & Yoga) Semester-II

Program	Subject	Year	Semester
M.A.	Applied Philosophy & Yoga	1	II
Course Code	Course Title		Course Type
APY 202	PATANJALI YOGA SUTRA		Core
Credit			
	L	T	P
5	5	5	5
Maximum Marks	CIA		ESE
100	30		70

Learning Objective(LO):

The aim of this course to provide students a deep understanding of the mystery of Patanjali Yoga Sutra. Higher level study of mind control method through ancient Indian knowledge System. it is a part of ancient life style-be healthy, happily and long life of the Human beings. The command of physically, mentally and spritually practices and exercise, peace of mind through Aasanas, Pranayama and Meditation. The students deep introduce to verouos kinds of Supernatuaral abilities and Psychic power etc.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	

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1	Cognitive Levels Developed Understanding of the 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.	Cl
2	Understanding the general informative thoughts of Indian philosophy & Yoga to empower the students to apply these concepts to understand the ancient Vedic, Philosophical and Yogic features. Understanding of various Yogic practices to make the students skilled in ASANAS , PRANAYAMA & MEDITATION in light of Patanjali Yoga Sutra.	U
3	Apply the various kinds of Yogic Practices to develop Yoga Skills for overall development of the human beings in light of Patanjali Yoga Sutra.	AP
4	Comprehensive understanding and knowledge of Eight Limbs of Yoga, the most World popular Yogic Context "Kriya Yoga" its practices, especially students know about superconsciousness state or trance abilities etc.	U

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

CO-PO/PSOMappingforthecourse:

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

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

DetailedSyllabus: APY202 (PATANJALI YOGA SUTRA)

Unit No.	Topics	No.of Lectures	CO No.
I	Definition of Yoga, mind, Chittabhumi, tendencies of mind, Practices and types of Vairagya Samadhi, Ishwar Tatva, Ishwar Pranidhan, ways of pleasing the mind, Ritambhara wisdom.	20	1
II	Panchaklesh ,Nature of sorrow, Chatuvyuhavad, Vivekhyati, Saptadhapragya.	15	2
III	Eight parts of Yoga, Yama, Niyamadi, results of their accomplishment, discussion, result of Pranayama, result of Pratyahara.	15	3
IV	Dharana, Dhyana and Samadhi, Sanyam, the result of the mind, Vibhuti and its types, the nature of Kaivalya.	15	4
V	Five types of Siddhi Creation Types of Chitta Karma Drushta and Drishya Dharmamegha, Samadhi Relevance of meditation in modern life.	15	5

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SUPPORTING BOOKS:

- 1 Yogasutra Vaishardi: Vachaspati Mishra
- 2 Yoga Sutras Yoga Vartika: Vijyan Bhikshu
3. Yoga Sutra Rajmartand : Hariharananda Aranya
- 4 Patajali Yoga Pradeep: Omanandatirtha
5. Patajali Yoga Vimarsha by Vijaypal Shastri
- 6 Dhyana Yoga Prakash Lakshmanananda
7. Yoga Philosophy by Rajveer Shastri

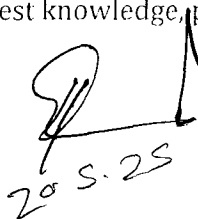
M. A. (Applied Philosophy & Yoga) Semester-II

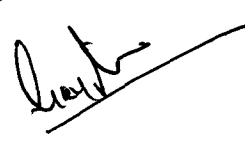
Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	II
Course Code	Course Title		Course Type
APY203	Yoga Swasthya & Yogic Poshan Aahar		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective(LO):

The Objective of the course to enable the students with a deep understanding and Knowledge of Healthy, Happily Successful and peaceful Daily life Style with various Yogic Practices and Applied Yogic Diets, The Students physically and Mentally fitness through Tactics of Yoga Practices and applied useful Yogic Diet and Nutrition, over all - students gets best knowledge, practices and therapy Through this course.

Course Outcomes (CO) :


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CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Comprehensive understanding and knowledge of Healthy Diet's. Nutrition's. Student learn self care, will be transform own personality with appied daily routien Yoga Practices.	U
2	Cognitive Levels of Ayurveda Concepts & relationship with Helaths basics of Tridosha Principles of Vata, Pitta & Cough with their Properties.	CL
3	Understanding of Seasonsonal Accumulation of Doshas. Outbreak and Mitigation. Understang The concept of daily routine, morning routine, night routine & sleep and the concept of Bramhacharya.	U
4	Understanding of Balance Diet with various components such as Corbohydrates, Vitamins, Minerls with application of dietary variety, Fruit diet, Milky Diet, undigested diet, sprouted diet.	U & AP

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

CO-PO/PSOMappingforthecourse:

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

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

Detailed Syllabus: APY203 (Yoga Swasthya & Yogic Poshan Aahar)

UnitNo	Topics	No.ofLec tures	CO No.
I	Health meaning & definition, symptoms discussion of organs. Meaning of healthy circle definition form and organs good circle and conduct purpose of Chemistry.	10	1
II	Ayurveda Medicine and its relation with health. Ayurveda Definition Tridosha - Vata, Pitta & Kapha. Guna Dharma. Concept of Traya Upstambha.	15	2
III	Division of Seasons Accumulation of Doshas According to Seasons. Outbreak and Mitigation. The concept and usefulness of daily routine, morning routine, Exercise, night routine & sleep and the concept of Bramhacharya & Seasonal routine.	20	3
IV	Diet and Nutrition Meaning Definition -Organs, components Matter, Carbohydrates, Fats, Vitamins, Minerals, Life elements, Life elements - Water.	15	4
V	Balanced diet meaning, definition, and component, classification dietary variety, Fruit diet, Milky Diet, undigested diet, sprouted diet, benefits and prohibited diet for yoga practitioners, concept of fasting, diet therapy, And Its utility.	15	5

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SUPPORTING BOOKS -

- 1 Charaka Samhita by Maharishi Charak
- 2 Sushruta Samhita by Maharishi Sushruta
- 3 Yogic therapy by Kuvalyananda
- 4 Anatomy and physiology by Anant Prasad Gupt

M. A. (Applied Philosophy & Yoga) Semester-II

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

Learning Objective (LO):

The Overall Objective of the course to enable the students with understanding of Fundamental knowledge of yoga to use in common & practical public life, Useful Yogic practices to make skilled the students to help the overall societies elements - women, Govt Servants, Soldiers, players & corporate Sectors etc.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	

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1	Comprehensive Understanding of Practical Yoga Forms Features & objective, usefull practices for childrens and youngers.	U
2	Apply Useful practices & tactics for teenage women for their irregular menstruation, pregnancy, postpartum yoga, menopause, hormonal imbalance, etc.	Ap
3	Apply Useful practices & tactics for Govt Servant, Soldier etc. Useful Yogic practices to make skilled the students to to prepare the dynamic playesr in the various games.	Ap
4	Application of Yogic practices to make the students accomplished & experienced to relief stress in corporate Sector.	Ap

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

CO-PO/PSOMappingforthecourse:

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

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelatio

Detailed Syllabus: Applied Yoga

Unit No.	Topics	No.of Lectures	CO No.
I	Meaning, nature and objective of Practical yoga; useful yoga exercises for children and adolescents and their method of execution	15	1
II	Yoga exercises and their methods useful for teenage women, irregular periods, pregnancy, postpartum yoga, menopause, hormonal imbalance, etc.	15	2
III	Yoga exercises and their methods useful for administration, police and soldiers	15	3
IV	The role, necessity and importance of yoga in different types of sports. Useful yoga exercises for sports persons and their method of practice	15	4
V	Yoga Asanas useful in corporate workplace, Yogic exercises for stress relief and insomnia, Role of Yoga in addiction treatment	10	5

BOOKS SUGGESTED:

1. Yoga Education for children by - Bihar Yoga Publication Trust
2. Nav Yogini Tandra (Hindi/English) by Bihar Yoga Publication Trust
3. Applied Yogic Science by - Dr. Kamakhya Kumar
4. Effect of Yoga on Hypertension by - Bihar Yoga Publication Trust

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M. A. (Applied Philosophy & Yoga) Semester-II

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	II
Course Code	Course Title		Course Type
APY 205	Kriyatamak Yoga (Yoga Practices)		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & experienced in Practical Yogic practices with the Fundamental knowledge of Asanas, Pranayama, Mudras and Bandha Etc.

Course Outcomes (CO) :

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	

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1	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.	C
2	Create The Ability in the students to make them efficient in practical & usefull yogic practices in various Pranayama - Suryabhedhi, Bhastrika, Bhramari, Sheetal, Sitkari, Ujjayi Kewali etc.	C
3	Create The Ability in the students to make them efficient in practical & usefull yogic practices of Most usefull excercises of Sun Salutation.	C
4	Evaluate the Students learning in various kinds of yogic practices to make them most usefull & beneficial in human life.	E

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

CO-PO/PSO Mapping for the course:

POC \ O	PSO														
	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

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

Detailed Syllabus: APY 205 - Kriyatamak Yoga (Yoga Practices)

Unit No.	Topics	No. of Lectures	CO No.
1	Kriyatamak Yoga & internship, Pawanmukta Part Part - 1, 2 & 3, Surya Namaskar	80	1 to 5

BOOKS SUGGESTED -

- 1-Asana, Pranayama, Mudra & Bandha by Swami Satyanand Saraswati.
- 2-Hath Yog Pradipika
- 3-Gherand Samhita
- 4-Light on Yoga by B K S Iyengar
- 5-Yoga the Path to Holistic by B K S Iyengar
- 6-Light on Pranayama by B K S Iyengar

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Chairmen & HoD M of BoS M of B o S M of B o S M of B o S

M. A. (Applied Philosophy & Yoga) Semester-III

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	III
Course Code	Course Title		Course Type
APY 301	ELEMENTS OF SRIMAD BHAGAVAD GEETA PHILOSOPHY AND YOGA PRACTICE		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & experienced in Practical & practices of the Shrimad Bhagvadgita Its Yogic practices with the Fundamnetal knowledge, the Bhagvadgita is a Holy Scripture of India and the Lord Krishna's life changing Preaching for Human being through Arjuna. The Shrimad Bhagvadgita is a World Popular Scripture, the students will be learn best life management and get best of spiritual knowledge.

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Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Cognitive level knowledge of spiritual & philosophical importance of the Shrimad Bhagwad Gita to enable the students to apply the universal impact over the human thinking & life.	CL & Ap
2	Analysis of 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	An
3	Understanding of thoughts of Srimad Bhagavad Geeta, nature of Maya, Purusha, Ishwar and Avatar Tattva, to accomplish the students in the Ethics of Srimad Bhagavad Geeta.	An
4	Apply 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.	Ap

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

CO-PO/PSO Mapping for the course:

POCO	PSO														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	3	2	3	2	2	2	3	3	3	2	3	3
CO2	3	3	3	3	2	3	3	3	3	3	3	3	2	3	3
CO3	3	3	3	3	2	3	3	2	3	3	3	3	2	3	3
CO4	3	3	3	3	2	3	2	2	3	3	3	3	3	3	3

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

Detailed Syllabus: APY 301 ELEMENTS OF SRIMAD BHAGAVAD GEETA PHILOSOPHY AND YOGA PRACTICE

Unit No.	Topics	No. of Lectures	CO No.
I	Nature of Srimad Bhagavad Geeta, period of composition, philosophical and spiritual importance of Srimad Bhagavad Geeta. Global impact on human welfare and life	20	1
II	Biography of some important commentators of Shrimad Bhagavad Gita, their yogic practices and characteristics of the commentary, in the context of Acharya Shankar, Acharya Ramanuja, Lokmanya Tilak and Gandhi	15	2
III	Essential thoughts of Srimad Bhagavad Geeta, nature of Maya, Nature, Purusha Ishwar and Avatar Tattva, Ethics of Srimad Bhagavad Geeta.	15	3
IV	Trend and form of Yoga in Geeta. Types of Yoga – Karma Yoga, Bhakti Yoga, Gyan Yoga, Dhyana Yoga, Bhakti, Karmayoga and Gyan Yogi and Gnani Tatva Darshan.	15	4
V	Geeta's selfless Karmayoga, coordination of knowledge, devotion and Karma yogas	15	5

BOOK SUGGESTED:

- M. A. (Applied Philosophy & Yoga) Semester-III**

Learning Objective (L.O): The Overall Objective of the course to accomplished & experienced the students with scientific study of Asanas and Pranayama to visulise Fundamnetal knowledge & impact of Yoga Asanas & Pranayama over the human body & life.

CO No.	ExpectedCourseOutcomes	CL
	At the end of the course, the students will be able to:	

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1	Understanding of Asanas , objective, classification, difference between asanas and exercise, scientific discussion of bandhas.	U
2	Analysis of Scientific views of physiological and relaxation asanas, properties of Pranayama, scientific analysis of the process of Pranayam, mechanism of respiratory system.	An
3	Apply Five forms of Prana Shakti to experience the students usefulness of Pranayam in the treatment of various diseases.	Ap
4	Evaluate Scientific analysis of the necessity of meditative asanas and bandhas of pranayama over human body.	E

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

CO-PO/PSOMappingforthe course:

POC	PSO														
O	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	3	2	2	2	3	3	3	2	2	3	3
CO2	3	3	3	2	2	2	3	2	2	3	3	2	2	3	3
CO3	3	2	3	2	3	2	2	2	2	3	3	2	3	2	3
CO4	3	3	3	2	3	2	3	2	3	3	3	2	3	2	3

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: APY302 Scientific study of Asanas and Pranayama

Unit No.	Topics	No.of Lectures	CO No.
I	Asanas Definition, objective, classification of asanas, difference between asanas and exercise, scientific discussion of bonds	15	1
II	Scientific analysis of physiological and relaxation asanas	10	3
III	Definitions of Pranayama, properties of Pranayama, special scientific analysis of the process of Pranayam, mechanism of respiratory system, long breathing in the context of Pranayam and differences in Pranayam	20	2
IV	Five forms of Prana Shakti, usefulness of Pranayam in the treatment of various diseases, in the context of modern scientific studies	20	4
V	Scientific analysis of the necessity of meditative aranas and bandhas of pranayama	10	5

BOOK SUGGESTED:

1. Prana Shakti is a divine power by P. Shriram Sharma Acharya Complete Literature
- 2 Yoga and health by Lakshminarayan Agarwal
- 3 Aaraan Pranayama to cure diseases by Brahmavarchas
- 4 Yoga Deepika by B. K. S. Iyenger
- 5 Yoga and yogic therapy by Shri Ramharsh Singh

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M. A. (Applied Philosophy & Yoga) Semester-III

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	III
Course Code	Course Title		Course Type
APY 303	Basic Elements of YOGIC Texts (UPNISHADA)		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to accomplished & experienced the students with study of Yogic Grantha (Text) Especially ancient text of "UPNISHADAS" to over the human life.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	


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1	Understanding of Concept of Ishavasayopanishad & Kenopanishad to to accomplished & experienced the students with various spiritual thoughts.	U
2	Understanding of Concept of Kathopanishada. Prashnopanishada, Mundakopanishada to to accomplished & experienced the students with various spiritual thoughts.	U
3	Understanding of Concept of Mandukyo Upanishada & Aitareya Upanishada to accomplished & experienced the students with various spiritual thoughts.	U
4	Understanding of Concept of Chandogya Upanishada & Vrihadaranyaka Upanishada & Yoga Vasishtha to accomplished & experienced the students with various spiritual thoughts.	U

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

CO-PO/PSO Mapping for the course:

POC	PSO														
O	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	2	3	2	2	3	3	3	3	2	3	3
CO2	3	3	3	2	3	3	2	2	2	3	3	3	2	3	3
CO3	3	3	3	2	2	3	2	2	3	3	3	3	2	2	3
CO4	3	3	3	2	3	3	2	2	2	3	3	3	2	2	3

"3"-Strong;"2"-Moderate;"1"-Low;"-"NoCorrelation

Detailed Syllabus: APY303 (Basic Elements of YOGIC Texts (UPNISHADA))

Unit No.	Topics	No.ofLecture s	CO No.
I	Ishavasayopanishad Concept of Karma Nishtha. Vidya and Avidya, Brahmin. Self-realization. Kenopanishad Advaita Shakti, senses and conscience, self and mind, true realization, teachings of the transcendental Satya Yaksha	18	1
II	Kathopanishada Definition of Yoga. Nature of Soul, Importance of Satyagyan. Prashnopanishada - Concept of Prana and Rai creation. Panch Prana main questions. Mundakopanishada - Two perspectives of Brahma Vidya, greatness of Para and Aparā Brahma Vidya, devotion to the fruit of karma, penance, and devotion to Guru. The center of creativity, the object of attention of the universe	17	2
III	Mandukyo Upanishada Four levels of consciousness and their relation with Omkar Aitareya Upanishada - Concept of soul, universe and Brahman Concept. Taittiriyaopanishad:- Concept of Pancha Kosha, summary of Shikshavalli, Anandavalli, Bhriguvalli	20	3
IV	Chandogya Upanishada Om Dhyana Udgeetha Shadilya Vidya.Vrihadaranyaka Upanishada concept of soul and Jnanayoga, soul and Unity of God	20	4
V	Yoga Vasishtha Concept of Aadhi-Vyadhi, four dimensions of liberation from psycho somatic diseases. The culmination of happiness through pleasure, ways to remove obstacles in yoga practice, development of Satvaguna, eight dimensions of meditation, seven roles of knowledge	15	5

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BOOK SUGGESTED:

1. Yoga Vasistha by Geeta Press Gorakhpur
2. Yoga Secrets by Dr Kamakhya Kumar
3. Ishadi Nine Upanishads - Geeta Press Gorakhpur
4. 108 Upanishad Shankar Bhashya by Geeta Press Gorakhpur
5. Kalyan Upanishad Issue Geeta Press Gorakhpur

M. A. (Applied Philosophy & Yoga) Semester-III

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	III
Course Code	Course Title		Course Type
APY 304	Eminent Indian Yogis		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

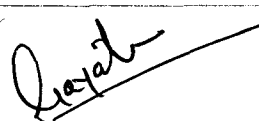
The Objective of the course to enable the students with a deep understanding and Knowledge of various Indian Successful Yoga Manishi's and their life style and contribution to Yoga, thought's of most valuable Yoga Practices, over all - students gets best deep knowledge, practices and their Philosophical contemplation on the welfare of humanity with of Ancient and Modern Yogis life style.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	


20-5-25





1	Cognitive Levels understanding- to the modern students that The Ancient Indian yogis attained self realization through deep meditation. students to make will be learn about its practices.	CL
2	Understanding to the student will be know about various life sketch of Indian Yogis and their contribution the field of Yogic life style.	U
3	Course provided to the Students that they will be know 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.	CL
4	The students will be self Analyze and Evaluate through this course, this course provide to students effective and Inspirational thoughts by various life sketch of Indian Yogis.	An E

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

CO-PO/PSO Mapping for the course:

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

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

Detailed Syllabus: APY304 (EMINENT INDIAN YOGIS)

Unit No.	Topics	No. of Lectures	CO No.
I	Life sketch and their contribution to Yoga BKS Iyengar, Shri Ram Sharma Acharya, Paramahansa Yogananda, Swami Swatma Ram, Swami Ram	15	1
II	Life sketch and their contribution to Yoga: Gorakshanath, Adi Shankracharya, Sant Jnaneshwar, Swami Ramkrishan Paramhansa	15	2
III	Life sketch and their contribution to Yoga: Yogiraj Shyama Charan Lahidi, Swami Vishuddhanand, Swami Vivekanand, Maharshi Dayanand Saraswati	15	3
IV	Life sketch and their contribution to Yoga: Maharshi Raman, Shri Aurobindo, Swami Shivanand.	15	4
V	Life Sketch and their contribution to Yoga: Swami Satyanand, Swami Kuvalyananda, Maharshi Mahesh Yogi	15	5

BOOK SUGGESTED:

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukherjee, Great Indian women Leaders, Vishwavidyalaya Publications, New Delhi, 2005
3. Kalyan (Devotee Issue)- Gita Press Gorakhpur,
4. Kalyan (Saint Ank)- Gita press Gorakhpur,

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M. A. (Applied Philosophy & Yoga) Semester-III

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	III
Course Code	Course Title		Course Type
APY 205	Kriyatamak Yoga (Yoga Practices)		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & experienced in Practical Yogic practices with the Fundamental knowledge of Shatkarma, Asanas, Pranayama, Mudras and Bandha Etc.

Course Outcomes (CO) :

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	

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1	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.	C
2	Create The Ability in the students to make them efficient in practical & usefull yogic practices in various Pranayama - Suryabhedhi, Bhastrika , Bhramari , Sheetal , Sitkari , Ujjayi Kewali etc.	C
3	Create The Ability in the students to make them efficient in practical & usefull yogic practices of Most usefull excercises of Sun Salutation.	C
4	Evaluate the Students learning in various kinds of yogic practices to make them most usefull & beneficial in human life.	E

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

CO-PO/PSOMappingforthecourse:

POC \ PSO	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

"3"-Strong; "2"-Moderate; "1"-Low; "-"-NoCorrelation

DetailedSyllabus: APY 205 - Kriyatamak Yoga (Yoga Practices)

Unit No.	Topics	No.of Lectures	CO No.
1	Kriyatnak Yoga & internship. Shatkarma. Asan. Pranayama. Mudra & Bandha. Pawanmukta Asanas Part Part - 1, 2 & 3. , Surya Namaskar	80	1 to 5

BOOKS SUGGESTED -

- 1-Asana, Pranayama , Mudra & Bandha by Swami Satyanand Saraswati.
- 2-Hath Yog Pradipika
- 3-Gherand Samhita
- 4-Light on Yoga by B K S Iyengar
- 5-Yoga the Path to Holistic by B K S Iyengar
- 6- Light on Pranayama by B K S Iyengar

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Mr. J. L. Gahare Dr. Laxmikant Sahu Dr. Ranjana Sharma Dr. Gayatri Sharma Dr. Harnam Singh Alreja
Chairmen & HoD M of BoS M of B o S M of B o S M of B o S

M. A. (Applied Philosophy & Yoga) Semester-IV

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	IV
Course Code	CourseTitle		CourseType
APY 401	Yoga Therapy		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
MaximumMarks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to accomplished & experienced the students with study of Yogic Therapy to make them skilled in therapeutic yoga for human body.

Course Outcomes (CO):

CO No.	ExpectedCourseOutcomes	CL
	Attheendofthecourse,thestudentswillbeableto:	

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1	Cognitive Levels knowledge of Yoga Therapy, basic principles, importance of Yoga Therapy for health promotion, prevention, treatment and longevity with Contemporary methods of Yoga Therapy.	CL
2	Understanding of 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)	U
3	Apply Yoga Therapy for Common Ailments, Diseases of Bone and Muscular System- Backache, Sciatica, Cervical Spondylitis, Rheumatism, Diagnosis and Yoga Therapy, Respiratory Ailments.	Ap
4	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, 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.	An

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

CO-PO/PSOMappingforthecourse:

POC \ PSO	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	3	2	3	2	3	2	3	3	3	2	1	3
CO2	3	3	3	3	2	3	2	3	3	3	3	3	2	1	3
CO3	3	3	2	3	2	3	2	3	2	3	3	3	2	1	3
CO4	3	3	3	3	2	3	2	3	2	3	3	3	2	1	3

"3"-Strong; "2"-Moderate; "1"-Low; "-"NoCorrelation

Detailed Syllabus: PHY 401 (Yoga Therapy)

Unit No.	Topics	No. of Lectures	CO No.
I	Meaning, definition, purpose of Yoga Therapy, basic principles, importance of Yoga Therapy for health promotion, prevention, treatment and longevity. Qualities of Yoga Therapy, difference between Yoga Therapy and Allopathic Medicine, contemporary methods of Yoga Therapy and limitations of Yoga Therapy	15	1
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 meaning, definition, symptoms and discussion of organs (in the context of Yoga and WHO)	15	2
III	Yoga Therapy for Common Ailments, Diseases of Bone and Muscular System- Backache, Sciatica, Cervical Spondylitis, Symptoms of Rheumatism, Diagnosis and Yoga Therapy, Respiratory Ailments, Asthma, Pneumonia, Cold, Causes, Symptoms, Diagnosis and Yoga Therapy	15	3
IV	Diseases related to digestive system- Symptoms, diagnosis and Yoga Therapy for indigestion, heartburn, ulcer, flatulence, jaundice. Blood circulation related to high blood pressure, low blood pressure, heart artery obstruction- Symptoms, diagnosis and Yoga Therapy	15	4
V	Diseases related to endocrine glands, diabetes, increase and decrease in thyroid hormone, obesity, diabetes, causes of mental decline, signs, symptoms, diagnosis and yoga therapy, nervous system related diseases, headache, depression, anxiety,	20	5

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insomnia, migraine, stress, smoking, alcoholism, causes, symptoms, diagnosis and yoga therapy. Mental illness, health, meaning, definition, causes, symptoms and their diagnosis by yoga therapy.		
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BOOK SUGGESTED:

1. Charak Samhita by Maharishi Charak
2. Sushruta Samhita by Maharishi Sushruta
- 3 Ayurveda by Acharya Balkrishna
4. Healthy Circle by Shri Ramharsh Singh

M. A. (Applied Philosophy & Yoga) Semester-IV

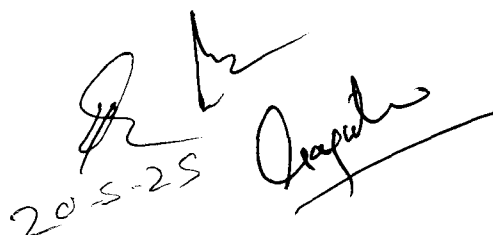
Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	IV
Course Code	Course Title		Course Type
APY 402	Body and Physiology		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (L.O):

The Overall Objective of the course to accomplished & experienced the students with study of Body Anatomy and Physiology to understand over all human body.

Course Outcomes (CO):

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CO No.	Expected Course Outcomes At the end of the course, the students will be able to:	CL
1	Understanding to provide students with adequate knowledge about Anatomy, Respiratory system, urine, digestive, reproductive, nervous & excretory system with balanced diet.	U
2	Understanding to provide students 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	U
3	Understanding to provide students with adequate knowledge of Digestive system, circulatory system and respiratory system: Effects of Yogic Practices on their functioning.	U
4	Understanding to provide students with adequate knowledge of Yogic studies on functioning of uro genital system, excretory system and nervous system.	U

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

CO-PO/PSOMappingfor the course:

POC O	PSO														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	3	2	3	2	2	2	2	3	3	3	2	1	3
CO2	3	3	3	2	3	3	2	2	3	3	3	3	2	1	3
CO3	3	3	3	2	3	2	2	2	3	3	3	3	2	1	2
CO4	3	3	3	2	3	2	2	2	2	3	3	3	2	1	3

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

Detailed Syllabus: APY 402 (Body and Physiology)

Unit No.	Topics	No. of Lectures	CO No.
I	Anatomy, Respiratory system, general introduction of urine, movement system, circulatory system, digestion, reproductive system, nervous system, excretory system and balanced diet	20	1
II	SKELETAL SYSTEM Skeleton of upper limb, Skeleton of lower limb	10	2
III	Circulatory system heart, causes and preventive measures of cardiac arrest, preventive measures, precautions and diagnosis, composition of blood	20	3
IV	Digestive system, circulatory system and respiratory system: Effects of compound reactions on their functioning	15	4
V	Compound studies on uro genital system, excretory system and nervous system and their functioning	15	

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Book Suggested:

1. Body and physiology by Manju Gupta
2. Human Anatomy by Mukund Swaroop Verma
- 3 Human anatomy and physiology by Anat Prakash Gupta

M. A. (Applied Philosophy & Yoga) Semester-IV

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	IV
Course Code	Course Title		Course Type
APY 403	Research Methodology in Yogic Science		Core
Credit	Hours Per Week (L-T-P)		
	L	T	P
5	5		
Maximum Marks	CIA		ESE
100	30		70

Learning Objective (LO):

The Overall Objective of the course to accomplish & Skill the students with different methodologies of research, hypothesis, data sampling, measures of variability alongwith research report etc.

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Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Cognitive Levels to provide students with knowledge about Research Methods in Yogic Science, Properties, and Principles with Classification of Research.	CL
2	Understanding to provide students with knowledge of Hypothesis meaning & Types of Research design.	U
3	Analysis of Data to provide students with knowledge of Tools of Data collection, processing, analysis	An
4	Apply The Measures Of Variability - Mean, Median & Mode, Standard Deviation - Correlation Coefficient. Preparation Of Research Synopsis & Reports	Ap

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

CO-PO/PSO Mapping for the course:

POC	PSO														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	3	2	1	2	2	2	1	2	2	3	1	2	3	2
CO2	3	3	2	2	2	3	2	1	3	2	3	2	2	3	2
CO3	3	2	3	2	2	1	2	1	2	3	3	1	2	2	2
CO4	3	3	3	2	2	1	2	1	2	2	3	2	2	3	2

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

Detailed Syllabus: APY 403 (Research Methodology in Yogic Science)

Unit No.	Topics	No. of Lectures	CO No.
I	Unit - 1 INTRODUCTION RESEARCH METHOD IN YOGA 1- Meaning & Definitions Of Research Properties 2- Methods of Research Principles 3- Positivism & Post Positivism 4- Classification of Research	15	1
II	Unit - 2 RESEARCH PROBLEMS, HYPOTHESIS IN YOGA- 1- Steps Of Research 2- Problem - its meaning and nature 3- Statement of Hypothesis meaning & types	15	2

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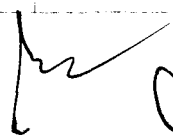
	4- Types of Research design		
III	Unit - 3 DATA , SAMPLE & SAMPLING- 1- Steps Of Research 2- Problem - its meaning and nature 3- Statement of Hypothesis meaning & types 4- Tools of Data collection , processing, analysis	15	3
IV	Unit - 4 MEASURE OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES 1- Measurement of central tendencies - mean , median & mode 2- meaning of variables & types 3- Measuring of variables 4- Standard deviation - Correlation coefficient	20	4
V	Unit - 5 - PREPARATION OF RESEARCH SYNOPSIS & REPORTS - 1- Steps of Scientific research 2- Preparation of Synopsis / research proposal 3- Steps of writing a research proposal / synopsis 4- Presentation of yogic research report	10	5

BOOKS SUGGESTED:

- 1- Kerlinger : Foundation of Behavior Research
- 2- Festinger and Katz : Research Methods in Behavior Sciences
- 3- Garrat : Statistics in Psychology and education
- 4- Kapil H K - Research Methodology (Hindi)
- 5- Garrat : : Statistics in Psychology and education (Hindi)

M. A. (Applied Philosophy & Yoga) Semester-IV

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	IV


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Course Code	Course Title			Course Type
APY 404	Kriyatamak Yoga (Yoga Practices)			Core
Credit	Hours Per Week (L-T-P)			
	L	T	P	
5	5			
Maximum Marks	CIA			ESE
100	30			70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & experienced in Practical Yogic practices with the adequate knowledge of Cleansing Process (Shatkarma), Asanas, Pranayama, Mudras and Bandha Etc.

Course Outcomes (CO) :

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1	Create The Ability in the students to make them efficient in practical & usefull yogic practices - Asanas - Pawanmukta Asanas (Part - 1, 2 & 3) along with various different categories of Asanas.	C
2	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.	C
3	Create The Ability in the students to make them efficient in practical & usefull yogic practices of Most usefull exercises of Sun Salutation.	C
4	Evaluate the Students learning in various kinds of yogic practices to make them most usefull & beneficial in human life.	E

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

CO-PO/PSO Mapping for the course:

POC \ O	PSO														
	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

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

Detailed Syllabus: APY 405 - Kriyatamak Yoga (Yoga Practices)

Unit No.	Topics	No. of Lectures	CO No.
----------	--------	-----------------	--------

20.5.25

[Signatures]

1	Kriyatmak Yoga & internship, Shatkarma, Asan, Pranayama, Mudra & Bandha, Pawanmukta Asanas Part Part - 1 , 2 & 3. , Surya Namaskar	80	1 to 5
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BOOKS SUGGESTED -

- 1-Asana, Pranayama , Mudra & Bandha by Swami Satyanand Saraswati.
- 2-Hath Yog Pradipika
- 3-Gherand Samhita
- 4-Light on Yoga by B K S Iyengar
- 5-Yoga the Path to Holistic by B K S Iyengar
- 6- Light on Pranayama by B K S Iyengar

M. A. (Applied Philosophy & Yoga) Semester-IV

Program	Subject	Year	Semester
M. A.	Applied Philosophy & Yoga	1	IV
Course Code	CourseTitle	CourseType	
		pe	

20525

APY 405	Project Work			Core
Credit	Hours Per Week (L-T-P)			
	L	T	P	
5	5			
Maximum Marks	CIA			ESE
100	30			70

Learning Objective (LO):

The Overall Objective of the course to make the students accomplished & skilled in Application of particular Yogic learning, practices & expertise for the benefit of the society in the particular subjects with the adequate knowledge about human life & body.

Course Outcomes (CO):

CO No.	Expected Course Outcomes	CL
	At the end of the course, the students will be able to:	
1		U
2		U
3		AP
4		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	PSO														
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5
CO1	3	2	2	1	1	3	2	3	2	3	3	3	2	1	3
CO2	3	2	2	1	2	3	2	3	3	3	3	3	2	1	2
CO3	3	2	2	1	2	3	2	3	2	3	3	3	2	1	3
CO4	3	2	2	1	1	3	2	3	3	3	3	3	2	1	2

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

Detailed Syllabus: APY 405 (Project Work)

Unit No.	Topics	No. of Lectures	CO No.
I	Project Work		
II	Educational Learning Tour/Oratory / Viva Voice		

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20/5/25

Mr. J. L. Gahare Dr. Laxmikant Sahu
Chairmen & HoD M of BoS

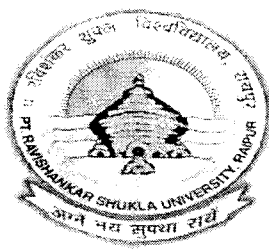
[Signature]
20/5/2025

Dr. Ranjana Sharma
M of B o S

[Signature]
20/5/25

Dr. Gayatri Sharma
M of B o S

Dr. Harnam Singh Alreja
M of B o S



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

CURRICULUM & SYLLABUS

(Based on CBCS & LOCF)

M. A. Applied PHILOSOPHY & YOGA

(Semestre System)

Semester I-IV

Session 2025-2027

Effective from 2025

Approved by	:Pt. Ravishankar Shukla University, Raipur
Board of Studies	: SoS. in SVM Comp. Reli., Philosophy & Yoga
Dates	: 20/05/2025
Name of Chairman	: Mr. Jagdelal Gahare (HoD)
Name of Memmber's	: Dr. Laxmikan Sahu
	: Dr. Gayatri Sharma
	: Dr. Ranjana Sharma

[Handwritten signatures and dates]
20/5/2025
20/5/25
20/5/25

M. A. Applied Philosophy and Yoga
Semester Exam Session 2024-25

First -Semester

Syllabus. (Effective from 2024-2025)

PAPER-I

Fundamentals Elements of yoga

Max. Marks 70

Unit 1 - Applied Philosophy Meaning, form and significance Relationship between philosophy and applied philosophy. Meaning, definition and purpose of yoga, origin and development of yoga, factors that help and hinder yoga. Yoga skill development, meaning, definition, need and purpose. Various dimensions of yoga skill development.

Unit 2- Vedas and Upanishads, Geeta and Yoga Vashishtha, Buddhist philosophy and Jain philosophy, Sakhya and Veda philosophy.

Unit 3 - Ashtanga Yoga and Karma Yoga, Bhakti Yoga and Gyan Yoga, Hatha Yoga, Mantra Yoga, Laya Yoga and Kiya Yoga.

Unit 4 - Maharishi Patanjali, Guru Gorakshanath, Shankaracharya.

Unit 5- Swami Vivekananda, Sri Aurobindo, Yogi Shyamacharan Lahidi, Swami Kuvalayanand and Swami Sivananda.

Supporting books -

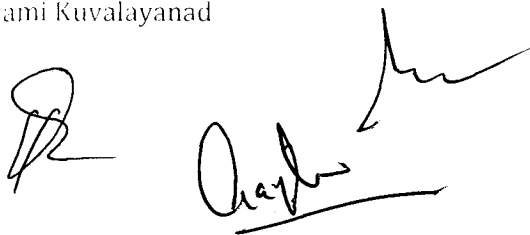
1 Indian philosophy -Nadkishore Devraj

2 Survey of Indian Philosophy-Sagamlal Padey

3 Hatha Yoga Pradipika-Kaivalyadhaga Lonavala

4 Asana Mimansa-Swami Kuvalayanad

5 Pranayama Mimansa-Swami Kuvalayanad



M. A. Applied Philosophy and Yoga
Semester Exam Session- 2024-25
M. A. First Semester

PAPER- II

PHILOSOPHICAL BACKGROUND OF YOGA

M.M-70

Unit -1 General features of Indian Philosophy Importance of Yoga in Indian Philosophy.

Unit -2 Philosophical background of Yoga, Sankhya Philosophy Relation between Sankhya and
Yoga, Purusha Siddhi Badhan.

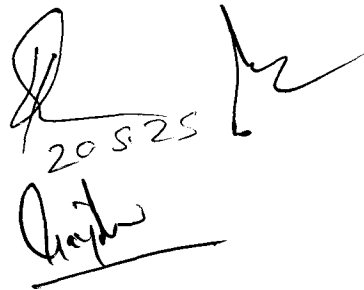
Unit -3 Sankhya Prakriti Siddhi, Form Evolution and Kaivalya.

Unit -4 Yoga Sutras Ashtanga Yoga Introduction.

Unit -5 Various forms of Yoga in Gita, Bhakti, knowledge and Action.

Supporting books -

- 1 Yoga Darshan - Sampurnanad
- 2 Patanjali Yoga discussion- Vijaypal Shastri
- 3 Outline of Indian Philosophy -M Hiriyanna
- 4 Sakhyatattva Kaumudi -Vachaspati Mishra
- 5 Simple yoga asanas -Dr Ishwar Bharatwaj


20.5.25
Chaitanya

M. A. Applied Philosophy and Yoga
Semester Exam Session- 2024-25
M. A. First Semester

PAPER- III

Hatha Yoga Theory and Practice

M.M :70

Unit 1 -Definition of Hatha Yoga, appropriate place for practice, season. Facilitating and hindering factors in practice. Signs of Hatha Siddhi. Utility of Hatha Yoga, dietary guidelines for Yoga practice.

Unit-2 Method and benefits of the asanas described in Hatha Yoga Pradipika. Definition of Pranayam, types and methods, utility of Pranayam. Description of Shatkarma, method and benefits of Dhauti Vasti Neti Nauli Tratak Kapalbhathi.

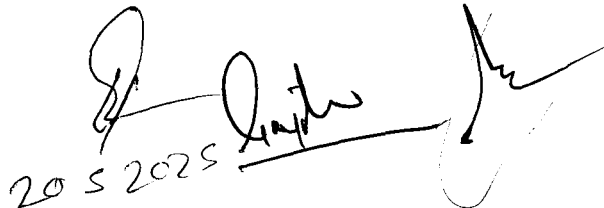
Unit-3 Form of Kundalini and methods of awakening the chakras. Description of Bandha Mudra, Mahamudra, Mahabandha, Mahavedh, Khechari, Uddiyanabandha, Jalandhar, Moolabandha, Viparitakarani, Brajoli, Shakti Chalini, description of Samadhi, Nadanusandhan.

Unit-4 Method, precautions and benefits of Shatkarga Dhauti, Varit Neti, Nauli Tratak Kapalbhathi discussed in Gherad Sahita.

Unit-5 Discussion of Gherad Samhita's asanas, pranayama postures, pratyahara meditation and samadhi. Method, benefits and precautions of various asanas and pranayams described in Gharadsahita.

Supporting books -

- 1 **Hatha Yoga Pradipika:** Publisher Kaivalyadhama Lonavala
- 2 **Gherad Samhita :** Code Publisher Kaivalyadhama Lonavala
- 3 **Yogank Kalyan:** Special Issue Geeta Press Gorakhpur
- 4 **Hatha Yoga:** Swami Shivanand
- 5 **Yoga Science:** Swami Vigyanananda Saraswati


20.5.2025

M. A. Applied Philosophy and Yoga
M. A. First Semester

Semester Exam Session- 2024-25

Syllabus. (Effective from 2024-2025)

PAPER- IV

ALTERNATIVE THERAPIES

M.M :70

UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY

- 1 Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy. 3. Relation Between Yoga Therapy and Alternative Therapy.

UNIT-II: ACUPRESSURE

1. Meaning of Acupressure, Benefits of Acupressure. 2. Principles and Techniques of Acupressure.
- 3 Instruments of Acupressure. Introduction of Different Pressure Points.

UNIT-III: PRANIC HEALING

- 1 Meaning & Nature of Prana, 2 Introduction & Principles of Pranic Healing,
3. Various Techniques of Pranic Healing

UNIT-IV: MAGNETO THERAPY

1. Meaning, Definition, & Scope 2. Principles of Magneto Therapy. Kinds of Magnets.
3. Methods of Magneto Therapy and Effect of Magneto Therapy on Different Diseases.

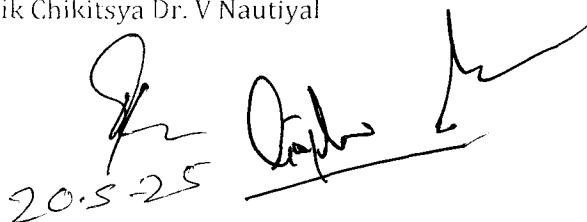
UNIT-V: NATUROPATHY

1. Brief History of Naturopathy The Basic principles of Naturopathy.
3. Root Causes of Disease, Acute and Chronic stages of Diseases,
4. theory of foreign Poison, Theory of Bulge, Measures to Increase Vitality. Shape Diagnosis.

REFERENCE BOOKS:-

1. Acupressure - Dr Attar Singh 2 Acupressure Dr. L N Kothari 3. Miracles through Pranic healing Master Choa Kok Sui 4. Advanced Pranic healing Master Choa Kok Sui 5. Magneto therapy Dr. H. L. Bansal 6. Magnetic Cure for common disease - Dr. R.S. Bansal, Dr HL Bansal

- 7 Yoga and Vaikalpik Chikitsya Dr. V Nautiyal


20.5.25

M. A. Applied Philosophy and Yoga
M. A. First Semester

Semester Exam Session- 2024-25

Syllabus. (Effective from 2024-2025)

PAPER- IV

ALTERNATIVE THERAPIES

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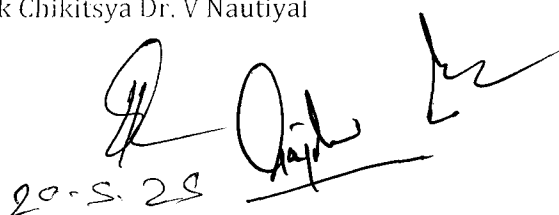
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20-5-25



M. A. Applied Philosophy and Yoga
M. A. First Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

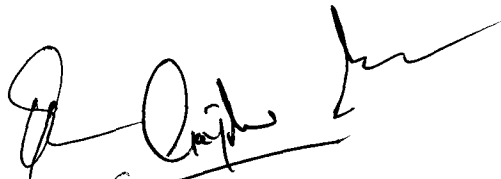
PAPER- VI

Kriyatmak : Internship

100 : Marks

Pawanmuktasana a Part-1, 2 and 3

Suryanamaskara.


2024-25

M. A. Applied Philosophy and Yoga

M. A. Second Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- I

STUDY OF CONSCIOUSNESS

M.M. :70

Unit -I Meaning, definition of Consciousness, nature of Consciousness, Need to the study of Consciousness.

Unit-II Consciousness According to Upanishads, Buddhist and Jainism.

Unit-III Nature of Consciousness, Soul, Brahma, Purusha, Siddhi, Purusha, Multiplicity in Samkha- Yoga and Mimasa and Advaita Vedanta.

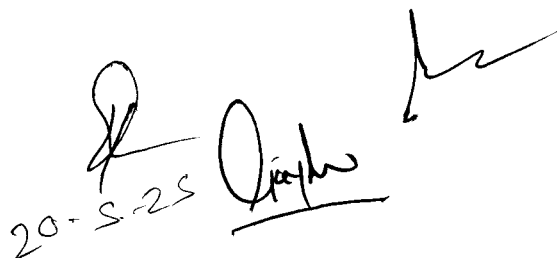
Unit IV Nature of Consciousness Hurrel, Sartre. Sri Arvid. Nature of Human : Radhakrishnan and Rabindranath Tagore.

Unit V Nature of human consciousness, need of studying human consciousness, present crisis of human consciousness and ways of finding meaningful solution. Various mysteries and facts of human consciousness : Birth and life, destiny and effort, methods of development of human consciousness developed through the theory of karma, rituals and rebirth. Indian sages.

Supporting books:

- 1 Contemporary Indian Philosophy : B.K Lal
- 2 Contemporary Indian Philosophy: B.K Lal
3. Contemporary Western Philosophy: Lakshmi Saxena
- 4 Nature of consciousness in Indian philosophy: Lakshmi Saxena
- 5 Human consciousness: Dr Ishwar Bharatwaj

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M. A. Applied Philosophy and Yoga
M. A. Second Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- II

PATANJALI YOGA SUTRA

M.M. :70

Unit -I Definition of Yoga, mind, Chittabhūmis, tendencies of mind. Practices and types of Vairagya Samadhi, Ishwar Tatva, Ishwar Pranidhan, ways of pleasing the mind, Ritambhara wisdom.

Unit- II Pachavalesh Nature of sorrow Chatuvyuhavad Vivekhyati Saptadhapragya.

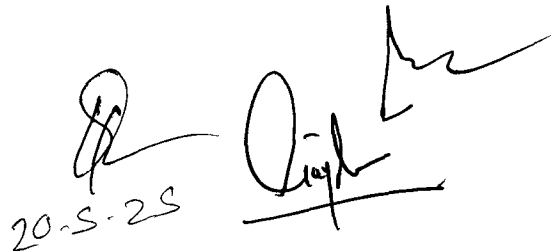
Unit -III Eight parts of Yoga, Yama, Niyama, results of their accomplishment, discussion, result of Pranayama, result of Pratyahara.

Unit-IV Dharana, Dhyana and Samadhi, Rayam, the result of the mind, Vibhuti and its types, the nature of Kaivalya.

Unit- V Five types of Siddhi Creation Types of Chitta Karma Drushta and Visible Dharmamegha Samadhi Relevance of meditation in modern life.

SUPPORTING BOOKS:

- 1 Yogasutra Vaishardi: Vachaspati Mishra
- 2 Yoga Sutras Yoga Vartika: Vijyan Bhikshu
3. Yoga Sutra Rajmartand : Hariharananda Aranya
- 4 Patajali Yoga Pradeep: Omanandatirtha
5. Patajali Yoga Vimarsha by Vijaypal Shastri
- 6 Dhyana Yoga Prakash Lakshmanananda
7. Yoga Philosophy by Rajveer Shastri


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M. A. Applied Philosophy and Yoga

M. A. Second Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- III

Yoga Swasthya & Yogic Poshan Aahar

M.M. :70

Unit -1 Health meaning definition symptoms discussion of organs. Meaning of healthy circle definition form and organs good circle and conduct purpose of chemistry.

Unit-2 Ayurveda Medicine and its relation with health. Ayurveda Definition Tridosha - Vata , Pitta & Kapha. Guna Dharma, Concept of Traya Upstambha.

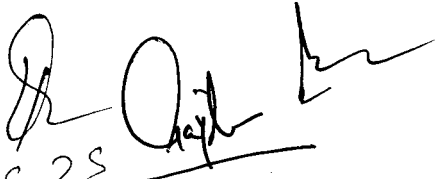
Unit -3 Division of Seasons Accumulation of Doshas According to Seasons, Outbreak and Mitigation. The concept and usefulness of daily routine, morning routine, exercise, night routine & sleep and the concept of Bramhacharya & seasonal routine.

Unit- 4 Diet and Nutrition Meaning Definition -Organs, components Matter, Carbohydrates, Fats, Vitamins, Minerals, Life elements, Life elements - Water.

UNIT- 5. Balanced diet meaning, definition, component. classification dietary variety, Fruit diet, Milky Diet , undigested diet, sprouted diet, benefits and prohibited diet for yoga practitioners, concept of fasting, diet therapy and its utility.

SUPPORTING BOOKS -

- 1 Charaka Samhita by Maharishi Charak
- 2 Sushruta Samhita by Maharishi Sushruta
- 3 Yogic therapy by Kuvalyananda
- 4 Anatomy and physiology by Anant Prasad Gupta


20.5.25

M. A. Applied Philosophy and Yoga

M. A. Second Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- IV

APPLIED YOGA

M.M. :70

Unit - 1 Meaning, nature and objective of Practical yoga; useful yoga exercises for children and adolescents and their method of execution.

Unit - 2 Yoga exercises and their methods useful for teenage women, irregular periods, pregnancy, postpartum yoga, menopause, hormonal imbalance, etc.

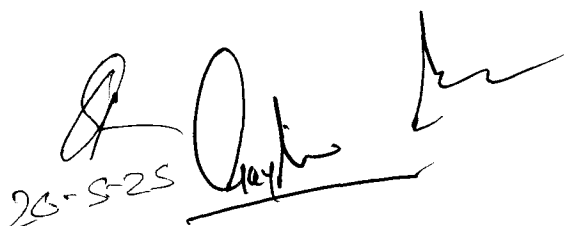
Unit - 3 Yoga exercises and their methods useful for administration, police and soldiers.

Unit - 4 Sports - The role, necessity and importance of yoga in different types of sports. Useful yoga exercises for sports persons and their method of practice.

Unit - 5 Yoga Asanas useful in corporate workplace, Yogic exercises for stress relief and insomnia, Role of Yoga in addiction treatment.

REFERENCE BOOKS-

1. Yoga Education for children by - Bihar Yoga Publication Trust
2. Nav Yogini Tandra (Hindi/English) by Bihar Yoga Publication Trust
3. Applied Yogic Science by - Dr. Kamakhya Kumar
4. Effect of Yoga on Hypertension by - Bihar Yoga Publication Trust
5. Yoga Education by - Dr. Kamakhya Kumar

20-5-25


M. A. Applied Philosophy and Yoga
M. A. Second Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- V

KRIYATMAK YOGA

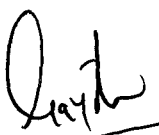
M.M. : 70

Internship -

M.M. : 30

1. Pranayama mudra and bandha Kriya
2. Pawanmuktasana - Part - 1, 2 & 3
3. Surya Namaskar.


20.5.23





M. A. Applied Philosophy and Yoga

M. A. Third Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- I

ELEMENTS OF SRIMAD BHAGAVAD GEETA PHILOSOPHY AND YOGA PRACTICE- M.M. 70

Unit 1- Nature of Srimad Bhagavad Geeta, period of composition, philosophical and spiritual importance of Srimad Bhagavad Geeta. Global impact on human welfare and life.

Unit 2- Biography of some important commentators of Shrimad Bhagavad Gita, their yogic practices and characteristics of the commentary, in the context of Acharya Shankar, Acharya Ramanuja, Lokmanya Tilak and Gandhi.

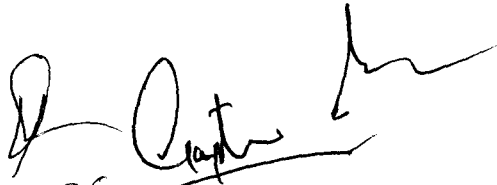
Unit 3- Essential thoughts of Srimad Bhagavad Geeta, nature of Maya, Nature, Purusha Ishwar and Avatar Tattva, Ethics of Srimad Bhagavad Geeta.

Unit 4- Trend and form of Yoga in Geeta. Types of Yoga – Karma Yoga, Bhakti Yoga, Gyan Yoga, Dhyana Yoga. Bhakti, Karmayoga and Gyan Yogi and Gnani Tatva Darshan.

Unit 5- Geeta's selfless Karmayoga, coordination of knowledge, devotion and Karma yogas.

SUPPORTING BOOKS :

1. Srimad Bhagavad Gita by Ramanuja Bhashya
2. Geetank by Geetapress Gorakhpur
3. Geetamata by Mahatma Gandhi
4. Gita discourse Sat by Vinobabhave
5. Srimad Bhagavad Gita Geeta Rahasya by Lokmanya Tilak
- 6 Srimad Bhagavad Geeta by shakar bhashya


20-5-25

M. A. Applied Philosophy and Yoga

M. A. Third Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- II

Scientific study of Asanas and Pranayama -

M.M. 70

Unit 1 Asanas Definition, objective, classification of asanas, difference between asanas and exercise, scientific discussion of bonds.

Unit 2- Scientific analysis of physiological and relaxation asanas.

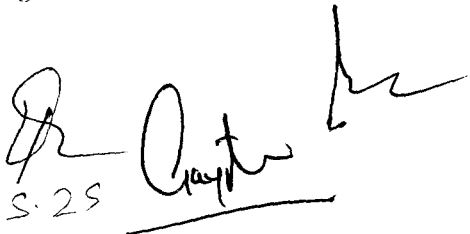
Unit 3- Definitions of Pranayama, properties of Pranayama, special scientific analysis of the process of Pranayam, mechanism of respiratory system, long breathing in the context of Pranayam and differences in Pranayam.

Unit 4- Five forms of Prana Shakti, usefulness of Pranayam in the treatment of various diseases, in the context of modern scientific studies.

Unit 5- Scientific analysis of the necessity of meditative asanas and bandhas of pranayama.

SUPPORTING BOOKS :

1. Prana Shakti is a divine power by P. Shriram Sharma Acharya Complete Literature
- 2 Yoga and health by Lakshminarayan Agarwal
- 3 Aaraan Pranayama to cure diseases by Brahmavarchas
- 4 Yoga Deepika by B. K. S. Iyenger
- 5 Yoga and yogic therapy by Shri Ramharsh Singh

20.5.25 

M. A. Applied Philosophy and Yoga

M. A. Third Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- III

Basic Elements of YOGIC Texts -

M.M. 70

Unit 1-Ishavasayopanishad Concept of Karma Nishtha, Vidya and Avidya, Brahmin, Self-realization. Kenopanishad Advaita Shakti, senses and conscience, self and mind, true realization, teachings of the transcendental Satya Yaksha.

Unit 2-Kathopanishad Definition of Yoga, Nature of Soul, Importance of Satyagyan. Prashnopanishad - Concept of Prana and Rai creation, Panch Prana main questions. Mundakopanishad - Two perspectives of Brahma Vidya, greatness of Para and Apra Brahma Vidya, devotion to the fruit of karma, penance, and devotion to Guru. The center of creativity, the object of attention of the universe.

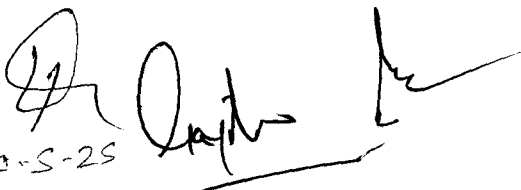
Unit 3- Mandukyo Upanishad Four levels of consciousness and their relation with Omkar Aitareya Upanishad - Concept of soul, universe and Brahman Concept. Taittiriyaopanishad:- Concept of Pancha Kosha, summary of Shikshavalli, Anandavalli, Bhriuvalli.

Unit 4- Chandogya Upanishad Om Dhyana Udgatha Shadilya Vidya. Brihadaranyaka Upanishad concept of soul and Jnanayoga, soul and Unity of God.

Unit 5- Yoga Vasishtha Concept of Aadhi-Vyadhi, four dimensions of liberation from psycho somatic diseases. The culmination of happiness through pleasure, ways to remove obstacles in yoga practice, development of Satvaguna, eight dimensions of meditation, seven roles of knowledge.

Supporting Books -

1. Yoga Vasistha by Geeta Press Gorakhpur
2. Yoga Secrets by Dr Kamakhya Kumar
3. Ishadi Nine Upanishads - Geeta Press Gorakhpur
4. 108 Upanishad Shankar Bhashya by Geeta Press Gorakhpur
5. Kalyan Upanishad Issue Geeta Press Gorakhpur


20-5-25

M. A. Applied Philosophy and Yoga

M. A. Third Semester

Semester Exam Session- 2024-25 Syllabus. (Effective from 2024-2025)

PAPER- IV

EMINENT INDIAN YOGIS -

M.M. 70

UNIT - 1 Life sketch and their contribution to Yoga BKS Iyengar, Shri Ram Sharma Acharya, Paramahansa Yogananda, Swami Swatma Ram, Swami Ram.

UNIT -2 Life sketch and their contribution to Yoga: Gorakshanath, Adi Shankracharya, Sant Jnaneshwar, Swami Ramkrishan Paramhansa.

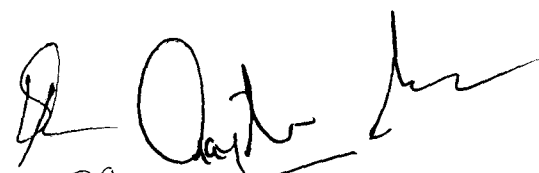
UNIT -3 Life sketch and their contribution to Yoga; Yogiraj Shyama Charan Lahidi, Swami Vishuddhanand, Swami Vivekanand, Maharshi Dayanand Saraswati .

UNIT-4 Life sketch and their contribution to Yoga: Maharshi Raman, Shri Aurobindo, Swami Shivanand .

UNIT- 5 Life Sketch and their contribution to Yoga: Swami Satyanand, Swami Kuvalyananda, Maharshi Mahesh Yogi

Books Recommended :

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukherjee, Great Indian women Leaders, Vishwavidyalaya Publications, New Delhi, 2005
3. Kalyan (Devotee Issue)- Gita Press Gorakhpur,
4. Kalyan (Saint Ank)- Gita press Gorakhpur,
5. Kalyan (Yogank)- Gita Press Gorakhpur, 2002


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PAPER- IV

EMINENT INDIAN YOGIS -

M.M. 70

UNIT - 1 Life sketch and their contribution to Yoga BKS Iyengar, Shri Ram Sharma Acharya, Paramahansa Yogananda, Swami Swatma Ram, Swami Ram.

UNIT -2 Life sketch and their contribution to Yoga: Gorakshanath, Adi Shankracharya, Sant Jnaneshwar, Swami Ramkrishan Paramhansa.

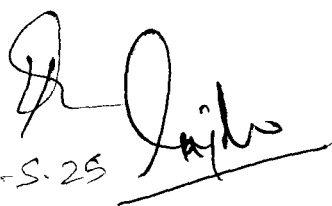
UNIT -3 Life sketch and their contribution to Yoga; Yogiraj Shyama Charan Lahidi, Swami Vishuddhanand, Swami Vivekanand, Maharshi Dayanand Saraswati .

UNIT-4 Life sketch and their contribution to Yoga: Maharshi Raman, Shri Aurobindo, Swami Shivanand .

UNIT- 5 Life Sketch and their contribution to Yoga: Swami Satyanand, Swami Kuvalyananda, Maharshi Mahesh Yogi

Books Recommended :

1. Vishwanath Mukharjee-Bharat KeMahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukherjee, Great Indian women Leaders, Vishwavidyalaya Publications, New Delhi, 2005
3. Kalyan (Devotee Issue)- Gita Press Gorakhpur,
4. Kalyan (Saint Ank)- Gita press Gorakhpur,
5. Kalyan (Yogank)- Gita Press Gorakhpur, 2002


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PAPER- V

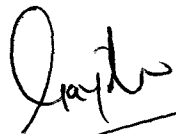
KRIYATMAK YOGA

M.M. :70

Internship -

M.M. :30

1. Shatkarma
2. Pranayama, Mudra and Badh, Kriya part one
3. Pawan Muktasana - Part 1, 2 & 3.
4. Surya Namaskar.


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PAPER- I

Yoga Therapy -

M.M. 70

UNIT - 1 Meaning, definition, purpose of Yoga Therapy, basic principles, importance of Yoga Therapy for health promotion, prevention, treatment and longevity. Qualities of Yoga Therapy, difference between Yoga Therapy and Allopathic Medicine, contemporary methods of Yoga Therapy and limitations of Yoga Therapy.

Unit 2-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 meaning, definition, symptoms and discussion of organs (in the context of Yoga and WHO)

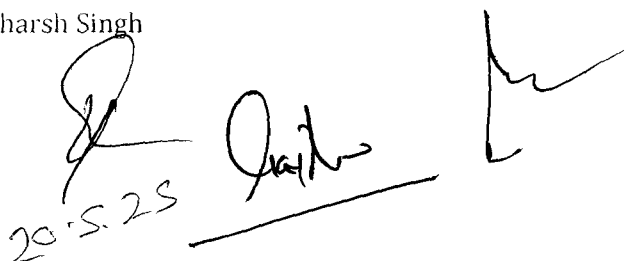
Unit 3-Yoga Therapy for Common Ailments, Diseases of Bone and Muscular System- Backache, Sciatica, Cervical Spondylitis, Symptoms of Rheumatism, Diagnosis and Yoga Therapy, Respiratory Ailments, Asthma, Pneumonia, Cold, Causes, Symptoms, Diagnosis and Yoga Therapy.

Unit 4- Diseases related to digestive system- Symptoms, diagnosis and Yoga Therapy for indigestion, heartburn, ulcer, flatulence, jaundice. Blood circulation related to high blood pressure, low blood pressure, heart artery obstruction- Symptoms, diagnosis and Yoga Therapy.

Unit 5-Diseases related to endocrine glands, diabetes, increase and decrease in thyroid hormone, obesity, diabetes, causes of mental decline, signs, symptoms, diagnosis and yoga therapy, nervous system related diseases, headache, depression, anxiety, insomnia, migraine, stress, smoking, alcoholism, causes, symptoms, diagnosis and yoga therapy. Mental illness, health, meaning, definition, causes, symptoms and their diagnosis by yoga therapy.

Supporting Books:

1. Charak Samhita by Maharishi Charak
2. Sushruta Samhita by Maharishi Sushruta
- 3 Ayurveda by Acharya Balkrishna
4. Healthy Circle by Shri Ramharsh Singh


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PAPER- II

Body and Physiology -

M.M. 70

Unit 1- Anatomy, Respiratory system, general introduction of urine, movement system, circulatory system, digestion, reproductive system, nervous system, excretory system and balanced diet.

UNIT 2 -SKELETAL SYSTEM Skeleton of upper limb, Skeleton of lower limb.

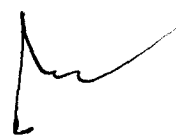
Unit 3- Circulatory system heart, causes and preventive measures of cardiac arrest, preventive measures, precautions and diagnosis, composition of blood.

Unit 4- Digestive system, circulatory system and respiratory system: Effects of compound reactions on their functioning.

Unit 5- Compound studies on uro genital system, excretory system and nervous system and their functioning

Supporting Books :

1. Body and physiology by Manju Gupta
2. Human Anatomy by Mukund Swaroop Verma
- 3 Human anatomy and physiology by Anat Prakash Gupta


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PAPER- III

RESEARCH METHODOLOGY IN YOGIC SCIENCE -

M.M. - 70

Unit - 1 INTRODUCTION RESEARCH METHOD IN YOGA.

- 1- Meaning & Definitions Of Research Properties
- 2- Methods of Research Principles
- 3- Positivism & Post Positivism
- 4- Classification of Research

Unit - 2 RESEARCH PROBLEMS, HYPOTHESIS IN YOGA-

- 1- Steps Of Research
- 2- Problem - its meaning and nature
- 3- Statement of Hypothesis meaning & types
- 4- Types of Research design

Unit - 3 DATA , SAMPLE & SAMPLING-

- 1- Steps Of Research
- 2- Problem - its meaning and nature
- 3- Statement of Hypothesis meaning & types
- 4- Tools of Data collection , processing, analysis

Unit - 4 MEASURE OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES

- 1- Measurement of central tendencies - mean , median & mode
- 2- meaning of variables & types
- 3- Measuring of variables
- 4- Standard deviation - Correlation coefficient

Unit - 5 - PREPARATION OF RESEARCH SYNOPSIS & REPORTS -

- 1- Steps of Scientific research
- 2- Preparation of Synopsis / research proposal
- 3- Steps of writing a research proposal / synopsis
- 4- Presentation of yogic research report

Reference Books :

- 1- Kerlinger : Foundation of Behavior Research
- 2- Festinger and Katz : Research Methods in Behavior Sciences
- 3- Garrat : Statistics in Psychology and education
- 4- Kapil H K - Research Methodology (Hindi)
- 5- Garrat : : Statistics in Psychology and education (Hindi)



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PAPER- IV

KRIYATMAK YOGA

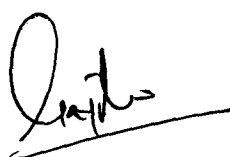
M.M. :70

Internship -

M.M. :30

1. Higher Level Yogic Kriya
2. Shodhan Kriya
3. Meditation
4. Shatkarma
5. Pranayama, Mudra and Bandh, Kriya
6. Pawan Muktasana - Part 1 , 2 & 3.
7. Surya Namaskar.


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PAPER- V

Project Work

M.M. :70

Educational Tour/Oratory / Viva Voice

M.M. 30


2024-25



