



**PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)**  
(Estd. under the Panjab University Act VII of 1947 enacted by the Govt. of India)

**FACULTY OF EDUCATION**

**SYLLABI**  
*FOR*

**MASTERS OF ARTS IN YOGA**  
**M.A. (YOGA)**  
**(SEMESTER SYSTEM)**

**(REGULAR COURSE)**  
**(SEMESTER I TO IV)**

**2024-2025 onwards**

**OUTLINES OF TESTS, SYLLABI AND COURSES OF M.A. YOGA  
SEMESTER SYSTEM,  
TWO YEARS COURSE - 2024-25 onwards**

The M.A. Yoga programme is designed to provide in-depth knowledge to develop Yoga knowledge and  
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4	B.Ed. in Yoga/	Upto 2 Years	4 marks
5.	B.A.in Yoga	Upto 3 years	5 marks

**b. Achievement in Yoga Championship/Tournament**

Candidates having participated in Yoga championship/tournament will also be given additional weightage (Highest achievement) of as per the table below:

<b>Sr. No.</b>	<b>Level of Participation</b>	<b>Additional weightage</b>
1	1 <sup>st</sup> position in All India Inter-University/National Yoga championship/tournament organized by approved Federation/Association/AIU 2 <sup>nd</sup> position in the above said Y	10

**6.1** The College shall hold atleast one house test in theory papers in each semester. A candidate shall be required to obtain 40% marks in each subject in each house examination or 50% in aggregate to become eligible to appear in University examination. The College Principal shall intimate the University, the names of such student who do not meet this requirement at least 10 days prior to the commencement of University theory examination of M.A. (Yoga).

In case of a failure to get qualifying marks (in house test in any papers or parts, the candidate can appear in the test in the concerned paper(s) or part(s) along with the regular students in the next academic session.

**6.2.** The marks awarded to a candidate in the Internal Assessment shall be carried forward, when he is permitted under Regulation 9 to reappear in a part or parts at a subsequent examination. The marks obtained by a candidate in Internal Assessment shall remain valid, even if he remains absent in the external examination.

**7. Medium of Examination:**

**a.** The question papers shall be set in Hindi, Punjabi and English except for Languages in which those shall be set in respective languages.

**b.** The candidates shall write their answers in Hindi/ Punjabi/ English except for Language papers in which they write their answers only in respective languages.

**8.1.** The Minimum pass marks are 40% in each paper and each semester (Theory and Practical). Pass marks will be 40% in Aggregate. However, the promotion from semester I to II and from III to IV shall be as per Panjab University policy for semester courses.

**8.2.** A Candidate who fails to clear at least 50% papers of 1<sup>st</sup> and 2<sup>nd</sup> semester is not allowed to appear in 3<sup>rd</sup> semester examination.

**9** A candidate who fails may be permitted to take the examination in which the paper/s in which she/he fails. She/he shall pay admission fee as prescribed by the Syndicate from time to time on each occasion (Re-appear /Additional)

**10.1.** The Controller of Examinations shall publish the result of the examination after the termination of the examination or as soon as possible.

**10.2.** Successful candidates shall be classified on the basis of the marks obtained in the course:

A	Those who obtain 60 per cent or more of the aggregate marks.	First Division
B	Those who obtain 50 per cent or more but below 60 per cent of the aggregate marks.	Second Division

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**SEMESTER III**

SR. NO.	PAPER CODE	NAME OF PAPER	EVALUATION		
			EXTERNAL	INTERNAL	TOTAL MARKS
<b>CORE COURSE</b>					
1	MAY 301	Major Upanishad and Bhagawad Geeta	80	20	100
2	MAY 302	Yoga Therapy Management	80	20	100
3	MAY 303	Principles of Naturopathy	80	20	100
<b>ELECTIVE COURSE (CHOOSE ONE FROM THE FOLLOWING)*</b>					
4	MAY 304 A	Yogic Psychology	80	20	100
	MAY 304 B	Diet and Nutrition			
<b>PRACTICAL COURSE</b>					
5	MAY 305	<b>PART A (YOGA PRACTICAL)</b> Shatkriyas & Asanas	80	20	100
		<b>PART B (YOGA PRACTICAL)</b> Pranayama, Mudras & Bandhas and Dhyana-I			
<b>Dissertation</b>					
6	MAY 306	Dissertation (Synopsis writing, Submission and Field Work)	--	--	---
<b>TOTAL MARKS SEMESTER III</b>			<b>400</b>	<b>nBT/F1 9.</b>	

# **SEMESTER – I**

## **PAPER: MAY 101 FOUNDATION OF YOGA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- < Understand and explain the nature and functions of Yoga and its important streams.
- < Comprehend the introduction of Indian Schools of Philosophy.
- < Elaborate the history and development of Yoga.
- < Understand and explain the different schools of Yoga.

### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### **UNIT I**

**A.**

**REFERENCES:**

1. Lights on yoga by B. K. S. Iyengar, 2015, Harper Collin Publication
2. Mahabharata (English) Dreamland Publications Genre: Juvenile Nonfiction, 2004
3. Yoga Darshan, by Swami Nirajanananda Saraswati, Bihar School of Yoga Education, 2002
4. The Valmiki Ramayana (English, Hardcover, Dutt Romesh, Vijay Goel English-Hindi Publisher, 2006
5. A Critical Survey of Indian Philosophy by Chandradhar Sharma, Motilal Banarsidasyh\*8lish



#### UNIT IV

- A. Bandha, Mudra and other practices:** Concept and Definition of Mudra in Hatha Yoga Pradipika, Gheranda Samhita and Hatharatnavali, ó benefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratayahara and Dhyana in Gheranda Samhita.
- B.** Concepts and benefits of Nada and Nadanusandhana in Hatha Pradipika, Four avasthas (stages) of Nadanusandhana. Relationship of Hatha Yoga and Raja Yoga, Goal of Hatha Yoga, Relevance of Hatha Yoga in contemporary times

#### REFERENCES:

1. Hatha Yoga Pradipika by Swami Muktibodhananda, Bihar School of Yoga Education, 2006
2. Light

### UNIT III

- A. **Digestive System** Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on digestive system.
- B. **Excretory System** Anatomy and function of excretory system; Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on urinary system.
- C. **Reproductive System** Anatomy and functions of male and female system

### UNIT IV

- A. **Nervous System**; Structure, types and properties of neurons and nerves; Action potential-generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) ó Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yogaa on NS
- B. **Glandular System**: Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland, Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.
- C. **Special Senses**: Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose- Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

### TEXT BOOK

Anatomy and Physiology of Yogic Practices - M. M. Gore, Kaivalyadham-Lonavala Maharashtra

### REFERENCES

1. Anatomy and Physiology for Nurses, 2000
2. Elvyn C. Pearce, 2003, Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
3. V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow. 1978
4. Medicine for Yoga Therapist - Padiki Nagaraj Rao, Jaypee Brother Medical Publication, 2011
5. Chaurasia, B.D. Handbook of General Anatomy CBS Publishers & Distributors, Delhi. 2020
6. Pearce, E.C.

- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### **UNIT I**

**A. Research:** Concept, Nature, Purpose and Need, Types ó

12. Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3rd ed.)*. New York: John Willey.
13. Singh, A. K. (2006).

**YOGA PRACTICAL PAPER - MAY 106:  
MANTRA CHANTING, SHATKRIYAS, SUKSHMA VYAYAMA AND BASIC OF  
PRANAYAMA**

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

**COURSE OBJECTIVES**

The students will be able to

- < Understand and explain the nature and physiology of Yogic practices.
- < To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- < To demonstrate and instruct under mentioned Yogic practices.

**PRAYERS:**

< **MANTRAS CHANTING –**

1. Gayatri Mantra,
2. Rudra Gayatri Mantra
3. Shanti Path Mantra
  - I. ....
  - II. ....
  - III. í í 0
  - IV. í í í 0
  - V. í í í 0

**EXTERNAL: 05  
INTERNAL: 02**

**SHATKRIYAS**

- < Jal-Neti
- < Rubber-Neti
- < Vaman Dhauti (Kunjali)
- < Vatkarma Kapalbhathi

**EXTERNAL: 10  
INTERNAL: 02**

**SUKSHMA VYAMA (Yoga-Asanas)**

- < 48 [ qi le"U mo c"X{ { o c"q[ qi le"Uwdvrgzgtekg-d{"Fj ktpf tc"Dtcj o cej ctk
- 1. Uccharana-sthala tatha Vishudha-chakra Shuddhi (fore0 GTQq58.68 78. 623fore0 GTQc



- |  |  |
|--|--|
| <p>17. Greeva Sanchalana (Neck Movements)</p> <p>&lt; <b>PAWANMUKTASANA SERIES PART 2</b> ó Digestive/ Abdominal Group.</p> <ol style="list-style-type: none"><li>1. Utthanpadasana (Raised Legs Pose)</li><li>2. Chakra Padasana (Leg Rotation)</li><li>3. Pada Sanchalanasana (Cycling)</li><li>4. Supta Pawanmuktasana (Leg lock Pose)</li><li>5. Jhulana Lurhakanasana (Rocking &amp; Rolling)</li><li>6. Supta Udarakarshanasana (Sleeping Abdominal Stretch Pose)</li><li>7. Shava Udarakarshanasana (Universal Spinal Twist)</li><li>8. Naukasana (Boat pose)</li></ol> |  |
|--|--|

**Basic of**





**B.** ( , - , , , ,  
**C.**

- B.** Relationship of Hatha Yoga and Raja Yoga, Goal of Hatha Yoga, Relevance of Hatha Yoga in contemporary times

**REFERENCES**

1. Swami Digbherir ji, Swami, (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala, Pune.
2. Vashistha Samhita, PLRD, Kaivalyadham Samiti, Lonavla, 2005.
3. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.
4. Vashishtha Samhita (Hindi) by Swami Maheshananda, B R Sharma. G S Sahay and R K Bodhe, Kaivalyadham, Pune, 2005.
5. Shiva Samhita (Hindi) by Swami Masheshananda, B R Sharma, G S Sahay & R K Bodhe, Kaivalyadham, Pune, 2009.

**PAPER: MAY 203  
PATANJAL YOG SUTRAS**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- < Understand an overview of the Patanjali Yoga Sutras
- < Know the essence of the Patanjali Yoga Sutras
- < Discuss Patanjali Yoga Sutra in terms of Psychology

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

**A.**

#### UNIT IV

- A. Vibhutipada, Kaivalyapada and its Application: Introduction of Dharana, Dhyana and Samadhi, Samyama and its siddhis, three types of cittaprinama. Bhootjaya, Indriyajaya and their siddhis, Satvapurushanyata Khayati and its siddhis, Vivek jnana nirupanam, kaivalya Nirvachan.
- B. Five Types of Siddhis and jayatyantar parinamh, Concept of Nirman citta and four types of karmas. Concept of Vasana and Bahaya Pradartha (external element) and its abilities. Non self-illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasavah and Kaivalya.

#### REFERENCES

1. Patanjali Yogasutras by Sri Sri f.000001 11.04 Tf1 0 0 1 81.864 7.78 645.800845 Jan.000001 11.04 00001 11.04 Pu00

**B. Neck Pain:** Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

### **UNIT III**

**A. Gastro Intestinal and Excretory Disorders -**



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**YOGA PRACTICAL PAPER – MAY 206**  
**SHATKRIYAS, ASANAS AND PRANAYAMA**

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

**COURSE OBJECTIVES**

The students will be able to:

- < Understand and explain the nature and physiology of Yogic practices.
- < To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- < To demonstrate and instruct under mentioned Yogic practices.

<p><b>PRAYERS</b></p> <ul style="list-style-type: none"> <li>&lt; Mantras Chanting             <ol style="list-style-type: none"> <li>1. Sage Patanjali ó í í 0</li> <li>2. Opening Prayer Mantra ó í í 0</li> <li>3. Panchakshar Mantra</li> <li>4. Maha Mrityunjaya Mantra</li> </ol> </li> </ul>	<p><b>INTERNAL: 02</b></p>
<p><b>SHATKRIYAS</b></p> <ul style="list-style-type: none"> <li>&lt; Sutra-Neti (One Nostril &amp; Both nostrils)</li> <li>&lt; Vahnisara Dhauti (Agnisara)</li> <li>&lt; Trataka</li> <li>&lt; Vyutkarma Kapalbhathi</li> <li>&lt; Sheetkarma Kapalbhathi</li> <li>&lt; Kriyas as described in 1<sup>st</sup> Semester Yoga Practical</li> </ul>	<p><b>EXTERNAL: 10</b> <b>INTERNAL: 02</b></p>
<p><b>YOGA-ASANAS</b></p> <ul style="list-style-type: none"> <li>&lt; <b>Yogic Sthula X{ { o c"b[ qi le"i tquu"gzgtekug+d{ 'Fj ktgpf tc'Dtcj o cej ctk</b> <ol style="list-style-type: none"> <li>1. Rekha-Gati (Line Walking)</li> <li>2. Hrid-Gati (Yogic Jogging)</li> <li>3. Urt-kurdana (Yogic Jumping)</li> <li>4. Urdhva-Gati (Move-up)</li> <li>5. Sarvanda-Pusti (Whole body Movement)</li> </ol> </li> <li>&lt; <b>Pawanmuktasana Series Part 3 ó Shakti Bandha Asanas (Energy Block )</b> <ol style="list-style-type: none"> <li>1. Rajju Karshanasana (Pulling the Rope)</li> <li>2. Gatyatmak Meru Vakrasana (Dynamic Spinal Twist)</li> <li>3. Chakki Chalanasana (Churning the Mill)</li> <li>4. Nauka Sanchalanasana (Rowing the boat)</li> <li>5. Kashitha Takshanasana (Chopping Wood)</li> <li>6. Namaskarasana (Salutation Pose)</li> <li>7. Vayu Nishkasana (Wind Releasing pose)</li> <li>8. Kawa Chalasana (Crow Walking)</li> <li>9. Udarakarshanasana (Abdominal stretch pose)</li> </ol> </li> <li>&lt; <b>Standing - Asanas</b> <ol style="list-style-type: none"> <li>1. Tada-asana, Triyak Tadasana</li> <li>2. Padahast-asana</li> <li>3. Ardha Chakra-asana</li> <li>4. Trikon-asana(Variation 1,2,3,4)</li> <li>5. Virbhadra-asanas 1,2,3</li> </ol> </li> <li>&lt; <b>Sitting – Asanas</b> <ol style="list-style-type: none"> <li>1. Padma-asana</li> <li>2. Siddha-asana</li> <li>3. Swastik-asna</li> <li>4. Ardha-Matsyendra-asana</li> <li>5. Paschimottana-asana</li> </ol> </li> </ul>	<p><b>EXTERNAL: 20</b> <b>INTERNAL: 04</b></p>

< **Lying – Asanas (On Abdominal)**

1. Bhujanga-asana
2. Ardha-Shalab-asanas
3. Shalab-asana
4. Nauka-asana
5. Makar-asana

< **Lying- Asanas (On Spine)**

1. Uttan-pada-asana
2. Setubandha-asana
3. Ardha-halāsana
4. Pawanmukta-asana
5. Shavasana

6. Asana-S Practices as described In 1<sup>st</sup> Semester Yoga Practical

**PRANAYAMA-S**

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## **SEMESTER - III**

**PAPER – MAY 301**

**MAJOR UPANISHAD AND BHAGAWAD GEETA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- < Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.
- < Critical understanding of the Principal Upanishads.
- < Develop understanding of the nature of Soul.
- <

5. Holy Geeta by Swami Chinmayananda, Central Chinmaya & Mission Trust, 2000.
6. Yoga Vashistha by Swami Venkatesananda, State University of New York Press, 2016
7. Isha Upanisad by Swami Lokeswarananda, Sri Aurobindo Ashram, 2021.
8. Kena Upanisad by Swami Lokeswarananda, Ramakrishan Mission, Golpark, 1992.
9. Katha Upanisad by Swami Lokeswarananda, Ramakrishan Mission, Golpark, 2010.
10. Prashna Upanishad by Swami Niranjanananda Saraswati, Gita Press, 1992.
11. Nine Principal Upanihadas by Swami Satyananda Saraswati, Divine Life Society, 2006.
12. The Principal Upanishads by Swami Sivananda, Divine Life Society, 2012.

**PAPER – MAY 302**

**YOGA THERAPY MANAGEMENT**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- < Understand the concept of disorders.
- < Understand the nature and symptoms of following disorders.
- < Elaborate the nature of yoga management for following disorders

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup>

**REFERENCES:**

1. Yogic Management of Asthma and Diabetes by Dr. Swami Shankardevananda, Yoga Publication Trust, 2005.
2. Yoga for the Digestive System by Dr. Swami Shankurdevananda

**REFERENCES:**

1. Henry Lindlahr. Philosophy of Nature Cure, Forgotten Books, 2018
2. S.J. Singh., History and Philosophy of Nature Cure, 1980.
3. M.K. Gandhi., My Nature Cure, Jitendra T Desai, 1954.
4. P.D. Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lucknow, 2011.
5. Jindal R., Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh, 2019.

#### **UNIT IV**

- A. Mental Processes:-** Concept, Meaning, definition, types, and process of Sensation, Perception, Attention, Memory, Learning, Feeling etc. and their neurobiology and quantifications;
- B. Concept of Human Intelligences ó**

- B. Nutrients and their classification-** Macro nutrients & micro nutrients- sources, functions and effects on the body; Fat soluble & Water soluble Vitamins-sources, functions and effects on the body

## **UNIT II**

- A. Energy-** Basic Concepts, Definition and Components of energy Requirement, Energy Imbalance, Concepts of metabolism, , calorie requirement- BMR, SDA, physical activity;
- B.** Digestion, Absorption and Metabolism of Carbohydrates, Lipids and Protein.

## **UNIT III**

- A. Nutrients Need during Normal Stages of Life-**

<p>5 Vtyana-asana and 6 Natraj-asana</p> <p>&lt; <b>SITTING ASANAS</b> 1 Vajrasana, 2 Simhasana, 3 Mandukasan , 4 Uttana-Madukasana, 5 Ushtre-asana, 6 Shanshank-asana and 7 Purana-Matsyendra-asana</p> <p>&lt; <b>LYING ASANAS (ON ABDOMINAL)</b> 1 Danda-asana, 2 Sarpa-asana, 3 Purana-Bhunjangasana, 4 Purana-Shalabasana, 5 Dhanurasana and 6 Bala-asana</p> <p>&lt; <b>LYING- ASANAS (ON SPINE)</b> 1 Matsya asana, 2 Chakra asana, 3 Sarvang asana, 4 Hala asana, 5 Karampeeda asana and 6 Supta Tada asana</p> <p>&lt; Asana-s Practices as described in 2<sup>nd</sup> Semester Yoga Practical</p>	
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### SESSIONAL WORK

- ✓ Each candidate will prepare a **two** separate practical note book for Shatkriyas and Yogaasanas in which Total, 4 Shatkriya-s, and 20 Yoga-asanas practices along with photograph as per class teacher advice from the above said complete syllabus.

### REFERENCES:

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.
6. A systematic course in the ancient tantric techniques of Yoga and kriya by swami Styananda Saraswati, Yoga Publication Trust, 2004.

## **PART B – YOGA PRACTICAL PAPER: MAY 305: PRANAYAMA, MUDHRA, BANDHAS and DHYANA-I**

**TOTAL MARKS: 40**

**EXTERNAL: 30**

**INTERNAL: 10**

### COURSE OBJECTIVES

The students will be able to:

- < Understand and explain the nature and physiology of Yogic practices.
- < To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- < To demonstrate and instruct under mentioned Yogic practices.

<p><b>A-PRAYERS:</b></p> <ul style="list-style-type: none"> <li>&lt; Mantras Chanting (<b>Choose one</b>)</li> <li>1. Shadakshara Stotram</li> <li>2. Shivashatakam Mantra</li> <li>3. Nirvana Shatakam Mantra</li> </ul> <p><b>B-PRANAYAMA-S</b></p> <ul style="list-style-type: none"> <li>&lt; Bharamari Kumbhaka Pranayama, Bhastrika Kumbhaka Pranayama</li> <li>&lt; Bahyavritti Pranayama, Abhyantarvritti Pranayama</li> <li>&lt; Pranayama Practices as described in 1<sup>st</sup>&amp; 2<sup>nd</sup>Semester Yoga Practical</li> </ul>	<p><b>External: 10</b> <b>Internal: 04</b></p>
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### MUDRA-S & BANDHA-S

- < Moolbandha, Jalandharbandh and Uddiyan bandh
- < Vipritkarani
- <

- 
- < Ashwani
  - < Shambhavi



## **SEMESTER IV**

**PAPER – MAY 401**

**YOGA UPANISHAD AND YOGA VASHISTHA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- < Critical understanding of the various Yoga Upanishads.
- < Develop understanding of Yoga Upanishad into life
- < To understand the basic concept of Yoga Vasistha

### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be

**PAPER – MAY 402**  
**COMPLEMENTARY AND ALTERNATIVE THERAPY**  
**TOTAL MARKS: 100                      EXTERNAL: 80                      INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

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**ELECTIVE PAPER – MAY 404 A**  
**TEACHING METHODOLOGY IN YOGA**  
**TOTAL MARKS: 100                      EXTERNAL: 80                      INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- < To understand the concept of Yoga teaching Practices
- < To inculcate the new concept of Yoga techniques
- < To understand the basic needs of organizing yoga camps

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

**A. Teaching and Learning:** Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic Levels of learning, Vidyarthi, Shishya, Mumukshu;

**B.** Meaning and scope of Teaching methods, and factors g s g s g s g s g s4.]TJo.c/F1 11.04 TfETQq1 TJET T

2. Bhatia, Kamala & Bhatia, B. D. The Principles and Methods of Teaching, Doaba House, Delhi, 2000.
- 3.



<b>C. LYING – ASANAS (Abdominal&amp; Spine)</b> 1. Koorma-asana 2. Purana-Chakrasana 3. Padma-Matsyasana 4. Yoga-nidra asana	5. Setu-bandha-Sarvang-asana 6. Purana Dhanur-asana 7. Ekpada-Viprit-Salabhasana 8. Supta-Dimbasana	
<b>D. BALANCING ASANAS</b> 1. Baka-asana 2. Padma-Bakasana 3. Omkar-asana 4. Tittibha-asana 5. Mayurasana	6. Padma-Mayur-asana 7. Utthita Dwi-pada-shirshasana 8. Vrishchik-asana 9. Dimbh-asana 10. Shirsha-asana and its variations	
<b>ASANAS PRACTICES AS DESCRIBED 1<sup>ST</sup>, 2<sup>ND</sup>&amp; 3<sup>RD</sup> SEMESTER YOGA PRACTICAL</b>		

#### SESSIONAL WORK

- ✓ Each candidate will prepare a **two** separate practical note book for Shatkriyas and Yogaasanas in which Total, 3 Shatkriya-s, and 20 Yoga-asanas practices along with photograph as per class teacher advice from the above said complete syllabus.

#### REFERENCES:

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.

### Part B – YOGA PRACTICAL – PAPER – MAY 405

#### MANTRA CHANTING, KHUMBHAKA ABHYASA, MUDRAS & DHAYANA- II

**TOTAL MARKS: 40**

**EXTERNAL: 30**

**INTERNAL: 10**

#### COURSE OBJECTIVES

The students will be able to:

- < Understand and explain the nature and physiology of Yogic practices.
- < To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- < To demonstrate and instruct under mentioned Yogic practices.

<b>PRAYERS:</b> < <b>MANTRAS CHANTING (CHOOSE ONE)</b> 1. Rudra-shtakam 2. Lingashtakam 3. Shiva Tandava Stotram <b>PRANAYAMA-S</b> < Stambhavritti Pranayama < Mooracha Kumbhaka Pranayama < Palvini Kumbhaka Pranayama < Kevila Kumbhaka Pranayama < Pranayama practices as described in 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Semester Yoga Practical.	<b>EXTERNAL: 20</b> <b>INTERNAL: 05</b>
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<p><b>MUDRA-S &amp; BANDHA-S</b></p> <p><b>E.</b> Mahahmudra  <b>F.</b> Mahabandh Mudra  <b>G.</b> Mahabedh  <b>H.</b> Khechari  <b>I.</b> Hast Mudra ó Shankh, Hirday  <b>J.</b> Shaktichalini  <b>K.</b> Mudra-S &amp; Bandha-S Practices as described in 1<sup>st</sup>, 2<sup>nd</sup>&amp; 3<sup>rd</sup> Semester Yoga Practical.</p> <p><b>DHYANA-S</b></p> <p>&lt; Cyclic Meditation ó IRT, QRT, DRT  &lt; Mind Sound Resonance meditation Technique  &lt; Transcendental Meditation  &lt; Savita ki Dhyan Dharana  &lt; Vipassana Meditation  &lt; Preksha Meditation</p>	<p><b>EXTERNAL: 10</b>  <b>INTERNAL: 05</b></p>
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**SESSIONAL WORK**

- ✓ Each candidate will prepare a **three** separate practical note book for Mantra- Pranayama, Mudras & Bandhas and Dhyana in which Total, 2 mantra-s, 4 Kumbhaka Pranayama, 4 Mudras and Bandhas and 4 Dhyanas practices along with photograph as per class teacher advice from the above said complete syllabus.