

कुमारभास्करवर्मसंस्कृत-पुरातनाध्ययनविश्वविद्यालयः

कुमावभास्करवर्मसंस्कृतआरुपुवातनअध्ययनविश्वविद्यालय

KUMAR BHASKAR VARMA SANSKRIT & ANCIENT STUDIES UNIVERSITY

NAMATI, NALBARI



MA/MSc in YOGA

CHOICE BASED CREDIT SYSTEM (CBCS) SYLLABUS

2024-26

DEPARTMENT OF YOGIC SCIENCE



**KUMAR BHASKAR VARMA SANSKRIT & ANCIENT STUDIES UNIVERSITY
NAMATI, NALBARI
Choice Based Credit System (CBCS) Syllabus in
MA/MSc in Yoga
Department of Yogic Science
2024-26**

**KUMAR BHASKAR VARMA SANSKRIT & ANCIENT STUDIES UNIVERSITY
Passed in the Board of Studies (BoS) on 30.05.2024**

Bali Narayan Phukan,
Rtd. Professor & Head,
Dept. of Yogic Science & Naturopathy,
Mahapurusha Srimanta Sankardeva Viswavidyalaya
External Member of BoS

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Dr. Ujjwal Arun Maske
HoD & Assistant Professor
Yogic Science & Naturopathy, MSS Viswavidyalaya
External Member of BOS (Yogic Science), KBVSASU

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Dr. Alaka Das
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Science)
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Dr. Mallika Kalita
Associate Professor & H.O.D
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Kumar Bhaskar Varma Sanskrit & Ancient studies University

KUMAR BHASKAR VARMA SANSKRIT & ANCIENT STUDIES UNIVERSITY

Title of the Course: Master of Arts (M. A.)/ Master of Science (MSc) in Yoga

Yoga is a multifaceted discipline that not only complements traditional physical education but also contributes significantly to the holistic development of individuals in the realm of spirituality, and beyond. It also grants both young learners and adults the chance to excel in physical activities, laying the groundwork for a lifelong commitment to well-being. The course encompasses a comprehensive blend of timeless teachings from revered texts like Vedas, Upanishads, Bhagavad Gita, Patanjali's Yoga Sutras, as well as Hatha Yog Pradipika and Gheranda Samhita. It integrates these traditional insights with contemporary scientific knowledge in anatomy, physiology, psychology, research techniques, and pedagogical methods. The course of MA/MSc in Yoga Science has been designed to provide the required knowledge and skill to the aspirants who wish to enrich themselves with the rich practice of Yoga and Yogic Therapy for health & wellness and also enable the aspirants to build their career in this field.

Duration of the Programme: Two Years, divided into four semesters, two semesters in each academic Year

Outcome of the Course: Upon successful completion of the course, students will be able to:

1. **Understand in-depth** the curriculum of Yogic Sciences, including the applications of Yoga and complementary therapies.
2. **Acquire familiarity** with the foundational texts of Yoga, particularly at the Master's level, to deepen their knowledge and practice.
3. **Develop skills** to promote positive health through Yoga, applying yogic practices for the well-being of the general public, and teaching Yoga for holistic personal development and spiritual growth.
4. **Cultivate an inquisitive and scientific approach** towards Traditional Indian Sciences, with a focus on Yoga and Spirituality, fostering a mind-set open to exploration and inquiry.
5. **Embrace a research-oriented mind set**, preparing them to conduct advanced theoretical and practical research in the domain of Yoga and Alternative Therapies.

Programme Specific Outcome:

- **Deepen** the understanding of Yoga's rich heritage, drawing from classical sources such as the Vedas, Upanishads, Bhagavad Gita, Patanjali's YogaSutras, HathaYoga Pradipika and Gheranda Samhita.
- **Bridge** the gap between ancient practices and contemporary science by studying the effects of Yoga on the body and mind through the lens of modern anatomy, physiology, and psychology.
- **Enhance** research and instructional capabilities, enabling the effective dissemination of Yoga knowledge.
- **Equip** practitioners with the expertise to use Yoga therapeutically for managing and preventing a range of health issues that affect the body and mind.
- **Empower** individuals to design personalized Yoga regimens that promote overall well-being, integrating physical fitness, mental clarity, and spiritual growth.

Eligibility: Bachelor degree from recognized educational institutes of India in any discipline with a minimum of 40% marks in aggregate (35% in case of SC.ST.). Preference will be given to those students who have studied the subject at undergraduate level.

Age limitation: Candidates should not be more than 40 years of age on the first day of the session i.e. 1 July in which he/she is taking admission.

1. **Number of Semester: 04**
2. **No. of Courses:24**
3. **No. of courses that students can take -20**
4. **Full Marks of programme-1800 Pass Marks:720 (40%)**
5. **Number of Core Courses:14**
6. **Number of Elective Course:4**
7. **Number of Value-added courses: 02**

Minimum Credit to earn in the course:

As per U G C guidelines

Pass Percentage:**Per Course**

Full Marks - 100 Pass Marks: = 40(40%)

Internal Assessment - 20 Pass Marks: = 08(40%)

End Semester = 80 Pass Marks: = 32(40%)

[Credit: 4+1=5(4 hours per week teaching + 1 Hour/week Tutorial)]

[Credit: 3+0=3 (3 hours/per week teaching +0 Hour/Week Tutorial)]

External Evaluation: Total: 80 pass Marks- 40 % of total

Full Marks- 100 (per Course) Practical: 2 hours= 1 Credit

Internal Evaluation: Sessional/Assignment/Seminar/Group Discussion/Class Attendance

- **Internship-The degree of MA/MSc in Yoga Science will be issued only after successful completion of compulsory internship of 21 days in any centers or institutes prescribed by the authority.**

Grade System

Regarding grading system, the rule of the two years Master Degree will be followed as the University rules & regulations.

Kumar Bhaskar Varma Sanskrit & Ancient Studies University
Department of Yogic Science
Programme: MA/MSc in Yoga
Programme Code: M.A/MScYTC

FIRST SEMESTER

Structure of Program:

Course Code	Name of the paper	L	T	P	C	Marks
M.A/MScYTC101	Fundamentals of Yoga	04	01	0	4+1=5	20+80=100
M.A/MScYTC102	Human Anatomy & Physiology	04	01	0	4+1=5	20+80=100
M.A/MScYTC103	Principles and Practices of Hatha Yoga	04	01	0	4+1=5	20+80=100
M.A/MScYPC104	Practical-Yogic practices I	04	01	0	03	20+80=100
M.A/MScYTC105	Patanjali's Yoga Sutra	04	01	0	4+1=5	20+80=100
M.A/MScYTV106	Yoga & Personality development	03	01	0	3+1=4	20+40=60
				Total	23	500

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SECOND SEMESTER

Course Code	Name of the Paper	L	T	P	C	Marks
MA/MScYTC201	Basic Yoga Texts-Bhagawat Gita & Yoga Vasistha	04	01	0	4+1=5	20+80=100

MA/MScYTC202	Principles of Psychology & Lab. Practical	02	01	2	3+2=5	20+80=100
MA/MScYPC203	Teaching Methods for Yogic Practices & Internship	03	-	-	3+2=5	20+80=100
MA/MScYPC204	Practical-Yogic practices II	03	0	0	03	20+80=100
MA/MScYTC205	Research Methodology & Statistics	04	1	0	4+1=5	20+80=100
MA/MScYTV206	Introduction to Yoga	03	01	0	3+1=4	20+40=60
				Total	23	500

THIRD SEMESTER

Course Code	Name Of the Course	L	T	P	C	Marks
MA/MScYTC301	Yoga in Principal Upanishads	04	01	0	4+1=5	20+80=100
MA/MScYPC302	Practical-Yogic Practices III	03	0	0	03	20+80=100
MA/MScYTE303	Yoga & Human Consciousness	04	01	0	4+1=5	20+80=100
MA/MScYTE304	Yogic Diet & Nutrition	04	01	0	4+1=5	20+80=100
MA/MScYTE305	Yoga Therapy	04	01	0	4+1=5	20+80=100
MA/MScYTE306	Eminent Indian Yogis	04	01	0	4+1=5	20+80=100
				Total	18	400

FOURTH SEMESTER

Course Code	Name Of the Course	L	T	P	C	Marks
MA/MScYDC401	Project/ Dissertation	04	01	0	4+1=5	20+80=100
MA/MScYPC402	Practical-Yogic Practices- IV	03	0	0	3	20+80=100

MA/MScYTE403	Yoga & Holistic Health	04	01	0	4+1=5	20+80=100
MA/MScYTE404	Complementary Therapy	04	01	0	4+1=5	20+80=100
MA/MScYTE405	Modern Trends in Yoga	04	01	0	4+1=5	20+80=100
MA/MScYTE406	Yoga Upanishads	04	01	0	4+1=5	20+80=100
				Total	18	400

Course Title: Fundamentals of Yoga
Course Code: MA/MScYTC101

Total Credit: 5

Learning Objectives:

- To enable the learners to understand basics of Yoga & Yoga Philosophy
- To make the learners familiar with Yogic texts.
- To enable the learners to know about different schools of Yoga.

Course Contents

Unit 1: Introduction to Philosophy

- Meaning, Definition and nature of Philosophy
- Classification of Indian Schools of Philosophy.
- Philosophy of Yoga,
- Yoga as Applied Philosophy.

Unit 2: The concept of yoga

- Meaning and definitions of yoga.
- History and Development of yoga.

- Aims and objectives of Yoga.
- Misconceptions about Yoga

Unit 3: Types of Yoga

- Jnana Yoga
- Bhakti Yoga
- Mantra Yoga
- Karma Yoga
- Raja Yoga

Unit 4: Yoga in Epics and Smriti-

- Yoga in Ramayana (Aranyakanda)
- Yoga in Mahabharata (Santiparva)
- Yoga in Yajnavalkya Smriti

Unit 5: Introduction to Yogic Practices

- Asanas
- Pranayamas
- Mudra-Bandhas
- Shuddhi Kriyas
- Relaxation & Meditation

Suggested Reading –

- Kumar, K. (2008). *Super Science of Yoga*, Standard Publishers (India), Delhi.
- Feuerstein, G. *The Yoga Tradition*, Motilal Banarshidass, New Delhi.
- Dasgupta, S. N. "History of *Indian Philosophy*, Vol-
1, Motilal Banarshidass, New Saraswati, v. *Scienc Yoga*
, Yoga Niketan Trust, Rishikesh.
- Phukan, B. N. *Yog Vijnan Parichay*, Dr. Jogada Phukan, North
Lakhimpur. Mukharjee, V. *Bharatke Mahan Yogi*, Anurag Prakashan, Varanasi.
- Niranjana Swami, *Yoga Darshan*, Yoga publication Trust, Bihar School of
Yoga, Munger, Bihar.
- Radhakrishnan S, "Indian Philosophy" Vol-I

Course Title: Human Anatomy & Physiology

Course Code: MA/MScYTC102

Total Credit: 5

Learning Objectives:

- To enable the learners to understand structure of Human body
- To enable the learners to know about the location of different organs in the body.
- To make the learners familiar with functions of different organs and system.

Course Contents

Unit 1: Introduction of Human body & musculoskeletal system

- Meaning of Anatomy and Physiology
- Cell-Meaning Structure & Functions, cell organelles and their functions.
- Tissues- Meaning, Structure and functions of different types of Tissues.
- Organization of human system
- Introduction to Defense system and concept of Homeostasis.
- Skeleton and Functions of skeleton.
- Name and classification of bones.
- Location of bones in the body

Unit 2: Digestive System & Excretory system

Digestive System:

- Gross anatomy of Digestive system
- Physiology of Digestion, Assimilation & Peristalsis.
- Gastric and digestive juices involved during Digestion
- Associated glands (Liver & Pancreas) involved in Digestion

Excretory System:

- Structure and functions of Kidneys.
- Structure and functions of Ureters
- Structure and functions of Urinary Bladder
- Structure and functions of Urethra
- Structure and functions of Skin and Sweat glands

Unit 3: Respiratory System & Cardiovascular System

Respiratory System-

- Gross Anatomy of Respiratory Passages
- Functional Anatomy of Nasal Cavity, Pharynx, Trachea, Bronchus, Lungs and Alveoli.
- The process of Respiration, Lungs Volumes & Capacities.
- Mechanics of Breathing and exchange of gas in alveoli.

Cardiovascular System

- Structure and Functions of Heart, Arteries, Veins, and Capillaries.
- The Heart as a pump, Systematic and Pulmonary circulation, the cardiac cycle.
- Blood: composition and functions, Blood Groups and their importance.
- Blood pressure and Regulation of blood pressure.

Unit 4: Nervous System & Special Senses

Nervous system

- Concept of Histology
- Nerve- structure and properties of Neurons
- Central Nervous system
- Functions and importance of the parts of brain
- Peripheral and Autonomic Nervous system.

Special Senses

Functional Anatomy & Physiology of Eyes, Ears, Nose, Tongue & Skin.

Unit 5: Reproductive System, Lymphatic system & Endocrine System

Reproductive System

- Male Reproductive System
- Female Reproductive System
- Menstrual Cycle

Lymphatic System

- Lymphatic System-Sites
- Functional Anatomy of Lymph nodes and their function
- Lymphatic system and its role in immune system.

Endocrine System

- Structure and Functions of Glands and Hormones.
- Short anatomy of Hypothalamus.

Suggested Reading

- Gupta,AK, ” Sharir Rachana v Kriya Vigyan”.
- Gore, M.M “ Anatomy and Physiology of Yogic Practices” Jaypee Brothers, New Delhi.
- Pearce,E.(1993).*Anatomy and physiology for Nurses*, Jaypee Brothers Medical Publishers.
- Phukan B.N.” Yog Vigyan Parichay”,Dr.JogadaPhukan,North Lakhimpur.
- Telles, S.(2003). *A glimpse of the Human Body*, Swami VivekanandaYogaPrakashan.
- Alma R Guinners,’ ABC’s of the Human Body (Readers Digest,USA,1987.
- Guyton,Arthur C. *Textbook of Medical Physiology*,W.B.SaundersCo.Philadelphia
- Sarma Joydev,(2001) ”Human Anatomy & Physiology”Shree Dharma Sarma, Allied Book Distributors, Bhangagarh.

Course Title: Principles and Practices of Hatha Yoga

Course Code MA/MScYTC103

Total Credit: 5

Learning Objectives:

- To develop and understanding about Hatha Yoga.
- To acquaint learners with practices of Hatha Yoga.
- To acquire knowledge of Hatha yogic Practices.
- To introduce students with practices of Hatha Yoga.

Course Contents

Unit 1: Hatha Yoga and it's Philosophy:

- Hatha Yoga- it's meaning, definition, aims & objectives
- Yoga and & misconceptions
- Obstacles (vighna) and helps (sahayaka) in Hatha yoga (Hatha Yoga Pradipika)
- Relation between Hatha Yoga and Raja Yoga
- Hatha Yogic Literature- HathaYoga Pradipika, Gheranda Samhita & Shiva Samhita.

Unit 2 : Preparation for the practice of Hatha Yoga

- Pre-requisites of Hatha Yoga (dashayama&dasha niyama).
- Concept of Ghata and Ghata Shuddhi
- Concept of Matha
- Rules & Regulations to be followed by Hatha yoga practitioner
- Suitable season and time to start Hatha yoga sadhana
- Concept of Mitahara, Pathya and Apathya

Unit 3: Hatha Yoga practices- Shodhana Kriyas & Asanas:

- Shodhana Kriya-Concept and importance of Shodhana kriyas.
- Asanas in Hatha yoga texts-Definition, prerequisites and special features of Yoga-asana
- Asanas in Hatha yoga Pradipika, Hatha Ratnavali, GherandaSamhita,Shiva

Samhita-benefits, precautions and contraindications of different Asanas.

Unit 4: Hatha Yoga Practices- Pranayama & Pratyahara

- Pranayama- mechanism of correct breathing.
- Yogic deep breathing.
- Concept of Puraka ,Kumbhaka, and Rechaka.
- Nadisodhan pranayama-it's technique and importance.
- prerequisites of pranayama in Hatha Yoga Pradipika and Gheranda Samhita.
- Types of Pranayama according to Gheranda Samhita & Hatha Yoga Pradipika.
- Concept of Pratyahara.

Unit 5: Hatha Yoga practices- Mudra-Bandhas, Dharana & Samadhi

- Mudra-Bandha- Meaning, process and benefits of Mudra-Bandha.
- Role of Bandha trayas in Yoga Sadhana.
- Precautions and contraindications of Mudra-Bandhas.
- Concept of Dharana and Dhyana in Gheranda Samhita and their techniques & benefits.
- Concept of Samadhi in Hatha Yoga Pradipika, Samadhilakshanam
- Concept of Nada and Nadanusandhana

Suggested Reading

- Digambarji,S.*Hathapradeepika*, Kaivalyadhama,Lonavla.
- Muktibodhananda(ed).*HathaYogaPradipika*,YogaPublicationTrust,Munger.
- Saraswati,S.N.(2012).*GherandaSamhita*,YogaPublicationTrust,Munger.
- Saraswati S.N.Hatha Yoga Pradipika,Yoga Publication Trust,Munger.
- Saraswati,S.N.*Prana and Pranayama*, YogaPublicationTrust, Munger.
- Kuvalayananda,S.*Asanas*,Kaivalyadhama,Lonavla.
- Kuvalayananda,S.*Pranayama*,Kaivalyadhama,Lonavla.
- Coulter H.David,Anatomy of Hatha Yoga, Body and breath Inc.

USA,2001.

Course Title: Practical-Yogic Practices I

Course Code: MA/MScYPC104

Total Credit- 5

Learning Objectives:

- To enable the learners to practice of Shatkarma techniques.
- To make learners familiar with practices of Pranayama, Asanas, Mudra – Bandha and Meditation.
- To enable the learners to enhance their flexibility, body coordination and balance.

Course Contents

Unit 1: Prayers-

Guru Vandana, Gayatri mantra, Purnata mantra, Shanti mantra.

Unit 2: Yogic Sukshma vyayama and Surya Namaskar

- Warm up
- Yogic Sukshma Vyayama- Buddhi tatha Dhriti- shakti Vikasaka
- Smarana Shakti vikasaka, Medha shakti vikasaka
- Netra – Shakti vikasaka, Kapola – Shakti vikasaka
- Karna Shakti vikasaka, Manibandha – Shakti vikasaka
- Bhujabali Shakti vikasaka, Vaksha-sthala- Shakti vikasaka
- Griva Shakti Vikasaka
- loosening exercises.
- Shiti positions for Asanas-Standing, Sitting & Lying (Supine& Prone)
- Surya Namaskara with mantras

Unit 3: Asanas-

**Dhyanasana (Meditative postures)-Swastikasana,
Sukhasana,Vajrasana, Padmasana**

Vishranti Asanas (Relaxing postures): Makarasana & Savasana.

Yoganidrasana

Swasthasana (Cultural postures)

Standing Postures: Tadasana, Namaskarasana, Ardha Katichakrasana, Padahasthasana, Dandayaman Ardhachakrasana, Trikonasana, Vrikshasana, Garudasana, Virabhadrasana, Parsvakonasana.

Sitting Postures: Janusirasana, Paschimottanasana, Ustrasana, Supta-vajrasana, Matsyasana, Sasankasana, Mandukasana, Meru Vakrasana, Simhasana.

Lying Postures (Supine)-Jastikasana, Marjarasana, Pawanamuktasana, Uttanapadasana, Setubandhasana, Chakrasana, Viparitkaraniyasana, Ardha Halasana.

Lying Postures (Prone)- Bhujangasana, Salabhasana, Naukasana, Dhanurasana

Unit 4: Mudra- Bandha

- Bandhatraya (Jalandhar, Uddiyana & Moola Bandha)
- Mudra- Yogamudra, Panchatattva Mudra, Ashwini Mudra, Mahabandha Mudra & Mahabedha Mudra.

Unit 5: Shatkarma, Pranayama & Meditation

Shatkarma-

- Neti (Jala & catheter), Dhauti (Vaman-Kunjil Kriya, Vahnisara)
- Kapalbhata (Vatkrma- as per Hatha Yoga Pradipika), Trataka.

Pranayama-

- Sectional Breathing, Yogic Breathing, Nadishuddhi Pranayama, Anulom-Vilom Pranayama & Bhramari Pranayama.

Meditation- Vipashana Meditation, Pranav & Soham Japa, Aum Meditation.

Suggested Reading

- Saraswati S.S, Asana Pranayama, Mudra Bandha, Yoga Publication Trust, Munger.
- Phukan B N, Yoga Vigyan Parichaya, Dr. Jogoda Phukan, N. Lakhimpur.
- Muktibodhananda, Swami, Hatha Yoga Pradipika, Yoga Publication Trust, Munger.

Course Title: Patanjali's Yoga Sutra

Course Code: MA/MScYTC105

Total Credit:5

Learning Objectives:

- To develop Understanding about Patanjali's Yoga Sutra, the basic Philosophy of Yoga.
- To enable the learners to learn and practice Asthanga Yoga.

Course Contents

Unit 1: Introduction to Patanjali's Yoga Sutra and it's Philosophy.

- Introduction to Patanjali's Yoga sutra
- Traditional Commentators-Vyasa, Vachaspati Mishra, Swami Vivekananda
- Nature of Yoga according to Patanjali in light of Vyasabhasya
- Importance of Yoga Sutra

Unit 2: Samadhi pada & Sadhana Pada- Chitta, Chitta Bhumi and Chitta Vritti & it's

Nirodha

- Meaning of Chitta, Chitta Bhumi(Mudha, Kshipta, Vikshipta, Ekagra, and Niruddha).
- Chitta Vrittis(Pramana, Viparyaya, Vikalpa, Nidra & Smriti),.
- Chitta- Vritti nirodhapaya(Abhyasa & Vairagya).
- Ishara & Ishara Pranidhana.
- Concept of Karmashaya and Karma Vipaka.
- Chitta- Viksepas(Antarayas), Means of Chitta- Prasadana and it's associates..
- Pancha Kleshas, Nature of Dukha

Unit 3: Kriya Yoga and Asthanga Yoga

- Concept of Kriya Yoga, Prakriti –Purusha Samyoga.
- Concept of Asthanga Yoga-Yama, Niyama, Asana, Pranayama & Pratyahara

Unit 4: Vibhuti Pada- Concept of Samyama- Dharana, Dhyana & Samadhi

- Meaning and Nature of Dhyana and Dharana
- Nature of samyama.
- Types and nature of Samadhi
- Samprajnata and Asamprajnata Samadhi
- Sabeja and Nirbeeja Samadhi.
- YogaVibhutis

Unit 5: Kaivalya Pada- Siddhis and Types of Karma

- Five means of Siddhis, concept of Nirmana Chitta.
- Four types of Karmas, concept of vasana, Dharmamegh Samadhi and it's result.
- Viveka Khyati, Nirupanam, Kaivalya Nirvachana

Suggested Reading

- Saraswati,S,Four chapters of Freedom,Bihar School Yoga,Munger.
- Feuerstein, Georg,Yoga Sutras of Patanjali,U.S.A. Inner Traditions of India.
- Vivekananda,Swami,RajaYoga,Calcutta, Advaita Ashram.
- Karambalekar,P.V.(2017). Patanjala Yoga Sutra,Kaivalyadhama,Lonavla.
- Taimni I K,Science of Yoga, The Theosophical Publishing House,Adyar,Chennai
- Edwin Bryant,The Yoga Sutras of Patanjali,Rutgers University,New Brunswick.
- Dasgupta Surendranath,Yoga Philosophy in Relation to Other Systems of Indian Thought.
- Biswas Mukta,Samkhya- Yoga Epistemology, D. K. Print World (P) Ltd, New Delhi

Course Title: Yoga & Personality Development

Course Code: MA/ M.Sc.YTV106

Total Credit: 4

Learning Objectives:

- Understand the concept of Personality.
- To know about the types of Personality.
- To know the effects of Yoga on Personality development.
- To know about the personality disorders.

Course Content

Unit 1: Personality

- Meaning and Definition of yoga & Personality
- Objectives of yoga & personality development
- Types of Personality

Unit 2: Yoga & personality

- Concept of Yoga
- Characteristics of personality
- Role of yoga in personality development

Unit 3: Causes of Personality Disorders

- Biological cause.
- Psychological cause.
- Socio-cultural cause.

Unit 4: Role of Yogic Techniques in development of Personality

- Psycho Therapeutic and Relaxative Role.
- PhysioTherapeutic and Rehabilitative Role.
- Values Development through Yoga.

Suggested Readings

- Internal Yoga Psychology, V. Madhupudhan Reddy.
- Yoga and depth Psychology, I.P Sachdeva.
- Yoga Psychology, Shanti Prakash Attari.
- Samanya Manovijana, Wasim Ahmed Khan.
- Abnormal Psychology, J. C. Coleman.
- Yoga and Manasik Swastha , Dr. Suresh Barnwal.

SECOND SEMESTER

Course Title: Basic Yoga Texts

Course Code: MA/MScYTC201

Total Credits : 5

Learning objectives:

- To acquire Knowledge of yoga stated in Bhagavat Gita.
- To understand the concept of yoga narrated in Yoga Vasistha
- To acquaint learners with knowledge of VibhagaYoga

Course Contents

Unit 1: Introduction to Bhagavad Gita

- Introduction to Bhagavad Gita.
- Definition of Yoga in Bhagavad Gita.
- The Relevance Scope, meaning of the terms-Atma Swarupa, Sthitaprajna

Unit 2: Bhagavad Gita and Yoga

- Sankhya Yoga (Chpt. 2).
- Karma yoga (Chpt.3) and Karma Swarupa(Sakama and Nishkama).
- Jyana Yoga(Chpt.4)
- Karma Sanyasa Yoga(Chpt.5)
- Dhyana Yoga(Chpt. 6).
- Bhakti Yoga-Types of Bhakta, Nature of Bhakti (Chpt.12)

Unit 3: Bhagavad Gita and Vibhaga Yoga

- The Trigunas and Nature of Prakriti.(Chpt.14). S
- Daivasura Sampad Vibhaga Yoga.(Chpt.16)
- Moksha-SanyasaYoga(Chpt.18).

Unit 4: Introduction to Yoga Vasistha:

- Salient features of Yoga Vasistha.
- Concept of Adhis and Vyadhis.
- Psychosomatic Ailments, the four Dwarpaals to freedom.

Unit 5: Yoga Vasistha and Yoga :

- How Sukha attained in the Highest state of Bliss.
- Practices to overcome to Impediments of Yoga.
- Development of Satvaguna.
- Eightlimbs of Meditation.
- Jnana Saptabhumika.

Suggsted Readings

- Radhakrishnan, S, The Bhagavad Gita (Routledge & Kegan Paul), London, 1960.
- Swami Adidevananda: Sri Ramanuja Gita Bhasya.
- Swami Prabhavananda, Spiritual Heritage of India, Sri Ramkrishna Math, Madras, 2004.
- Ekanath Eswaran, The Bhagavad Gita for daily living.
- Bal Gangadhar Tilak, Geeta Rahasya.
- Kuldip k Dhiman, The Yoga Vasistha of Valmiki

Course Title: Principles of Psychology & Lab Practical

Course Code: MA/MScYTC202

Total Credits: 5

Learning objectives:

- To understand the diversity of behavior and experience.
- To work effectively with others and on teams..
- To think scientifically, understanding the relationships between theories, observations and conclusions
- To understand the methods for measurement of the level of anxiety, Depression, mental health, emotional intelligent etc.
- To understood the method for administering the test scale, inventory and questionnaire.

Course content:

PART- A

THEORITICAL

Unit 1: Concepts and Definition of Psychology

- Basic concepts & Definition of Psychology.
- Introduction to altered states of Consciousness (Sleep: stages of Sleep, Sleep disorders)
- Behavioral Psychology: Psychology as a science of behavior; Psychological basis of behavior.

Unit 2: Personality & Heredity

- Nature and types of Personality.
- Determinants of Personality: Heredity of Environment.
- Personality theories of Sigmund Freud, Alfred Adler, C.G. Jung,
- Facets and Stages of Personality Development
- Concept of Intelligence, Emotion & Emotional Intelligence

Unit 3: Cognitive Psychology & Mental Health

- Sensation, Perception, Attention, Memory--their definitions and types.
- Learning and Motivation- need-hierarchy theory of motivation

- Causes and Consequences of Mental Conflicts and Frustrations.
- Introduction to Mental Health & Common Mental Disorders: Insomnia, Depression, Stress, Anxiety.

PART B

PRACTICAL

Unit 4:

- Depression Test
- Comprehensive Anxiety test
- Emotional Intelligence Test

Unit 5:

- Mental Health Battery
- Personality Test of Extrovert and Introvert
- Spiritual Quotient Assessment

Suggested readings:

1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron.A. Robert, Psychology, Pearson Education Vth Ed.,2002.
3. Chaplin, P., & Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart & Winston.
4. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler, “Introduction to Psychology” – 7th Edition. Tata McGraw Hill Book Co. New Delhi, 1993.
5. Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.
6. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson, “Introduction to Psychology” 6th Edition, Oxford IBH publishing Co. Pvt. Ltd., New Delhi,1975.
7. Marx, M.H. & Hillix, W.A. (1987). Systems and Theories in Psychology. New York: McGraw Hill.
8. Schultz, D. (1985). A History of Modern Psychology. New York: Academic Press.
9. Wolman, B.H. (1973). Handbook of Psychology. New Jersey: Prentice Hall. 10. Woodworth, R., & Schlosberg, (1976). Experimental Psychology. New York:

Course Title:Teaching Methods for Yogic Practices&Internship

Course Code: MA/MScYPC203

Total Credit: 5

Teaching Methods for Yogic Practices

Credit:3

Learning Objectives:

- To make students familiar with Teaching Methods of Yoga education.
- Students will be able to know about how prepare a good Yoga lesson plan

Unit 1: Teaching Methodology in Yoga-I

- Salient features of Yoga Education,
- Factors of Yoga Education; Teacher, Student and Teaching,
- Meaning and Scope of Teaching Methods – Terminology, Scope
- Methods – Traditional Modern – i) Lecture Method, ii) Response to Instruction Method, iii) Individualized Instructional Method, iv) Directed Practice Method, v) Project Method, vi) Demonstration Method
- Factors Influencing the Method –i) Previous Background and Experience of the Student, ii) The Teacher, iii) Facilities, iv) Scientific Principles

Unit 2: Teaching Methodology in Yoga-II

- Sources of Teaching Methods - Yogic Principles, Psychological Principles, Anatomical-Physiological Principles, Educational Principles, Sociological Principles;
- Class Management - Dealing with different categories of students, Seating Arrangement, Instructions, Audio-visual Aids, Discussion, Extra-Class Practice

Unit 3: Teaching Methodology in Yoga-III

- Lesson Planning - Necessity of Lesson Planning, Essentials of a Good Lesson Plan, Lesson Plan for Teaching Yogic Practices,
- Eight steps methods of introduction and teaching Asanas;
- Methods of Teaching Meditation
- Students approach to the teacher: pranipata, pariprashna, seva

Suggested Reading

- Saraswati,S.S. Yoga Education for Children, Volume 1& 2,Yoga Publication Trust,Munger.
- Bhatia,k.k. and Arora,J.N.Methodology of Teaching,Vinodpublications,Ludhiana.
- Kumar,k.YogaEducation,A Text book , Shipra Publication, New Delhi.
- GharoteM.L.(2005).Yoga Techniques, Lonavla,YogaInstitute,Kaivalyadham,pune.
- Gharote M. L.,Ganguly S.K. “Teaching Methods for Yogic Practices”, Kaivalyadhama S. M. Y. M.Samiti.

INTERNSHIP

Credit: 2

- **Internship:** The students have to complete an internship of 21 days in any center or institution prescribed by the authority, 5 hours in a day.

Course Title: Practical-Yogic Practices II
Course Code: MA/MScYTP204
Total Credit: 5

Learning Objectives:

- To develop an understanding about advanced Yogic Practices.
- To acquaint the learners with variation of different yogic practices.

Course Contents

Unit 1: Prayers

Guru Vandana, Gayatri Mantra, Aikya Mantra, Mangal Prathana, Shanti Path

Unit 2:

- Warm up.

Yogic Sukshma Vyama-

- Skandha tatha Bahu-mula Shakti Vikasaka
- Bhuj-Bandha sakti Vikasaka.
- Kaphoni-Shakti Vikasaka.
- Mani-Bandha Shakti Vikasaka.
- Kara-Prstha Sakti Vikasaka.
- Kara-Tala Shakti Vikasaka.
- Anguli-Mula Sakti Vikasaka.
- Anguli Shakti Vikasaka
- Bhuj-bali Shakti Vikasaka
- Purna-bhuj Shakti Vikasaka
- Vaksha-sthala Shakti Vikasaka
- Udara Sakti Vikasaka-1 to 10
- Jangha Shakti Vikasaka-1& 2
- Surya Namsaskara.
- Chandra Namaskara

Unit 3: Asana

Dhyanasana (Meditative Posture)

- Padmasana
- Siddhasana(For men)
- Virasana.
- Vajrasana

Vishrantiasana (Relaxing Posture)

- Savasana & Makarasana.
- Quick Relaxation Technique (QRT).
- Yoga Nidra

Swasthasana (Cultural Posture)

Standing Postures.

- Parivritta Trikonasana, Parivritta Parsvakonasana, Virabhadrasana-2, Natarajasana, TiryakaTadasana, Dwikonasana. Garudaasana.

Siting Postures:

- Vakrasana,Pascimottanasana.Purna Ustrasana,Udarakarshasana.Balāsana, Ardha kurmasana,Marjarasana type 1,Sashanka Bhujangasna, Bakasana.Utthita

Mandukasana, Gomukhasana, Ardha Matsyendrasana., Marichasana

Lying Postures (Supine)

- Marjarasana type 2, Chakrasana, Viparitkarani Asana, Sarvangasana, Halasana, PadmaSarvangasana.
- Sayana Paschimotanasana, Naukasana, Matsyasana

Lying Postures (Prone)

- Tiryaka Bhujangasana, Purna Bhujangasana, Purna Dhanurasana,
- Special asana: Sirsasana

s

Unit 4: Mudra-Bandha

- Jnana Mudra, Shambhavi Mudra, Khechhari Mudra, Ashwini Mudra, Shanmukhi Mudra.
- Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Moola bhandha, Mahabandha

Unit 5: Shat karma, Pranayama & Meditation:

- **Shatkarma-** Sutraneti, Gajakarani, Sankha Prakshalan(Laghoo)
- Kapalbhathi-Vatkram & Vyutkram, Trataka.
- **Pranayama:** Nadisodhi Pranayam, Suryavedan, Ujjayi, Sitkari, Shitali, Bhastrika.
- **Meditation:** Vipasana Dhyana, Ajapa Dhyana, Raj Yoga Meditation(Brahmakumaris)

Suggested Readings

- Saraswati, S.S.(2002) Asana Pranayama Mudra Bhandha, Yoga Publication Trust, Munger.
- Phukan, B.N. Yog Vigyan Parichay, DRJogodaPhukan, N.Lakhimpur.
- Saraswati, S.S.Sahaj Yogic Vyama, Part II., Umachal Yogashram, Kamakhya
- Saraswati, S.S. Yoga Bole Rog Arogya, Umachal Yogashram, Kamakhya.

Course Title: Research Methodology & Statistics

Course Code: MA/MScYTC205

Total Credit: 5

Learning Objectives

- Develop expertise on selection of research problem and preparation of research synopsis in Yoga.
- Able to distinguish and apply major quantitative and qualitative research approaches in research.
- Develop expertise on selection of research problem and preparation of research synopsis.
- Able to organize and analyze and prepare research report

Course Contents

Unit 1: Fundamentals of Research

- Research—Its Meaning, Nature and Scope
- Types of Research
- Identifying & defining research Problem
- Hypothesis meaning & Types
- Literature Review-Meaning and Importance
- Variable and Its Types

Unit 2: Sampling, Research & Data Collection Methods

- Sample, Sampling, types of sampling & Sampling Design.
- Historical Research-External and Internal Criticism.
- Descriptive Research-Types of Descriptive Research.
- Experimental Research – Designs of Experimental Research
- Data Collection Methods: Questionnaire
Interview
Observation
- Socio-metric Technique

Unit 3. Research Proposal & Research Report Writing

- Steps of Research Proposal.
- General Format of Research Report Writing.
- Referencing and Bibliography.
- Ethical consideration in conducting research in yoga.

Unit 4: Statistical Analysis in Research-

- Organization of Quantitative data
- Descriptive Statistics-Meaning, Nature and Application-frequency& polygon Bar diagram, Pie diagram.
- Measures of Central Tendency-Mean, Median and Mode (grouped and ungrouped)
- Measures of Variability-Range, Average Deviation, Quartile Deviation and Standard Deviation Normal Distribution-Meaning and Applications

Unit 5: Coefficient of Correlation

- Coefficient of Correlation, Rank Difference &Product Moment Method.
- Mean and Significance of differences in two Means, (Independent and correlated group).
- t' test and chi-Square test.

- Variance Analysis -One way Variance Analysis.

Suggested Reading

- Robin Monro : Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989)
- Michael H. Cohen : Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives (Paperback - Aug 19, 1997)
- Jerrold H. Zar : Biostatistical Analysis Pearson education.
- Russell A. Jones : Research Methods in the Social and behavioral science (Sinauer Associates, Saunderland'sMassachusetts)
- A.K. Singh : Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
- Telles, S. : Research Methods (Swami Vivekanada Yoga Prakashan, Bangalore)
- Kothary ,C.R. Research Meyhodology, Methods and Techniques, VishwaPrakashan, New Delhi,1985
- S. K, Mangal "Statistics in Psychology and Education" Neelkamal Publication
- Saha K 'Statistics in Education and Psychology" Mani Manik Prakashan, Guwahati.
- Garrett Henry E.,Statistics in Psychology and Education,Paragon Iternational Publishers,New Delhi.

Course Title: INTRODUCTION TO YOGA

Course Code: MA/MScYTV206

Total Credit:4

“Yoga” is an invaluable contribution of Indian heritage to humanity which was originated in India around six thousand years ago. The word “Yoga” is derived from the Sanskrit root “Yuj” meaning “to unite” to “join” that leads to the union of individual consciousness with that of Universal consciousness. In olden days, yoga used to be a part of daily routine in Gurukuls. At present, a wave of Yoga is sweeping across the globe, as over 170 countries celebrated “Yoga” Day on 21st June and widely adopted Yoga for healthy living. The University is going to introduce value based course “INTRODUCTION TO YOGA”

1. General objectives of the course:

1:1 To teach the basic principles of yoga. 1:2

To teach the relevance of yoga.

1:3 To bring holistic personality development.

1:4 To increase personal and public awareness of the science of natural living.

1:5 To introduce the fundamental principles and scientific basis of yoga practices in secular way.

1:6 To acquaint student with the practical knowledge of Kriyas, Mudra-Bandhas, Pranayama, Meditation, Asanas & Surya namaskara.

2. Medium of instruction and examination:

2.1: Medium of instruction of the course will be Assamese or English..

2.2: The candidate appearing for this value based course examination will have the option of answering theory paper either in Assamese or English.

3. Structure of the course:

PAPER	SUBJECT	CREDIT	HOURS (Weekly)	INTERNAL MARKS	EXTERNAL MARKS
Value Based	Introduction to Yoga	3	2	20	40

4. Syllabus:

The course consists of Theory, Practical & Assignment.

Unit 1 : **General Introduction to Yoga**– Definition, Aims and objectives of Yoga, Branches of Yoga- (Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha yoga and Raja Yoga); **Introduction to Patanjali's Yoga Sutra**- Asthanga Yoga(Definition & Classification), Chitta, Chitta Vrittis, Yogic concept of Swasthya.

Unit 2: **Asana, pranayama, Kriyas, Mudra-Bandha, Meditation.**

2.1 : **Asana**-Definition, Classification (Meditative, Cultural & Relaxative)– Dissimilarities between Asana and exercises.

2.2: **Pranayama**-Definition, Classification(according to Hatha Yoga Pradipika)- Importance of Rechaka, Kumbhaka and Puraka. Difference between deep breathing & Pranayama.

2.3: **Kriyas (Shatkarmas)** -Concept, Meaning & Application of Mudra-Bandhas.

Classification of Shatkarmas according to Hatha Yoga pradiipika.

2.4: **Mudra-Bandha & Meditation**- Concept, Meaning & Application of Mudra- Bandhas and Meditation.

Unit 3: **Human Anatomy & Physiology:**

3.1: **Concept, Structure and Function**-Cell, Tissues & Musculo- skeletal system.

3.2: **Concept, Structure & Function of some systems**-Digestive system, Excretory system, Respiratory system, Cardiovascular system, Endocrine system, Nervous system.

Unit 4: **Practical-**

4.1: **Loosening exercises-** Joint movement

4.2: **Asanas-**

i. **Meditative Asanas**–Sukhasana, Siddhasana, Vajrasana & Padmasana

ii. **Cultural Asanas-**

1. **Standing Positions:** Tadasana, Katichakrasana, Padahasthasana, Dandiyaman Ardha chakrasana, Trikonasana, Parivritta Trikonasana, Vrikshasana
2. **Lying position:** (Supine/prone): Jastikasana, Marjarasana, Pawanmuktasana, Setubandhasana, Uttanapadasana, Sarvangasana, Matsyasana, Chakrasana, Bhujangasana, Salabhasana, Naukasana, Dhanurasana.
3. **Sitting positions**–Mandukasana, Ustrasana, Vakrasana, Ardha Matsyendrasna, Pachimottanasana, Gomukhasana.
4. **Relaxing Asanas**–Savasana & Makarasana.
5. **Specific Asanas**– Suryanamaskara

iii. **Kriyas (Shatkarma)**-Kapalbhati & Agnisara Kriya

iv. **Mudra-Bandha**-Vipareetkarani Mudra, Jalandhar Bandha, Uddiyana Bandha & Moola Bandha

iv. **Pranayama**-Anulom-Vilom, Bhastrika & Bhramari Pranayama.

v. **Meditation** (Vipashana)

Reference Books:

1. Muktibodhananda (ed). *Hatha Yoga Pradipika*, Yoga Publication Trust, Munger.
2. Saraswati S.S, *Asana Pranayama, Mudra Bandha*, Yoga Publication Trust, Munger.
3. Saraswati, S, *Four chapters of Freedom*, Bihar School Yoga, Munger

4. Gore, M.M “ Anatomy and Physiology of Yogic Practices” Jaypee Brothers, New Delhi.

5. Phukan,B.N.Yog Vigyan Parichay,Dr. Jogoda Phukan, N.Lakhimpur.

THIRD SEMESTER

Course title: Yoga in Principal Upanishads

Course Code: MA/MScYTC301

Total Credit: 5

Learning Objectives:

- To enable the learners about the knowledge of Upanishads.
- To enable the learners about the practical aspects of Principal Upanishads.

Course Contents

Unit 1: Introduction to Upanishad: Brief Introduction to ten principal Upanishads-

- **Ishavasyopanishad:** Concept of Karmanishta, concept of Vidya & Avidya, Knowledge of Brahma, Atma Bhava..
- **Kena Upanishad**-Self and the Mind, Intuitive realization of the truth, moral of Yaksha Upakhyana.

Unit 2:

- **Katha Upanishad:** Definition of Yoga, Nature of Soul.Importance of self-Realization.
- **Prashna Upanishad**-Concept of Prana and Rayi ,Panchaprana; The six main Questions.

Unit 3:

- **Mundaka Upanishad**-Two approaches to Brahma- Para Vidya and Apara Vidya,The greatness of Brahmanvidya,Worthlessness of Selfish Karma; Tapas and

Gurubhakti. The origin of creation,the ultimate aim of Meditation-
Brahmanabhuti.

- **Mandukya Upanishad**-Four states of consciousness and Their relation to syllables in Omkara.

Unit 4:

- **Taittiriya Upanishad**- Concept of Pancha Kosha, Summary of Shiksha Valli, Ananda Valli, Bhriugu Valli .
- **Aiteraya Upanishad**- concept of Atma, Universe and Brahman.

Unit 5:

- **Chhandogya Upanishad**- Om (udgitha) meditation, Shandilya vidya.
- **Brihadaranyaka Upanishad**-Concept of Atma and Janna Yoga,Union of Atman and Paramatman.

Suggested Readings

- Nagendra H. R, Yoga it's Basis and Application ,Swami Vivekananda Yoga Prakashan, Bangalore,2002.
- Sharma Chandradhar, A Critical Survey of Indian Philosophy, Motilal Banarasidas Publishers,Delhi,2000.
- Werner Karela,Yoga and Indian Philosophy,MotilalBanarasidas Publishers,Delhi,1979.
- Radhakrishnan S, Indian Philosophy9Vol.I & II),George Allen and and Unwin,

Course Title: Practical-Yogic Practices-III

Course Code: MA/MScYPC302

Total Credit: 5

Learning Objectives:

- To help students to practice Yoga as way of life and understand it as our cultural heritage.
- To acquaint the students with the layout for Yogic events.
- Students would be able to demonstrate and develop the skills to teach rules, regulations, various asana and pranayama technique.
- To demonstrate Yogic Practices with confidence and skilfully.
- To bring out hidden talents through regular Yogic practices.

Course Contents

Unit 1: Prayers

- Swasti Mantra/Vandana, Guru Mantra / Vandana, Mahamrityunjay mantra.

Unit 2: Loosening Exercises

- Warm up

Yogic Sukhma & SthulaVyama-

- Kati Shakti Vikasaka
- Muladhar-Chakra Shuddhi
- Jangha Shakti Vikasaka
- Janu Shakti Vishaka
- Pindala Shakti Vikasaka
- Gulpha-pada Prastha-pada-tala Shakti Vikasaka
- Pada-mula and padanguli Shakti Vikasaka
- Rekah gati
- Hrid gati or Engine Daud

- Subtle exercise (Chakki Chalana, Cycling etc.)

Unit 3: Asanas

Dhyanasana (Meditative Postures)

- Baddha-Padmasana, Utthita Padmasana.

Vishranti Asanas (Relaxing Postures)

- Makarasana
- Savasana.
- Yoga Nidra.

Swasthasana(Cultural Postures)

Standing Postures

- Vrikshasana,Samakonasana.,Sankatasana, Natarajasana,Pada-hastasana, Namaskarasana

Sitting Postures

- Muktasana, Kukutasana, Kurmasana, Dandasana, Akarnadhanurasana, Suptavajrasana, Hanumanasana, Astha-Vakrasana, Vyaghrasana, Udarakarshasana,Veerasana

Lying Postures(Supine)

- Setubandhasana, Chakrasana, Garbhasana, Purnamatsyasana, Sarvangasana, Halasana., Padma Sarvangasana, Sirsasana.

Lying Postures (Prone)

- Chaturanga-dandasana, Tiryak Bhujangasana, Anantasana, Parvatasana, Urdhvamukhosvanasana

Unit 4: Mudra- Bandha

- Hasta mudra- Gyan mudra, Dhyana mudra, Vaparitkaranimudra, Aswini mudra, Tadagi Mudra.
- Bandha-Moolabandha,Uddiyanabandha,Jalandhar bandha, Mahabandha.

Unit 5: Shatkarma,Pranayama& Meditation

Shatkarma-

- Kunjal Kriya, Danda Dhauti, Vatkrann-kapalbhati,Agnisara
- Sankha prakshalana(Purna)

Pranayama-

- Chandra Vedan Pranayama, Ujjayi Pranayama,Dynamic Bhastrika Pranayama(in Vajrasana position).

Meditation

- Mindfulness stress reduction technique, Transcendental Meditation (Mahesh Yogi), ZEN-Bhuddist Meditation.

Suggested Readings

- Saraswati S.S,AsanaPranayama,MudraBandha,Yoga Publication Trust,Munger.
- Phukan B N,Yoga Vigyan Parichaya,Dr.JogodaPhukan,N. Lakhimpur.
- Muktibodhananda,Swami,Hatha Yoga Pradipika,Yoga Publication Trust, Munger.

Course Title: Yoga & Human Consciousness

Course Code: MA/MScYTE303

Total Credit: 5

Learning Objectives:

- Understand about Human Consciousness.
- To know Various aspects of Consciousness

Course Contents

Unit 1: Consciousness -meaning and definition

- Views about Consciousness-Western view and Eastern view
- Holistic concept and Dualistic concept.
- Approaches to Consciousness-Scientific and Philosophical.

Unit 2: Notion of Consciousness

- Consciousness, Awareness and Deep sleep.
- Induction, Intuition and Revelation.

Unit 3: Nature of Consciousness

- Intrinsic nature of Consciousness.
- Different manifestation as envisaged in the different system of Indian Philosophy.

Unit 4: Depth of Inner awareness

- scientific knowledge and Research problems

Unit 5: Exploration in Consciousness and Invisible Relevance of Yoga

- Consciousness of the self –the path to spiritual serenity
- Consciousness and Spirituality.
- Meditation and Neuro-science of Consciousness.

Suggested readings

- International seminar paper publications from Ramkrishna Mission Institute of Culture, Kolkata-
- Philosophy and Science: An Exploratory Approach to Consciousness (2002).
- Life, Mind and Consciousness(2004).
- Consciousness: A Deeper Scientific Search(2006).

- Understanding Consciousness : Recent Advances(2008).
- Spirituality and Science of Consciousness (2010).
- John White(ed) Functions of Consciousness (1985).
- James H. Austin, Developments in Meditation and States of Consciousness (2009) ,Motilal Banarosidas Publishers Pvt. Ltd., Delhi.
- George Feuerstein,The Deeper Dimension of Yoga (2003) Shombhala Publications,Colorado,USA.

Course Title: Yogic Diet and Nutrition

Course Code: MA/MScYTTC304

Total Credit: 5

Learning Objectives: The student shall be able to

- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- Benefits and caloric value of various food groups.
- Understand the concepts of absorption of essential vitamins and minerals.

Course Contents

Unit 1: OBJECTIVE AND CONCEPT OF DIET

- Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in relation to Nutrition Requirement.
- Human Nutritional Requirements, Concept of food, Acceptance of Food, Functions of Food;Components of Food & their Classification.

Unit 2: NUTRIENTS:

- Macro Nutrients –Sources, Functions and Effects on the Body.
- Micro Nutrients - Sources, Functions and Effects on the Body.
- Fat Soluble Nutrients - Sources, Functions and Effects on the Body, Water soluble Nutrients - Sources, Functions and Effects on the Body.
- Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water.

Unit 3: BALANCED DIET

- Nutrients, proximate principles of diet, balanced diet concept.

- Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.
- Excessive and deficiency diseases of nutrients in the body; Antioxidants and their Role.

Unit 4: FOOD GROUPS

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

Unit 5: YOGIC CONCEPT OF DIET

- Concept of Yogic diet in Hatha yoga Pradipika.
- Concept of Yogic diet in Bhagavad Gita.
- Concept of Yogic diet Gheranda Samhita.
- Relevance of Yogic diet in the management of lifestyle.

Suggested Readings

- Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
- Fundamental of Foods, Nutrition and Diet Therapy, Sumati R M Mudambi and M V Rajagopal., New Age Internaionnal Publishers.
- A text book of Foods,Nutrition and Dietetics,Begum Reheena M.

Course Title: Yoga Therapy
Course Code: MA/MScYPE305
Total Credit: 5

Learning Objectives:

- The goal of teaching yoga therapy for common ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its yogic management of the organ system of the body to facilitate.
- Comprehension of the physiological basis of health and disease and training to handle patients.

Course Contents

Unit 1: Concept of Health

- Concept, Meaning and Definitions of Health.
- Symptoms of healthy person.
- Determinants of health.
- Concept, meaning and definition of disease

Unit 2: Yoga Therapy

- Concept, meaning and definition of Yoga Therapy.
- Areas, Limitations of Yoga Therapy.
- Principles of Yoga Therapy-Pancha Prana, Pancha Kosha, Triguna, Satchakra.
- Usefulness of yoga therapy in present context.
- Yogic Practice and Management of diseases through suitable yogic practices.
- Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama and Meditation.
- Changes in lifestyle according to yogic scriptures

Unit 3: Integrated Approaches of Yoga Therapy for the Common Ailments

- Respiratory disorders-Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial Asthama.
- Cardiovascular disorders-Hypertension, Angina pectoris, Cardiac asthma.
- Endocrinal and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper-Thyroidism.

- Obesity- Metabolic Syndrome.

Unit 4: Gynaecological

- Obstetrics and Gynaecological Disorders.
- Yoga for Pregnancy and Childbirth.
- Ante- natal care, post-natal care.

Unit 5: Common ailments &Yoga therapy

- Gastrointestinal Disorders-Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles.
- Muscular-Skeletal Disorders--Back Pain, Lumbar Spondylitis, Cervical Spondylitis, Arthritis.
- Neurological Disorders-Migraine, Tension-headache, Epilepsy.
- Psychiatric Disorders-Neurosis, Anxiety disorders, Phobias, Depression.

Suggested Readings

- S-VYASA Publication “Basics of Application of Yoga”
- M MGhore” Anatomy and Physiology of Yogic practices”
- Saraswati Swami Shivananda ‘Yogic way to cure Disease’ UmachalYogashram,Kamakhya,Guwahati.
- KarmanandaSwami,Yogic management of Common Diseases,Yoga publication trust,Munger.
- Swarasati Shivananda Swami‘Yog Bole Rog Arogya’Umachal Yogashram,Kamakhya.

Course Title: Eminent Indian Yogis

Course Code: MA/MScYTE306

Total Credit: 5

Learning Objectives:

- To introduce some eminent Indian yogis to the students.
- To develop understanding about lifestyle of Yogis.

Course Contents

Unit 1: Life sketch of yogis and their contribution to Yoga:

- Maharshi Patanjali
- Maharshi ved vyas
- Matsyendra Nath

Unit 2: Life sketch of Yogis and their contribution to Yoga:

- Adi Shankaracharya.
- Gorakshanath.
- Swami Ramakrishna Paramhansa

Unit 3: Life sketch of Yogis and their contribution to Yoga

- Yogiraj Shyama Charan Lahiri.
- Maharshi Dayanand Saraswati.
- Swami Vivekananda

Unit 4: Life sketch of Yogis and their contribution to Yoga

- Shri Aurobindo.
- Swami Shivananda.
- Paramhansa Yogananda

Unit 5: Life sketch of Yogis and their contribution to Yoga

- Swami Satyanand.
- Swami Kuvalayananda.
- Maharshi Mahesh Yogi

Suggested Readings:

- Vishwanath Mukharjee, Bharatke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005.
- Kalyan(Sant Ank)-Gita press Gorakhpur.
- Kalyan(Bhakt Ank)-Gita press Gorakhpur

FOURTH SEMESTER

Course Title: Project/ Dissertation

Course Code: MA/MScYCD401

Credit 5

Learning Objectives: The objectives of this course are

- The primary goal of dissertation writing for students is to expose them in research and motivate them to conduct scientific research and pursue higher research.
- Understand the structure of dissertation.
- Understand the practical learning both type of research (pure & empirical).

The distribution of marks for the dissertation will be as below

- Presentation (Internal Examiner) (30+10) - 40 Marks.

- Dissertation (Evaluation & Viva-Voce) - 60 Mark.
- TOTAL - 100 Marks.

Course outcome

- Upon successful completion of the course a student will be able to Outlining dissertation writing.
- Expressing the core concept of dissertation.
- Demonstrate skills in documentation of individual case.
- Discuss practical learning both type of research (pure & empirical).
- Evaluating the structure of dissertation.

Course Title: Practical-Yogic Practices IV

Course Code: MA/MScYPC402

Total Credit: 5

Learning Objectives:

- To acquire practical knowledge about different yoga practices.
- To acquaint the students about variation of different Asanas, Pranayamas.
- To enable the students for treat the diseases through yoga therapy.

Course Contents

Unit 1: Prayers

- **Guru Vandana, Purnata Mntra, Shanti Mantra, Mahamrityunjay Mantra.**
- Chanting “OM’(AUM)

Unit 2:

- Warm up

Yogic Sthula Vyama

- Utkurdan
- Urdhvagati
- Sarvanga Pushti
- Sirsasana
- Suryanamaskara.

Unit 3: Asanas-

Dhyanasana (Meditative Postures)

- Swastikasana
- Bhadrasana
- Baddha Padmasana

Vishrantiasana (Relaxing Asana)

- Makarasana
- Savasana
- Yoganidra
- Quick Relaxing Techniques (QRT)

Swasthasana (Cultural Postures)

Standing-

- Padangusthasana
- Tiryaka Kati Chakrasana
- Utkatasana
- Prasarita Padottanasana
- Eka Padasana

Sitting-

- Tittibhasana
- Ekapada Sirsasana
- Parivrtta Janu Sirasana.
- Marichyasana.
- Upavistha Konasana
- Surya Yantrasana
- Hanumanasana
- Skhandasana
- Bhunamanasana
- Malasana
- Merudandasana
- Badha-Konasana

Lying(Supine)

- Uttanapadasana
- Halasana
- Sayana Pshimottanasana
- Sarvangasana
- Natarajasana
- Purna Chakrasana

Lying(prone)

- Purna Bhujangasana
- Purna Dhanurasana
- Urdha Mukha Svanasana.
- Parvatasana

Unit 4: Mudra-Bandha

- Mahabandha
- Aswini mudra

Unit 5: Shatkarma,Pranayama& Meditation

Shatkarma-

- Vyutkrama Kapalbhati
- Sheetkrama Kapalbhati
- Vastra Dhauti
- Nauli

Pranayama-

- Moorchha Pranayama
- Plavini Pranayama
- Bhastrika Pranayama(Dynamic)

Meditation-

- Preksha Meditation
- Cyclic Meditation(S-VYASA)

Suggested Readings

- S.S,AsanaPranayama,MudraBandha,Yoga Publication Trust,Munger.
- Phukan B N,Yoga Vigyan Parichaya,Dr.JogodaPhukan,N. Lakhimpur.

- Muktibodhananda, Swami, Hatha Yoga Pradipika, Yoga Publication Trust, Munger.

Course Title: Psychology & Holistic Health

Course Code: MA/MScYTE403

Credit 5

Learning Objectives: The objectives of this course are

- Have an understanding about utility of yoga psychology for self and society.
- The goal of teaching yoga psychology is to make students familiar to the facts of successful counselling. It also makes them equipped with the ethics of counselling.

Course Contents:

Course Title: Yoga & Holistic Health

Course Code: MA/MScYTE403

Credit 5

Learning Objectives: The objectives of this course are

- Understanding about the concept, scope & need of Holistic health.
- Apply their knowledge about yoga and fundamentals of holistic health in daily life
- To compare the education of holistic health between India & Western context
- Conceptualize Metaphysical bases of Yoga
- Integrate Yoga & Meditation in their daily life.

Course Contents:

Unit 1: Holistic Health

- Concepts of Holistic health
- Need & scope of education for Holistic health
- The Indian context and western context of education for Holistic health
- Dimension & development of Holistic health

Unit 2: Metaphysical bases of yoga

- Concept of Purusha & Prakriti as basic component of cosmic reality
- Concept of Antahkarana, Manas, Buddhi, Chitta & Ahankara
- The metaphysics of Sankhya, theory of causation

Unit 3: Philosophy of Yoga Education

- Needs, importance & scope of yoga education
- Yoga is a way of healthy and integral living
- Yoga is a way of socio- moral upliftment of man

Unit 4: Role of Yoga in Mental Disorder

- Causes and Consequences of Mental Conflicts and Frustrations
- Introduction to Common mental disorders - Insomnia, Depression, Stress, Anxiety disorders
- Patanjali Yoga Sutra Inclusion Concept of Mental Disorders.
- Role of Yoga in Mental Disorder.

Unit 5: Instrument of yoga

- Inner instrument to self-awareness-Antahkarana(Sankhya philosophy)
- Different Asana,,Pranayama & Dhyana and it's therapeutic value
- Uses of Shatkarma for maintaining holistic health

Suggested readings:

- Ganesh,Shankar(2002) Classical and Modern approaches to yoga, New Delhi, Pratibha Publication
- Goel A(2007) yoga Education, Philosophy and practices, New Delhi,Deep & Deep Publication.
- Paraddi,Kasuma Mallapa and Ganesh,Shankar (2006) Asthanga Yoga in relation to Holistic health,N. D. Satyam Publication

- Swami, A. P. & Mukharjee(2008), Yoga lessons for developing spiritual Consciousness, N. D. Cosmos Publication

Course Title: Complementary Therapy

Course Code: MA/MScYTE404

Total Credit: 5

Learning Objectives:

- Students will know about various systems of Healing.
- To develop and understanding about some ancient Indian healing system.
- Students will understand about body's healing system.

Course Contents

Unit 1: Principles and practice of Ayurveda

- The four aspects of life.-Soul, Mind and Body.
- Concept of Pancha bhutas.
- Concept of –Dosa ,Dhatu,Mala,Upadhatu,agni and Prana.
- Concept of Prakriti- Deha prakriti, Manasa prakriti etc.
- Role and importance of the elements and prakriti.

Unit 3: Concept of Dinacarya, Ritucarya and Panchakarma:

- Brief introduction of Dinacarya and Ritucarya in Ayurveda.
- Concept of Svasthavrtta and sadvrtta in Ayurveda.
- The Disease process in Panchakarma Theory.
- Concept of Panchakarma.

Unit 4: Concept of Naturopathy

- Brief introduction of Naturopathy.
- Common principle of Naturopathy & yoga as a holistic system of medicine.
- Principle of Hydrotherapy and Mud therapy,
- A brief introduction of natural diet.
- Procedure of Fasting therapy.
- Benefits of Fasting Therapy.

Unit 5: Unani, Siddha and Homeopathy:

- Brief Introduction of Unani, Siddha & Homeopathy.
- Principle of Unani, Siddha and Homeopathy system of treatment.

Reference Books:

- BAKHRU,H.K.The complete handbook of Nature cure,Jaico publishing house.
- Joshi,V,Sunil.Ayurveda and Panchakarma,MotilalBanarasidas.
- Panda,Himadri,UnaniMedicines,Asia Pacific Business Press.
- Ramamurthi,TG.The Handbook of Indian Medicine:The Gems of SiddhaSystem,SriSatguru Publication.

Course Title: Modern Trends in Yoga

Course Code: MA/MScYTE405

Total Credit: 5

Learning Objectives

- Understand the practical aspect of Yoga in modern age.
- To know the tradition of Yoga in different periods of time.
- To know the development of Yoga in India and other countries.

Course Contents

Unit 1: Tradition of Yoga in-

- Pre-Vedic Period & Vedic Period
- Upanishadic, Classical & Post-Classical Period.
- Tantric & Hatha Yogic Period.

Unit 2: Tradition of Yoga from-

- Traditional Heritage to Modern Institutional.
- Types of Modern Yoga-Postural, Psycho-somatic, Denominational and Meditational.

Unit 3: Development of Yoga in Contemporary India-

- Yoga Revival Movement.
- Phases-Yoga as Physical culture, as Scientific Research, as Therapeutic Science and as Yoga-sports.

Unit 4: Development of Yoga in America

- Spirituality based Yoga, Physical Culture based Yoga.
- Meditational Yoga, Integral Yoga.
- Krishnamacharya based Yoga,Scientific Research based Yoga.
- Yoga Therapy for -Physical and Mental Wellbeing.
- Present day Yoga as multi dollar business.
- Mushroom growth of Yoga studios and Centers.

Unit 5: Development of Yoga in Europe

- Yoga movement pioneered by Swami Vivekananda.
- Post-World War II Yoga movement in Europe.
- Modern Yoga movement-European Union of National Federation of Yoga.
- Yoga Propagated by modern Indian Yoga Gurus –B.K.S.Iyenger etc.
- Present status- Physical and Therapeutic Yoga.

Suggested Readings

- Singleton,M and J.Byrne(ed), 2008, Yoga in the Modern World : Contemporary Perspective, Routledge Hindu Studies Series, London.
- Singleton,Mark,(2010) ,Yoga Body: The origin of Modern Yoga posture practice, Oxford University Press, New York.

- Goldenberg, Elliot(2016), The Path of Modern Yoga, Inner Traditions,India Home Office.
- Alter Joseph(2004),Yoga in modern India; The body Between Science and Philosophy, Princeton University Press.
- Stephen, D.R.(1914) Patanjali for Western Readers; The Yoga Aphorisms of Patanjali Paraphrased and Modernized from various English Translators & Recensions, Theosophical Publishing Home, London.
- Symon,Stefanie(2010), The Subtle body; The story of Yoga in America,Farar,Stars and girowx,New York.
- Devi,Indra,Yoga for Americans.
- Michelis, Elizabeth De (2004), A history of Modern Yoga.

Course Title: Yoga Upanishads

Course Code: MA/MScYTE406

Total Credit: 5

Learning objectives :

- To enable the learners about the knowledge of Yoga in Upanishads.
- To enable the learners about the practical aspects of yoga in Upanishads.

Course Contents

Unit 1: Swetaswataropanihad:

- Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance.
- Prior symptoms of Yogasiddhis, importance of Yogasiddhis, Tattvajna.
- Nature of God, techniques of Realization, Attainment of liberation.

Unit 2: Yogakundali Upanishad:

- Method of Pranayama Siddhi, Types of pranayama.
- Means of self-realization.

Yogachudamadi Upanishad:

- The description of the six limbs of yoga, their results and sequence

Unit 3:Trishikhibrahmanopanishad:

- Description of Asthangayoga, Karmayoga and Jnanayoga.

Yogarajopanishad:

- Mantrayoga,Layayoga Hathayoga, Rajayoga,Nine chakras.
- Procedures of Dhyana and its results.

Unit 4: Dhyanbindupanishad:

- Importance of Dhyanyoga.
- Nature of Pranav,techniques of Pranav meditation.
- Sadangayoga, Atmadarshan through Nadasandhan.

Unit 5: Nadabindooipanishad:

- Hansavidya-description of various limbs of Omkar.
- Twelve matras of Omkar and its results of their application with Pranas.
- Types of nadas, nature of nadasandhana sadhana.
- State of Mnolaya.

Suggested Readings

- T.R. Srinivasa Ayyangar,The Yoga Upanishad-S,Revised edition by G. Srinivasa Murthi,The Adyar Library and Research Centre.
- Swami Niranjanananda Saraswati,Yoga Darshan,Yoga Publication Trust,Munger,Bihar.
- Paramhansa Swami Ananta Bharati,Yoga Upanishad Sangrah Vol.-I,Motilal Banarasidas Publishers Pvt. Ltd, New Delhi.