BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

(A CENTRAL UNIVERSITY)

DEPARTMENT OF YOGA

SCHOOL OF YOGA, NATUROPATHY AND COGNITIVE STUDIES

Course Structure of Two-Year M.A./ M.Sc. (Yoga)

(As per NEP-2020)

Session 2025 onwards

Vidya Vihar, Raebareli Road, Lucknow – 226025 (UP), India

Preamble

The National Education Policy (NEP) 2020 envisions a transformative and multidisciplinary approach to higher education, integrating traditional knowledge systems with modern scientific perspectives. In alignment with this vision, the MA/M.Sc. Yoga syllabus has been meticulously designed to offer a comprehensive and research-oriented curriculum that fosters intellectual growth, practical application, and holistic development.

Yoga, as an ancient science, has profound implications for physical, mental, and spiritual well- being. The curriculum is structured to provide students with a deep understanding of Yogic philosophy, classical texts, anatomy and physiology, research methodology, and therapeutic applications. The program integrates contemporary scientific advancements with traditional wisdom, ensuring a balanced and evidence-based approach to Yoga education.

This syllabus follows the guidelines of NEP 2020 by emphasizing flexibility, interdisciplinary learning, skill development, and research-oriented training. With a focus on experiential learning, students will engage in hands-on practice, case studies, internships, and research projects that enhance their ability to apply Yogic principles in diverse professional and academic settings. The Choice-Based Credit System (CBCS) has been adopted, allowing students to explore electives beyond their core discipline, fostering a holistic and inclusive educational experience.

Furthermore, the syllabus underscores the importance of Yoga in promoting preventive and therapeutic health, aligning with national and global initiatives on integrative healthcare. The incorporation of modern tools such as biomechanics, kinesiology, and neuroscience enriches the curriculum, making it relevant to contemporary scientific research. Additionally, the ethical and philosophical dimensions of Yoga are explored, encouraging students to cultivate self-awareness, mindfulness, and social responsibility.

By integrating the vision of NEP 2020, the MA/M.Sc. Yoga program aims to nurture competent Yoga professionals, researchers, and educators who can contribute to academia, healthcare, and the well-being of society. We hope this curriculum serves as a significant step toward preserving and advancing the scientific study and application of Yoga in a dynamic and evolving world.

Department of Yoga

Babasaheb Bhimrao Ambedkar University, Lucknow

The Department of Yoga is offering the following programmes:

I. Title of the Programme

The prgramme shall be called **"Master of Arts/Science in Yoga (M.A./M.Sc. Yoga)"**.

II. *Aim of the Programme*

The aim of the programme is to produce **"Yoga therapist as a professional."**

III. *Objectives of the Programme*

- **Prevention**: To introduce yoga therapy, its principles, and practices of yoga for the prevention of various lifestyle-related, non-communicable, and psychosomatic disorders.
- **Promotion of Positive Health**: To prepare students to deliver lectures and offer techniques to promote a healthy yogic lifestyle.
- **Treatment**: To create professional therapists of high calibre who understand the concepts and techniques of yoga therapy and can handle lifestyle diseases under the guidance of a super specialist doctor to select safe and specific practices for different diseases.
- **Expertise in Yoga Therapy**: To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them in the philosophy of 'be and make,' ensuring they practice what they teach.
- **Social Health**: To establish holistic health, social harmony, and world peace by training students to be exemplary citizens who can offer the yogic way of life as a model for right living.

This syllabus is designed in alignment with the National Education Policy (NEP) 2020, integrating traditional Yogic wisdom with modern scientific research. It aims to equip students with theoretical knowledge, practical skills, and research aptitude to advance Yoga education and therapy.

Vision:

• To introduce basic wellness principles and practices of Yoga

• To raise awareness of the fundamentals of Yoga for wellness in daily life

• To train teachers to teach Yoga for wellness in society

• To promote peace and harmony through Yoga

Mission:

• Prevention: Introduce yoga therapy principles and practices for the prevention of various lifestyle, non-communicable, and psychosomatic disorders

• Promotion of positive health: Prepare students to deliver talks and techniques to promote a healthy yogic lifestyle

• Treatment: Train professional Yoga therapists who can handle lifestyle diseases under the guidance of a doctor and teach safe Yoga practices for different diseases

• Social health: Establish holistic health, social harmony, and world peace by training individuals to embody the yogic way of life as examples of right living.

Graduate Attributes

Upon successful completion of the *Master of Science/ Master of Arts in Yoga* program, post graduates will possess the following knowledge, skills, and competencies:

1. **In-depth Understanding of Yoga Traditions**
   Comprehensive knowledge of various yoga traditions, their philosophical foundations, and practical applications for holistic, personal and professional development.

2. **Scientific Knowledge of the Human Body**
   Strong foundational understanding of human anatomy, physiology, and the pathology of common ailments relevant to yoga therapy.

3. **Holistic Health Perspectives**
   Insight into health, wellness, and disease through the lens of traditional yogic philosophy, Hatha Yoga, and Vedic Sciences.

4. **Mind-Body Integration Awareness**
   Awareness of the interconnectedness between the body, mind, emotions, and socio-cultural factors in the promotion and maintenance of overall health and well-being.

5. **Instructional Proficiency in Yoga Practice**
   Ability to design and conduct comprehensive, population-specific yoga sessions tailored to the needs of diverse groups.

6. **Competency in Disease-Specific Yoga Therapy**
   Proficiency in applying yoga as a therapeutic modality for various health conditions, including understanding of indications and contraindications for different yogic practices.

7. **Interdisciplinary Integration Skills**
   Capability to integrate yoga therapy with other medical systems and health care settings, promoting a collaborative and holistic approach to wellness.

8. **Communication and Counselling Skills**
   Effective verbal and non-verbal communication skills for client engagement.

Program Learning Outcomes (PLO)

PLO 1: Master students will be able to learn in-depth Yoga Philosophy, thereby students will have success and advance their careers in higher education/research.

PLO 2: To create yoga therapy professionals as paramedical professionals with in-depth knowledge based on yogic texts.

PLO 3: To establish holistic health, social harmony and world peace by training them

to be great citizens who can offer yogic ways of life as examples of right living.

PLO 4: To introduce yoga therapy for the prevention of various lifestyles, stress related non-communicable and psychosomatic disorders.

PLO 5: To prepare them for delivering talks and offer techniques to promote a healthy yogic lifestyle.

PLO 6: To create professional Yoga therapists of high caliber who know the concepts, techniques and can handle lifestyle diseases under the guidance of conventional/ Yoga & Naturopathy/Other AYUSH doctors to select safe specific practices for different diseases.

PLO 7: Master students will acquire leadership qualities with strong communication skills along with professional and ethical values.

PLO 8: Master students will be lifelong learners with the principles of self-practice

Program Outcomes

1. **Disciplinary knowledge**: - Capable of demonstrating comprehensive Yoga knowledge and understanding closely related Yoga disciplines that form a part of a post graduate programme of study.
2. **Communication skills**: - Ability to express thoughts and ideas effectively in writing and orally, communicate with others using appropriate media; confidently share one's views and express Herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present Complex information clearly and concisely to different groups.
3. **Critical thinking**: - Capability to apply analytical thought to a body of knowledge; analyses and evaluate evidence, arguments, claims, beliefs based on empirical evidence; identify relevant assumptions or implications; formulate coherent arguments; critically evaluate practices, policies and theories by following a scientific approach to knowledge development.
4. **Problem solving**: - Capacity to extrapolate from what one has learned and apply their competencies to solve different non-familiar problems, rather than replicate curriculum content knowledge and apply one's learning to real-life situations.

5. **Research-related skills**: - A sense of inquiry and capability for asking relevant/appropriate questions, problematizing, synthesizing and articulating; Ability to recognize cause-and- effect relationships, define problems, formulate hypotheses, test hypotheses, analyses, interpret and draw conclusions from data, establish hypotheses, predict cause-and-effect relationships; ability to plan, execute and report the results of an experiment or investigation.

6. **Cooperation/Teamwork**: - Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiency as a member of a team.

7. **Scientific reasoning**: - Ability to analyses, interpret and draw conclusions from quantitative/qualitative data and critically evaluate ideas, evidence and experiences from an open-minded and reasoned perspective.

8. **Reflective thinking**: - Critical sensibility to lived experiences, self-awareness, and reflexivity of both self and society.

9. **Self-directed learning**: - Ability to work independently, identify appropriate resources required for a project, and manage a project through to completion.

10. **Moral and ethical awareness/reasoning**: - Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Capable of demonstrating the ability to identify ethical issues related to one's work, avoid unethical behavior such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights; appreciating environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work.

11. **Leadership readiness/qualities**: - Capability for mapping out the tasks of a team or an organization, and setting direction, formulating an inspiring vision, building a team who can help achieve the vision, motivating and inspiring team members to engage with that vision, and using management skills to guide people to the right destination, smoothly and efficiently.

12. **Lifelong learning**: - Ability to acquire knowledge and skills, including learning how to learn that are necessary for participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trades and demands of the workplace through knowledge/skill development/reskilling Scheme of studies. This is an allotment of hours as per present practice.

PROGRAM SPECIFIC OUTCOMES (PSO)

PSO–1 Develop a clear understanding of the fundamental concepts, philosophies, and diverse applications of Yoga across different domains of life and health.

PSO–2 Gain comprehensive knowledge of human Anatomy, Physiology, Hatha Yoga practices, classical Yoga texts, Pathophysiology of common diseases, principles of Nutrition & Dietetics, and Health Psychology to design and apply effective Yoga therapy protocols tailored to specific medical conditions under the guidance of conventional/ Yoga & Naturopathy/other AYUSH doctors.

PSO–3 Recognize the societal value of Yoga by understanding its role in promoting holistic well-being, mental health, and sustainable lifestyle practices in contemporary living.

PSO–4 Explore the therapeutic potential of Yoga practices and appreciate their transformative impact in alleviating and managing various physical and psychological health conditions.

PSO–5 Integrate theoretical knowledge with practical experience in Yoga to understand disease mechanisms from a multidimensional perspective and apply appropriate therapeutic Yoga interventions.

PSO–6 Evaluate the role of advanced Yoga techniques—including pranayama, kriyas, meditation, and Yoga Nidra—in addressing and managing complex non-communicable diseases (NCDs) such as diabetes, hypertension, cardiovascular disorders, neurological conditions and so on.

Semester I

	CBCS	C.C. I	C.C. II	OC	EPC	VEC		
	CBCS MMY-106 (4 Credit)	CC1 MMY 101 (4Credit)	CC2 MMY 102 (4 Credit)	MMY104 (4 Credit) 1. MMY104-A 2. MMY104-B 3. MMY104-C	MMY104 (2 Credit) Enhancing Professional Capacities (EPC)	MMY-205 (2 Credit) Value Enhancement Course (VEC)	20 Credit 500 Marks	First Exit

Semester II

	CBCS	C.C. I	C.C. II	Open Course	EPC	VEC		
	CBCS MMY 206 (4Credit)	CC3 MMY 201 (4Credit)	CC4 MMY 202 (4Credit)	MMY203 (4 Credit) 4. MMY203-A 5. MMY203-B 6. MMY203-C	MMY204 (2 Credit) Enhancing Professional Capacities (EPC)	MMY205 (2 Credit) Value Enhancement Course (VEC)	20 Credit 500 Marks	Second Exit

Semester III

	Paper	Paper	Paper	Paper	Paper	Paper		
	CBCS	C.C. I	C.C. II	Open Course	EPC	**VEC**	**Credit**	**EXIT**
	MMY 301 (2 Credit)	CC5 MMY 302 (4Credit)	CC6 MMY 303 (4Credit)	MMY-304 (4 Credit) 1. MMY-304-A 2. MMY-304-B 3. MMY-304-C	MMY 305 (2 Credit) Enhancing Professional Capacities (EPC)	MMY206 (2 Credit) Value Enhancement Course (VEC)	20 Credit 500 Marks	Third Exit

Semester IV

	Paper	Paper	Paper	Paper	Paper	Paper		
	C.C. I	C.C. II	C.C. III	Open Course	EPC	**VEC**	**Credit**	
	MMY 401 (2 Credit)	MMY 402 (4Credit)	MMY 403 (4Credit)	MMY-404 (4 Credit) 4. MMY-404-A 5. MMY-404-B MMY-404-C	MMY-305 (2 Credit) Enhancing Professional Capacities (EPC)	MMY206 (2 Credit) Value Enhancement Course (VEC)	20 Credit 500 Marks	Final Exit

Course structure M.A/M.Sc. Yoga Semester-I

Course Code	Course Title	Course Type	End Sem	Sessional	Marks	Credit
MMY-101	Foundation of Yoga and its Classical Texts	Core	70	30	100	4
MMY-102	Applications of Hatha Yoga	Core	70	30	100	4
MMY-103-A	Human Anatomy and Physiology – I	Foundation (Elective)	70	30	100	4
MMY-103-B	Yoga for Human Excellence					
MMY-103-C	Biomechanics & Kinesiology					
MMY-104	Yoga Practice - I	Enhancing Professional Capacities (EPC)	50		50	2
MMY-105	Principal Upanishads	Value Enhancement Course (VEC)	35	15	50	2
MMY-106	Applications of Yoga for Health and Wellness	Open Elective (CBCS)	70	30	100	4
MPDC	Offered by the University	Compulsory				
Total					**500**	**20**

Semester -II

Course Code	Course Title	Course Type	End Sem	Sessional	Marks	Credit
MMY-201	Patanjala Yoga Sutra – Philosophy and Practice	Core	70	30	100	4
MMY-202	Teaching Methods in Yoga	Core	70	30	100	4
MMY-203-A	Human Anatomy and Physiology – II	Foundation (Elective)	70	30	100	4
MMY-203-B	Yoga and Strategic Management					
MMY-203-C	Yoga and value-based education					
MMY-204	Yoga Practice - II	Enhancing Professional Capacities (EPC)	50		50	2
MMY-205	Applications of Yoga in Health	Value Enhancement Course (VEC)	35	15	50	2
MMY-206	Indian Philosophy	Open Elective (CBCS)	70	30	100	4
MPDC	Offered by the University	Compulsory				
Total					**500**	**20**

Semester -III

Course Code	Course Title	Course Type	End Sem	Sessional	Marks	Credit
MMY-301	Research Methodology	Core	70	30	100	4
MMY-302	Yoga Therapy for Common Ailments - I	Core	70	30	100	4
MMY-303	Bhagavad Gita - Philosophy, Ethics, and Yogic Insights	Core	70	30	100	4
MMY-304-A	Ethics in Research & Scientific Writing	Foundation (Elective)	70	30	100	4
MMY-304-B	Yoga and Personality Development					
MMY-304-C	Physiological Effect of Yoga practices					
MMY-305	Yoga Practice - III	Enhancing Professional Capacities (EPC)	50		50	2
MMY-306	Internship / Field Work	Value Enhancement Course (VEC)	50		50	2
MPDC	Offered by the University	Compulsory				
Total					**500**	**20**

Semester -IV

Course Code	Course Title	Course Type	End Sem	Sessional	Marks	Credit
MMY-401	Dissertation	Core	100		100	4
MMY-402	Yogic Diet and Nutrition	Core	70	30	100	4
MMY-403	Yoga Therapy for Common Ailments - II	Core	70	30	100	4
MMY-404-A	Eminent Indian Yogis	Foundation (Elective)	70	30	100	4
MMY-404-B	Yoga in World Religions - Synthesis					
MMY-404-C	Complementary & Integrative Therapy (CIT)					
MMY -405	Yoga Practice - IV	Enhancing Professional Capacities (EPC)	50		50	2
MMY-406	Yoga and Health	Value Enhancement Course (VEC)	35	15	50	2
MPDC	Offered by the University	Compulsory				
Total					**500**	**20**
Grand Total (Minimum necessary for M. A/M.Sc. program)					**2000**	**80**

SEMESTER-I

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-101	Foundation of Yoga and its Classical Texts	Core	70	30	100	4

[60 Hrs]

Course Objectives:

1. To provide a comprehensive understanding of the foundational principles of yoga.
2. To explore the historical development and significance of classical Yogic texts.
3. To analyze and interpret key concepts from primary yogic scriptures.
4. To understand the relevance of classical yogic teachings in modern practice.

Learning Outcomes: By the end of the course, students will be able to:

1. Demonstrate an in-depth understanding of the foundations of yoga.
2. Critically analyze the teachings of major classical yogic texts.
3. Apply the philosophical and practical teachings of yoga in contemporary contexts.
4. Engage with classical texts to enhance personal and professional yoga practice.

Unit - I: GENERAL INTRODUCTION TO YOGA [15 Hrs]

Definition and Meaning of Yoga, Historical Origin of Yoga; Development of Yoga: Vedic Period, Darshan Period, Commentary Period, Bhakti Yoga and Hatha Yoga Period, Modern Period; Etymological meaning and definition of yoga, true nature and Principles of Yoga, Misconceptions of yoga; importance of yoga in the present age.

Unit - II: BASIS OF YOGA IN INDIAN PHILOSOPHY – I [15Hrs]

General introduction to Vedas, Upanishads, and *Prasthanatrayee* and *Purushartha Chatushtaya*, General introduction to *Shad-darshanas* with special emphasis on Samkhya, Yoga, and Yoga Darshan; Yoga in Vedanta Philosophy, General introduction of Bhagavad Gita (in yogic context), General introduction of Puranas (in yogic context); Yoga in Yoga Vasistha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy, and Buddhist Philosophy, Bhakti Yoga in Medieval Sanits (Kabir, Nanak and Sufism).

Unit III: BASIS OF YOGA IN INDIAN PHILOSOPHY – II [15Hrs]

General introduction to Smritis and Yoga in Smritis; Brief introduction to Agamas and Tantra, Yoga in Tantra, Tantra and it's traditions i.e., Shaiva, Shakti, Vaishnava, Buddhist Tantra Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti, Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana

Unit IV: MAJOR STREAMS OF YOGA **[15Hrs]**

Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition - Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga; Yoga Schools with Samkhya Yoga Tradition – Patanjali Yoga; Yoga Schools with Tantric Tradition - Hatha Yoga, Mantra Yoga, Kriya Yoga, Swara Yoga.

Prescribed text books

1. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarsidas Publisher Pvt. Ltd., Delhi, 2013.
2. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publisher Pvt. Ltd., Delhi, 2013.
3. Singh S.P.: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010.
4. Singh S.P., & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010

Books for Reference

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.
2. Swami Bhuteshananda: Narad Bhakti Sutra.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-102	**Applications of Hatha Yoga**	**Core**	**70**	**30**	**100**	**4**

Objectives:

1. To provide an in-depth understanding of the principles and practices of Hatha Yoga.
2. To explore the historical development and classical texts of Hatha Yoga.
3. To analyze and practice key Hatha Yoga techniques and their benefits.
4. To understand the therapeutic applications of Hatha Yoga in modern contexts.

Learning Outcome:

On completion of this course, the students will have:

1. Demonstrate a thorough understanding of the principles and philosophy of Hatha Yoga.
2. Perform and teach various Hatha Yoga techniques with proficiency.
3. Apply Hatha Yoga practices for health and well-being.
4. Integrate Hatha Yoga techniques into therapeutic and rehabilitative settings.

Unit-I: GENERAL INTRODUCTION OF HATHA YOGA [15Hrs]

- Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose; Brief introduction of Hatha Yoga Texts (*Siddhasiddhanta Paddhati*, *Hatha Pradeepika*, *Gheranda Samhita*, *Hatha Ratnavali*, and *Shiva Samhita*); brief introduction and contribution of the major yogis of the Nath Cult Hatha Yogis and their contribution. Interrelations in Hatha Yoga and Raja Yoga. Prevailing misconceptions regarding Hatha Yoga; Prerequisite of Hatha Yoga (Yama and Niyama); Helping (*sadhaka*) and obstructing (*badhaka*) elements of Hatha Yoga.
- Concept of Mattha, Concept of Mitaahar, Pathya & Apathya, Rules and regulations to be followed by Hatha Yoga Sadhakas.

Unit-II: PRACTICES OF HATHA YOGA - PURIFICATION AND ASANAS [15Hrs]

- Concept of Ghata and Ghatashuddhi, Concept and importance of Shodhana Kriyas - Purification described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits, and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life.
- Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Pradeepika, Hatha Ratnavali, and Gheranda Samhita.

Unit-III: PRACTICES OF HATHA YOGA - PRANAYAMA, BANDHA AND MUDRAS [15Hrs]

- *Pranayama*: Introduction: Concept of Prana & Ayama, Method of proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Types of prana and up-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika, Hatha Ratnavali, and Gheranda Samhita. Signs of *Hathasiddhi* (success in hathyoga). Bandha: introduction, the importance of bandha-triad in yoga sadhana. Main *mudras* in Hatha Yoga Pradipika, Hatha Ratnavali, and Gheranda Samhita - their methods, benefits and precautions.

Unit-IV: PRACTICES OF HATHA YOGA - *PRATYAHAR*, DHARNA, DHYANA, SAMADHI, *NADANUSANDHANA* [15Hrs]

- *Pratyahara, Dharna and Dhyana* in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*).
- Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

Prescribed text books

1. Swami Muktibodhananda Saraswati (2013). Hatha Yoga Pradipika (3rd ed.), Bihar Yoga Publication Trust, Munger, Bihar.
2. Swami Niranjanananda Saraswati (2012), Gheranda samhita (1st ed.), ISBN-10: 9381620199, BiharYoga Publication Trust, Munger, Bihar.
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BOOKS FOR REFERENCE:

1. Singh, N. (2021) Hathyoga saar sangrah (Hathpradipika aur Gherand Samhita ke sandarbh mein), Crossbill Publishing CO., C-59, Okhla Industrial Area Phase-1, New Delhi-110020, India.
2. Woodroffe, Sirjohn: The serpent power, Ganesh& Company, Madras, 2000
3. Woods, J. H.:The Yoga system of Patanjali, M.L.B.D., Delhi,1988
4. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
5. Burley, Mikel: HathaYoga, lts' ContextTheoryand Practice (M.L.B.D. Delhi, 2000)
6. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-103-A	Human Anatomy and Physiology-I	Elective	70	30	100	4

Course Objective:

1. To understand the basic structure and function of the human body.
2. To learn the major body systems and their interrelations.
3. To explore physiological processes that maintain homeostasis.
4. To apply anatomical knowledge in health, exercise, and therapy contexts.

Learning Outcomes:

1. Demonstrate a detailed understanding of human anatomy and physiology.
2. Identify and describe the structure and function of major body systems.
3. Apply knowledge of anatomy and physiology to enhance yoga practice and instruction.
4. Integrate anatomical and physiological principles in designing safe and effective yoga programs.

Unit-I CELL, TISSUE, AND MUSCULAR-SKELETAL SYSTEM [15Hrs]

- Cell structure: Plasma Membrane and Protoplasm; Cell organelles: mitochondria, Glogibody, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial - simple and compound; Connective - Connective Tissue Proper, skeletal and vascular; Muscular - Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial, joints and Fibrous joint; Structure of synovial joints; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

- Demonstration of Osteology & Myology.

Unit-II BIOMOLECULES, DIGESTIVE SYSTEM [15Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; Digestive system: Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition.

- Demonstration of Organs and Viscera.

Unit III: RESPIRATORY SYSTEM [15 Hrs]

- Structure of the respiratory system – Organs involved: nose, pharynx, larynx, trachea, bronchi, lungs; Mechanism of breathing (Expiration and inspiration); Alveoli and the respiratory membrane, Diaphragm and intercostal muscles, Pleura and pleural cavity, Mechanism of breathing: inhalation and exhalation, Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Regulation of breathing: neural and chemical control; Respiratory volumes and capacities; The role of the respiratory system in acid-base balance; Common respiratory disorder.
- Demonstration of Bones and Joints.

Unit-IV CARDIOVASCULAR SYSTEM [15Hrs]

- Structure of the heart: chambers, valves, and blood vessels; The conduction system of the heart: SA node, AV node, bundle of His, Purkinje fibers; Major blood vessels: arteries, veins, capillaries; Composition and function of blood –Plasma , RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle: systole and diastole; Blood circulation: systemic and pulmonary circuits; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure; The role of the autonomic nervous system in heart function.
- Demonstration of Human Skeleton.

TEXT BOOKS:

1. Tortora, G. J., Derrickson, B. H. (2018). Principles of Anatomy and Physiology. United Kingdom: Wiley.
2. Ashalatha, P. R. (2011). Textbook of Anatomy and Physiology for Nurses. India: Juta, Limited.
3. Khurana, I. (2018). Concise Textbook of Human Physiology. India: Elsevier India.
4. Waugh, A., Grant, A. (2018). Ross & Wilson Anatomy and Physiology in Health and Illness. United Kingdom: Elsevier.

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India.
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students' nurses.
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses
4. Vaz MD, M., Vaz, M., Raj, T. (2016). Guyton & Hall Textbook of Medical Physiology - E- Book: A South Asian Edition. India: Elsevier India.
5. Shiv Bhushan Sharma. Anatomy and Physiology for Yoga Students. Sri Akhand Foundation, Chennai.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-103-B	Yoga for Human Excellence	Foundation (Elective)	70	30	100	4

Course Objectives

1. To provide an in-depth understanding of the concept of human consciousness.
2. To explore the historical, philosophical, and scientific perspectives on consciousness.
3. To analyze the different states and levels of consciousness.
4. To understand the relationship between consciousness and yoga.
5. To examine the role of consciousness in personal and spiritual development.

Learning Outcomes:

By the end of the course, students will be able to:

1. Demonstrate a comprehensive understanding of the concept of human consciousness.
2. Critically evaluate various historical, philosophical, and scientific theories of consciousness.
3. Identify and describe different states and levels of consciousness.
4. Apply yogic practices to explore and enhance consciousness.
5. Reflect on the role of consciousness in personal and spiritual growth.

Unit I: Introduction and Concept of Human Excellence — *[15 Hrs]*

- Definitions and meanings of consciousness.
- Definition and scope of consciousness.
- Nature of consciousness.
- Need for the study of human consciousness.
- Present crisis of human consciousness and measures for appropriate solutions.
- Historical perspectives on consciousness: Eastern and Western views.

Unit II: Philosophy and Science of Human Excellence — *[15 Hrs]*

- Human consciousness in the Vedas and Upanishads.
- Human consciousness in Buddhist and Jain philosophy.
- Human consciousness in Nyaya, Vaisheshika, Sankhya, Yoga, Mimamsa, and Vedanta systems.

Unit III: Various Streams of Ancient Indian & Modern Sciences — *[15 Hrs]*

- Human consciousness in Tantra, Astrology, and Ayurveda.
- Human consciousness in modern science.
- Researches related to human consciousness in human anatomy, physiology, and psychology.

Unit IV: Different Mysteries and Development of Human Excellence — *[15 Hrs]*

- Birth and life.
- Fate and efforts (*Purushartha*).
- Principles of Karma, Samskara, and Rebirth.
- Concepts of Kundalini and Chakra.
- Various psychological methods for the development of human consciousness.
- Methods for the development of human consciousness in various religions – Islam, Christianity, Sikhism.
- Various techniques for the development of human consciousness by Indian Rishis.

Suggested Readings:

1. A study in Consciousness Annie Besant
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
4. Gupta, Bina- Consciousness, Oxford University Press, NewDelhi.
5. Manav Chetana- Dr. Ishwar Bharadwaj
6. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
7. Singh, R.P.- Indian Concept ofConsciousness
8. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
9. Vander, A.J & Others- HumanPhysiology
10. Yogehswaranad – Science of Soul, Yoga Niketan

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-103-C	Biomechanics & Kinesiology	Foundation (Elective)	70	30	100	4

Course Objectives:

The objectives of the Biomechanics and Kinesiology course are

1. To provide an understanding of the principles of biomechanics and kinesiology as they apply to yoga.
2. To analyze human movement and the mechanical principles underlying it.
3. To apply biomechanical and kinesiological knowledge to improve yoga practice and instructions.
4. To understand the role of biomechanics and kinesiology in injury prevention and rehabilitation.

Learning Outcomes:

By the end of the course, students will be able to:

1. Demonstrate a thorough understanding of biomechanical and kinesiological principles.
2. Analyze and evaluate human movement in the context of yoga practice.
3. Apply biomechanical and kinesiological concepts to enhance yoga performance and prevent injuries.
4. Design and implement yoga programs based on biomechanical and kinesiological insights.

Unit I: BIOMECHANICS OF HIP AND SPINE [15Hrs]

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures; Biomechanics of spine; Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones 7 joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spin during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures. Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity I the pelvis & analysis of the forces on the pelvis during activity.

Unit II: BIOMECHANICS OF SHOULDER, ELBOW AND WRIST [15Hrs]

Biomechanics of shoulder; Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow; Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the Special connective tissue in the hand.

Unit III: KINESIOLOGY [15Hrs]

Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

Unit IV: MUSCLE BIOMECHANICS [15Hrs]

Movement patterns – the essence of sports biomechanics, Qualitative analysis in *Asanas* movements, joint forces and muscular moment in *Asanas*, Energy work and muscular power during an movement in *Asanas*, various *Asanas* and its health impact.

TEXT BOOKS:

Knudson, D.: *Fundamentals of biomechanics.* New York, NY: Springer, 2007

REFERENCE BOOKS:

1. Cael, C. (2010). *Functional Anatomy: Musculoskeletal anatomy, kinesiology and palpation for manual therapists*. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.
2. Clay, J.H., & Pounds, D. M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014- 0147.Hoon
3. Jelve´us, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978 0 443 10126 7.00001 0
4. Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. U.S.A: Human Kinetics.
5. Simon Borg-Olivier, & Machliss, B. (2011). *Applied anatomy & physiology of yoga*.
6. Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-104	Yoga Practice - I	Enhancing Professional Capacities (EPC)	50		50	2

Course Objectives:

Following the completion of the course, students shall be able to:

1. Understand the benefits, contraindications, and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

Learning Outcome:

1. Students will be skilled to practice Shatkarmas own self and to others also.
2. Students would be capable to conduct/ Organize the yoga camp for the general population.
3. Students would be capable of learning different soft skills and yoga skills through different techniques of yoga.

Unit-I: SHATKARMA [10Hrs]

Jalneti, Rubbarneti, Vamana Dhauti / Kunjal Kriya, Vatkarma, Kapalbhati.

Unit- II: YOGIC STHULA, SUKSHMA VYAYAM & ASANA [30Hrs]

- Meaning and its Benefits. Types of Yogic Sthula & Sukshma Vyayam, Precautions concerning the following Sthula Vyayam: Rekha Gati, Hridgati (injan dour), Utkuradan (Jumping), Urdha Gathi, Sarvang Pusti.
- Sukshma Vyayama: Uchcharansthal Tatha Vishuddhi Chakra Shuddhi, Buddhi tatha Dhriti Shakti Vikasak Kriya, Smaran Shakti Vikasak Kriya, Medha Shakti Vikasak Kriya, Netra Shakti Vikasak Kriya, Kapol Shakti Vikasak Kriya, Karna Shakti Vikasak Kriya, Greeva Shakti Vikasak Kriya
- Asana: Mandukasana,Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana, Siddhasana, Kati chakrasana, Ardhahalasana, Padmasana, Vajrasana, Swastikasana,Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalbhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada

Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Unit- III: PRANAYAMA [10Hrs]

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith

Unit- IV: MUDRA & BANDHA [10Hrs]

Jnana Mudra, Chin Mudra, Vipareeta Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyana Bandh, Moolbandha

Suggested Readings:

1. Bramhachari, Swami Dhirendra. *Yogic Sukshma Vyayama*. New Delhi: Dhirendra Yoga Publications, [Year].
2. Swami Satyananda Saraswati. *Asana, Pranayama, Mudra, Bandha*. Bihar: Bihar School of Yoga, 1969.
3. Misra, P.D. *Yoga: An Introduction*. Delhi: Eastern Book Linkers, 1989.
4. Gupta, Rameshwar Das. *Yoga Rashmi*. Varanasi: Chaukhamba Sanskrit Series Office, [Year].
5. Bharadwaj, Ishwar. *Yogasana*. Delhi: Bharatiya Vidya Prakashan, [Year].
6. Iyengar, B.K.S. *Light on Pranayama*. London: HarperCollins, 1981.
7. Kavualyananda, Swami. *Prana and Pranavidya*. Lonavla: Kaivalyadhama Ashram, 1977.
8. Tiwari, Om Prakash. *Asanas: Why and How?* Lonavla: Kaivalyadhama Yoga Institute, 2006.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-105	Principal Upanishads	Value addition/Skill Development (VEC)	35	15	50	2

Course Objectives:

1. To provide a comprehensive understanding of the essence of Principal Upanishads
2. To analyze and interpret key concepts from Principal Upanishads
3. To understand the relevance of classical Principal Upanishads in modern practice.

Learning Outcomes:

1. To develop the basic understanding of Principal Upanishads
2. To develop insights about the concept of Vidya and Avidya.
3. To understand the importance of Self-Realization
4. To understand the different states of Consciousness.
5. To understand the concept of Pancha-Kosha.

Unit - I: INTRODUCTION OF TEN PRINCIPAL UPANISHADS & ISHAVASYOPANISHAD [15Hrs]

Brief Introduction of Ten principal Upanishads as the basis of Yogic contect; Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;

Unit – II: KENA, KATHA & BRIHADARYANAKA UPANISHAD [15Hrs]

Kena Upanishad: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana; Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; Brihadaryanaka Upanishad: Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

Unit – III: PRASHNA, MUNDAKA & CHANDOGYA UPANISHAD [15Hrs]

Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions; Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Apara; The greatness of Brahmavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation Chandogya Upanishad: Om (udgitha) Meditation; *Sandilyavidya*,

Unit – IV: PRASHNA AND MUNDAKA UPANISHAD [15Hrs]

Mandukya: Four States of Consciousness and its relation to syllables in Omkara. Aitareya: Concept of Atma, Universe and Brahman. Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli.

REFERENCE BOOKS:

1. Aurobindo, S. (2001). Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
2. Aurobindo, S. (2003). Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
3. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
4. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
7. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980 Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-106	Application of Yoga for Health and Wellness	Open Elective (CBCS)	70	30	100	4

The student may choose the CBCS Course as per the CBCS policy of the Department and University.

Course Objectives:

1. Provide a comprehensive understanding of the philosophical and practical foundations of yoga for promoting health and wellness.
2. Explore the principles and practices of Patanjali Yoga Sutras and Hatha Yoga in achieving physical, mental, and emotional well-being.
3. Encourage the integration of traditional yogic wisdom with modern scientific understanding of health and wellness.

Learning Outcomes: Upon successful completion of this course, students will be able to:

1. Explain the core concepts of the Patanjali Yoga Sutras and Hatha Yoga and their relevance to health and wellness.
2. Apply yogic principles to manage stress, enhance mental clarity, and improve emotional resilience.
3. Evaluate the role of yoga in the prevention and management of lifestyle-related disorders, such as hypertension, diabetes, and obesity.

Unit I: INTRODUCTION TO YOGA FOR HEALTH AND WELLNESS [15 Hrs]

- **Yoga and Health**:

  Concept of health and wellness in yoga. Importance of yoga in physical, mental, emotional, and spiritual well-being.

- **Introduction to Patanjali Yoga Sutra**:

  Brief introduction to Maharshi Patanjali and Patanjali Yoga Sutra. Definition of Yoga according to Patanjali. Relationship of Patanjali Yoga Sutra with other yogic texts.

- **Hatha Yoga Overview**:

  Meaning and definition of Hatha Yoga. Brief introduction to Hatha Yoga texts: Hatha Pradeepika, Gheranda Samhita, and Hatha Ratnavali. Connection between Hatha Yoga and Raja Yoga.

Unit II: YOGIC PRACTICES IN PATANJALI YOGA [15 Hrs]

- Kriya Yoga: Concept and practice of Kriya Yoga. Theory of Kleshas and methods to overcome them.
- Ashtanga Yoga: Yama and Niyama: Personal and social discipline. Asana: Practice, benefits, and health implications. Pranayama: Techniques and benefits for wellness. Pratyahara: Mastery over the senses and its importance for mental health. Antarang Yoga: Dharana, Dhyana, and Samadhi in achieving holistic well-being.

Unit III: Hatha Yoga Practices for Health and Wellness [15 Hrs]

- Shatkarma (Purification Practices): Concept of Shodhana Kriyas: Jal Neti, Dhauti, Basti, Trataka, Nauli, and Kapalabhati. Methods, benefits, and precautions. Role of Shatkarma in detoxification and wellness.
- Asanas in Hatha Yoga: Definitions and classifications of asanas. Practice of asanas as per Hatha Yoga Pradipika and Gheranda Samhita. Benefits of asanas for physical and mental health.
- Pranayama and Bandhas: Practice of Nadishodhana, Bhastrika, and Ujjayi pranayama. Introduction to Bandhas: Jalandhara, Uddiyana, and Moola Bandha. Benefits of pranayama and bandhas for health and longevity.

Unit IV: INTEGRATED YOGA PRACTICES FOR HEALTH AND WELLNESS [15 Hrs]

- Concept of Holistic Health: Integration of body, mind, and spirit through yoga.
- Antaranga Yoga Applications: Dharana and Dhyana practices for stress management and emotional well-being. Role of Samadhi in achieving inner peace.
- Applications of Yogic Practices: Prevention and management of lifestyle disorders: Hypertension, diabetes, obesity, and anxiety. Rejuvenation, healing, and anti-aging through yoga.Nadānusandhana: Concept and stages of Nada in Hatha Yoga. Role of sound meditation in mental clarity and relaxation.

Practical Component: Yoga Practice [3 Hrs]

- Shatkarma: Practice of cleansing techniques like Jal Neti and Kapalabhati.
- Asana: Demonstration and practice of Hatha Yoga asana.
- Pranayama: Practice of Nadishodhana, Bhastrika, and Ujjayi.
- Dhyana (Meditation): Guided meditation sessions based on Patanjali Yoga Sutra.

Recommended Readings:

1. Swami Satyananda Saraswati. "Asana Pranayama Mudra Bandha."
2. Swami Swatmarama. "Hatha Yoga Pradipika."
3. Swami Prabhavananda and Christopher Isherwood. "How to Know God: The Yoga Aphorisms of Patanjali."
4. Swami Vivekananda. "Raja Yoga."
5. Edwin F. Bryant. "The Yoga Sutras of Patanjali: A New Edition."

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY - 201	Patanjali Yoga Sutra - Philosophy and Practice	Core	70	30	100	4

Course Objectives:

- To understand the principles and teachings of yoga in Patanjali Yoga Sutra.
- To apply the knowledge of Patanjali Yoga Sutra in day-to-day life.

Course Larning Outcomes:

- Students will learn about Sage Patanjali and his Yogic wisdom, along with other commentators and their commentaries.
- After this course, students can correlate the current challenges and their yogic solution through the Patanjali Yoga Sutra.

Unit 1: INTRODUCTION OF PATANJALI YOGA [15 Hrs]

- Brief introduction of Maharshi Patanjali and Patanjali Yoga Sutra, Definition of Yoga according to Patanjali; Traditional commentators and their Commentaries (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and yoga-vartika). Relationship of Patanjali yoga with other yogic texts.
- Concept of Chitta-Bhumi; Chitta-Vritties and their Classification, Methods to Control Chitta-Vrittis (Abhyasa and Vairagya); Definition and types of Samadhi (Samprajnata and Asamprajnata Samadhi), Concept of Iswara and Iswara Pranidhana, Attributes of Iswara, Obstacles in the path of Yoga, Methods of removing obstacles

Unit II: YOGIC PRACTICES IN PATANJALI YOGA [15 Hrs]

- Concept of Kriya Yoga, Theory of Kleshas (Avidya, Asmita, Raga, Dewesh & Abhinivesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya), Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purush Samyoga; Brief introduction of Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

Unit III: APPLICATIONS OF PATANJALI YOGA SUTRA-I [15 Hrs]

- Importance of Abhyas & Vairagya, Cultivation of a four-fold attitude for *Chittaprasadanam*, Culturing the life through *Asthtang* Yoga; Personal and Social discipline through five Yama & Niyama (Social and Civic Sense); Practice asana and its benefits, Practice of pranayama and its benefits (Removal of the veil), Practice of pratyahara and its benefits; Pratyahara for abstinence from sensual craving (Mastery over the senses); cultivation of

four fold abilities (attention, concentration, memory and executive functions)

- Practice of Antarang Yoga: Practice of Dharana and its benefits, Practice of Dhyana and its benefits, Practice of Samadhi and its benefits. Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety and depression through Ishwar Pranidhana (Surrender to the Supreme).

Unit IV- APPLICATIONS OF PATANJALI YOGA SUTRA – II [15 Hrs]

- Describe the concept of Samyama and its Siddhis; Results and application of samyama; Three Types of Chitta Parinama and its Applications: Bhoot Jaya, Indriya Jaya and their Siddhis, Satvapurushanyatakhyati and it Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, and Samadhi and its applications; Five types of Siddhis and Jatyantar parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and Concept of Bhaya Pradartha (external element) and its abilities. Limitations of mind, Removal of Pratyayas – Dharmamegha Samadhi.

Suggested Readings:

1. Acharya Shankar (Translation)- Sri Mad Bhagwat Gita
2. Goyanka, G- Sri Mad Bhagwat Gita
3. Holy Geeta: Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992 Mumbai.
4. Lok Manya Tilak- Sri Mad Bhagwat Gita
5. Satya Vrat- Shiddhalankar- Sri Mad Bhagwat Gita
6. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay,1985
7. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993
8. Vaalmeeki: Essence of Yoga Vasishta, Lotus Press, 1998
9. Ved Vyas- Sri Mad Bhagwat Gita

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-202	Teaching Methods in Yoga	Core	70	30	100	4

Course Objectives:

1. To understand the foundational concepts of teaching and learning in yoga, including principles, levels, and the characteristics of an ideal yoga teacher and student.
2. To explore various teaching methods and techniques, emphasizing individualized, group, and mass instruction within the context of yoga education.
3. To develop skills in preparing structured and effective yoga lesson plans, incorporating traditional practices and modern instructional models.
4. To learn and apply appropriate evaluation methods in yoga teaching, ensuring effective learning outcomes, classroom management, and individualized student guidance.

Learning Outcomes:

1. Understand the concept and principles of teaching methods.
2. Procedure and key points involved during the practice of each technique.
3. Know and understand about yoga teaching.

Unit-I: CONCEPTS OF TEACHING AND LEARNING [15Hrs]

Teaching and Learning: Concepts and Relationship between the Two; Principles of teaching: levels and phases of teaching; quality of a perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumukshu.

Unit- II: TEACHING METHODS [15Hrs]

- Meaning and scope of teaching methods, and factors influencing them; Sources of teaching methods;
- Role of Yoga Teachers and Teacher Training; Techniques of Individualized Teaching and Group Teaching; Techniques of Mass Instructions; Organization of Teaching (time management, discipline, etc.)

Unit- III: Lesson Plan [15Hrs]

Essentials of a Good Lesson Plan; Concepts, Needs, and Planning of Teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama, and Meditation); Models of Lesson Plan; Illustration of the need for a lesson plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama

Unit- IV: **Evaluation Methods** **[15Hrs]**

- Evaluation Methods of an ideal Yoga class; Methods of customizing Yoga Class to meet individual needs. The students will have demonstrations and training in the above-mentioned aspects of teaching methods.
- Yoga classroom: Essential features, area, seating arrangement in Yoga class. Student's approach to the teacher: Pranipaata; Pariprashna; Seva; (BG4.34).

Suggested Readings:

- Teaching methods of Yogic Practices—ML Gharote and SK Ganguly, Kavailyadhama.
- Vibhav, Devakinandan – Yoga Sadhan
- Sri Yogendra – Yoga Asanas Simplified
- Lysebeth, Andra Van- Yoga Self-Taught

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-203-A	Human Anatomy and Physiology – II	Elective	70	30	100	4

Course Objective:

1. To know about the structure of the body
2. To know about the necessary functions of the body
3. To give a brief idea about the diseases related to each system.
4. To throw light on anatomy so that students can experience the involvement of their body parts while practicing various postures of yoga.

Course Larning outcome:

1. Demonstrate a detailed understanding of human anatomy and physiology.
2. Identify and describe the structure and function of major body systems.
3. Apply knowledge of anatomy and physiology to enhance yoga practice and instruction.
4. Integrate anatomical and physiological principles in designing safe and effective yoga programs.

Unit I: NERVOUS SYSTEM AND SPECIAL SENSES [15Hrs]

- Structure and function of human brain: brain, midbrain, hindbrain, Structure and function of spinal cord, cranial nerve, and spinal nerve, Autonomic nervous system: sympathetic and parasympathetic nervous system, Reflex action, mechanism of nerve conduction, Synapse and synaptic transmission Structure and function of eye, ear, nose, tongue, and skin.
- HEMATOLOGY AND PHYSICAL EXAMINATION

Unit II: ENDOCRINE SYSTEM [15Hrs]

- Structure and function of important endocrine glands (pituitary, adrenal, thyroid, parathyroid, pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action.
- PHYSIOLOGICAL EXAMINATION

Unit III: REPRODUCTIVE AND EXCRETORY SYSTEM [15Hrs]

Male reproductive system of humans: testis, penis, epididymis, prostate gland; Female reproductive system of humans—ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of humans: kidney, ureter, urinary bladder, urethra; Mechanism of urine formation Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation.

Unit IV: LYMPHATIC SYSTEM AND IMMUNE SYSTEM [15Hrs]

Lymphoid organs: bone marrow, thymus, spleen, lymph node, Composition and function of lymph, Immunity, Types of immunity—innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

1. Bijlani R.L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, Khel Sahiyta Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-203-B	Yoga and Strategic Management	Foundation (Elective)	70	30	100	4

Course Objectives:

1. To introduce the fundamental principles of strategic management and explore their relevance and application through yogic philosophy and ethical leadership.
2. To develop the ability to formulate vision and mission statements by integrating traditional management concepts with yogic values and long-term purpose.
3. To equip students with analytical tools for internal and external assessment and to design sustainable and compassionate strategies guided by a yogic approach.

Learning Outcomes:

1. To appreciate the complexities of managing a formal organization.
2. To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.
3. The meaning and need for strategic management.
4. Understand and conceptualize the Indian ethos and need for holistic globalization.
5. Conceptualize the need for Indian models and significance.
6. Understand the need for corporate responsibility.

UNIT I: BASIC CONCEPTS IN STRATEGIC MANAGEMENT [15Hrs]

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT II: YOGIC VISION, MISSION [15Hrs]

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT III: INTERNAL AND EXTERNAL ASSESSMENT AND BUSINESS STRATEGIES [15 Hrs]

- Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. competitive strategies: examples and exercises.

- Five generic competitive strategies, diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, joint venture, partnership, merger, acquisition, and SM in non-profit, educational, medical, and government organizations.

UNIT IV: YOGIC APPROACH TO STRATEGIC MANAGEMENT [15 Hrs]

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate leadership through the Yogic approach, balancing Purusharthas through a holistic approach, and evolution of the Self.

Suggested Readings:

1. Color of the Rainbow – Compassionate Leadership, Swami Amrita Swarupananda Puri, M.A.center, 2013
2. Fred R David, Strategic Management Concepts and Cases, 10/e, Prentice Hall
3. Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.
4. John A. Pearce II and Richard B. Robinson Jr., Strategic Management: Formulation, Implementation, and Control, 9/e, Tata McGraw Hill
5. Non-profit Management: Principles and Practice, Michael J. Worth, The George Washington University, ISBN 9781412937788 Sage Publications, September 2008
6. Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global Routes, New Age International Publishers, New Delhi
7. Srinivasan, Strategic Management—Indian Context, Prentice Hall of India

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-203-C	Yoga and value-based education	(Elective)	70	30	100	4

Course Objectives:

1. To develop an understanding of values, their types, and the role of Yoga in fostering value-based living.
2. To cultivate positive thinking patterns and self-management skills through yogic practices.
3. To enhance empathy, sensitivity, and social consciousness for personal and social harmony.
4. To comprehend the concept of normality and apply yogic tools for holistic personality and samskara re-engineering.

Learning Outcomes:

1. Understand the concept and principles of value
2. Know and understand the relationship between yoga and value.

Unit-I VALUE

- Meaning and Definition of Value, Value in Yoga, Importance of Value in life Self- Management and Value
- Material Value, Aesthetic Value, Educational Value, Ethical Value, Spiritual Value, Role of Yoga in Value Education.

Unit-II: THOUGHTS

- Meaning of thoughts, Necessary Thoughts, Waste (superfluous) Positive Thoughts, Negative Thoughts. Power and Effect of Thoughts, Role of Yoga in Positive Thoughts

Unit-III: EMPATHY

- Meaning and Definition, How Empathy develops, Empathy at work, Empathy and Sensitivity, Empathy and Consciousness. Empathy and the Process of Socialization Yoga in Development of Empathy

Unit-IV: NORMALITY

- Meaning of Normality, Concept of Normality, Normality as Health, Normality as Ideal, Normality as Average. Normality as Social Acceptance, Normality as a Process, Yogic tools for Sanskar Re-Engineering.

Suggested Readings:

- Anatheraman- Personal Communication
- Devey, John- Human Nature and Conduct
- Pandiamani, P.K.- Value Education

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-204	Yoga Practice - II	Enhancing Professional Capacities (EPC)	50		50	2

Course Objectives:

1. To introduce the concept, principles, and techniques of Yogic Sukshma Vyayama and enhance understanding of its role in developing flexibility, joint mobility, and physical preparedness.
2. To enable learners to perform selected sitting asanas with proper technique, awareness of benefits, and necessary precautions for safe and effective practice.
3. To impart the knowledge and practice of pranayama techniques along with their physiological and mental benefits, emphasizing appropriate precautions for various types of breath control practices.
4. To familiarize students with the theory and practice of Shatkarma (cleansing techniques), understanding their significance in yogic purification, health enhancement, and holistic well-being.

Learning Outcome:

1. Understand the concept and principles of Shatkarmas.
2. Procedure and key points involved during the practice of each technique.
3. Know and understand about breathing practice.

Unit-I YOGIC SUKSHMA VYAYAMA [15Hrs]

- Meaning and its principle, Techniques of Yogic Sukshma Vyayam, Precautions concerning the following *Sukshma Vyayama.*
- *Skandha Tatha Bahumul Shakti Vikashak, Bhujbandha Shakti Vikashak, Kohani Shakti Vikashak , Bhujballi Shakti Vikashak, Purnbhuja Shakti Vikashak, Manibandha Shakti Vikashak, Karprastha Shakti Vikashak, Kartal Shakti Vikashak, AnguliMul Shakti Vikashak, Anguli Shakti Vikashak.*

Unit-II: ASANAS [15Hrs]

Techniques and Benefits of Asanas, Types of Asanas in Sitting Posture Precautions concerning the following Asanas: *Pashchimottasana, Ardmatsyendrasana, Gaumukhasana, Singhasana, Mandukasana, Kurmasana, Akarndhanurasana, Parvatasana,Vajrasana, Shashankasana,Yoga Mudra, Brahmamudra, Marjariasana.*

Unit-III: PRANAYAMA [15Hrs]

Techniques of pranayama, Benefits and Precautions concerning the following Pranayama: Bhramari Pranayama, Murcha Pranayama, Kapal Bhati Pranayama, Bhastrika Pranayama.

Unit-IV: Shatkarma **[15Hrs]**

Meaning Benefits and Precautions concerning the following Shatkarma: Danda Dhauti, Bagi Kriya, Techniques and Benefits. Basti- Techniques and Benefits Nauli- Techniques and Benefits. Kapalahati- Techniques and Benefits Tartak- Techniques and Benefits.

Books Recommended

- Bramhachari, Swami Dhirendra, Yogic Sukshma Vyayam
- Swami Styanand, Asana, Pranayam, Bandha Mudra
- Misra, P.D.- Yoga- An Introduction
- Gupta, Rameshwar Das- Yoga Rashmi
- Bhardwaj, Ishwar-Yogasana
- Iyenger, B.K.S.-Pranayama

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-205	Applications of Yoga in Health	Vocational/Skill Development (VEC)	35	15	50	2

Course Objectives:

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of disease and the remedial measures therein.
3. Explain the physiological, psychological, and therapeutic benefits of yoga.
4. Design and conduct yoga sessions tailored to specific health needs.

Learning Outcomes:

By the end of the course, students will be able to:

1. Demonstrate an understanding of the history, philosophy, and key texts of yoga.
2. Identify and differentiate various styles of yoga and their health benefits.
3. Integrate yoga practices into a holistic approach to health and wellness.

Unit–I: YOGIC CONCEPTS OF HEALTH AND DISEASE [15 hrs]

- Definition & Importance of Health according to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual.
- Concept of Health and Disease in Indian Systems of Medicine, Utility and Limitations of these systems in health and healing.
- Yogic Concept of Health and Disease: Meaning and definitions, Concept of *Adhi* and *Vyadhi*.
- Role of Yoga in Preventive Health Care – *Heyam Dukham Anagatam*.
- Potential Causes of Ill-health: *Tapatrayas* and *Kleshas*.
- Physical & Physiological manifestation of disease: *Vyadhi, Alasya, Angamejayatva, Svasa-Prashvasa*.
- Mental & Emotional ill-health: *Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva*.
- **Shuddhi Prakriyas** in Yoga and their role in preventive & curative health:
    - *Karma Shuddhi* (Yama, Niyama)
    - *Ghata Shuddhi* (Shat-karma)
    - *Snayu Shuddhi* (Asana)
    - *Prana Shuddhi* (Pranayama)
    - *Indriya & Mano Shuddhi* (Pratyahara)
    - *Mana, Buddhi, Ahamkar, Chitta Shuddhi* (Dharana, Dhyana, Samadhi)

Unit–II: YOGIC CONCEPTS FOR HEALTH AND HEALING [15 hrs]

- Concepts of *Trigunas*, *Pancha-mahabhutas*, *Pancha-prana* and their role in health and healing.
- Concept of *Pancha-koshas* & *Shat-chakra* and their role in health and healing.
- Concept of *Abhyasa* and *Vairagya*, *Chitta* and *Chitta Prasadana*.
- *Kriya-yoga*, *Ashtanga Yoga* of Patanjali for health and healing.
- Concept of Cleansing (*Shuddhi*) – its role and importance in health and healing.
- Concept of *Swara Yoga* and its efficacy in health and healing.

References Books

1. Yogic Management of Common Diseases. (2003). India: Yoga Publications Trust.
2. Cardiovascular Prevention and Rehabilitation. (2007). United Kingdom: Springer.
3. Yoga Therapy. (2006). India: Lotus Press.
4. Vivekananda, S. (2023). Patanjali's Yoga Sutras. (n.p.): Echo Point Books & Media, LLC.
5. Shearer, A. (2010). The Yoga Sutram Patanjali. United States: Harmony/Rodale/Convergent.
6. Patanjali. (2020). Yoga Sutras. (n.p.): Independently Published.
7. Iyengar, B. K. S. (2012). Light on the Yoga Sutras of Patanjali. United Kingdom: Harper Collins Publishers.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-206	Indian Philosophy	Open Elective (CBCS)	70	30	100	4

The student may choose CBCS Course as per the CBCS policy of the Department and University

Objectives:

Following the completion of this course, students shall be able to

Course Outcome:

1. Students would characterize the six Indian philosophies of theist category.
2. Students will be familiarized with ancient Indian culture.
3. Students will be capable of knowing the ancient Indian religious texts and could know the importance of values described in these texts.

Learning Outcomes:

1. Explain the meaning, significance, and key features of Indian philosophy, including its Vedic and non-Vedic traditions and the three main areas: epistemology, metaphysics, and ethics.
2. Demonstrate understanding of major Vedic philosophical systems such as Nyaya, Vaisheshika, and Sankhya, focusing on their metaphysical and ethical foundations.
3. Analyze the core concepts of Yoga, Mimamsa, and Vedanta philosophies, and evaluate their contributions to Indian metaphysical and ethical thought.
4. Compare and contrast the principles of Jain, Buddhist, and Charvak philosophies, identifying their unique metaphysical views and ethical perspectives within the non-Vedic tradition.

Unit-I: - INTRODUCTION TO INDIAN PHILOSOPHY [10 Hrs]

Literal Meaning and Definition of Darshan /Philosophy, Role of Philosophy in Human Life, Key Features of Indian Philosophy, Bodies of Indian Philosophy: Vedic-Non-Vedic. The three main areas of philosophy - *Jnana (Pramana) Mimamsa* (epistemology), *Tattva Mimamsa* (Meta physics), *Aachar Mimamsa* (ethics).

Unit-II: - INTRODUCTION TO VEDIC PHILOSOPHY [15 Hrs]

General introduction and theory (Metaphysics and Ethics): Nyaya Darshan, Vaisheshika Darshan, Sankhya Darshan

Unit-III: - INTRODUCTION TO VEDIC PHILOSOPHY [20 Hrs]

Indian Philosophy Overview: Meaning and significance of *Darshan*, Classification: Āstika and Nāstika systems, Fundamental metaphysical concepts: Ātman, Brahman, Jagat, Mokṣa, Ethical foundations: Puruṣārthas (Dharma, Artha, Kāma, Mokṣa), Relationship between metaphysics and ethics.

Yoga Darshan (Pātañjala Yoga): Historical background and relation with Sāṅkhya, Metaphysical concepts: Purusha, Prakṛti, Citta, Vṛttis, Kleshas, Ethical discipline: Yama, Niyama, Soteriology: Ashtanga Yoga and Kaivalya.

Pūrvamīmāṃsā Darshan: Historical background, Jaimini's contribution. Metaphysics: Eternal Vedas, Apūrva, Dharma as ritual duty, Ethics: Nishkama Karma and moral responsibility.

Vedanta Darshan (Uttara Mimamsa): Historical background, Badarayana's Brahma Sutra. Metaphysics: Brahman, Ātman, Maya, Mokṣa. Ethical implications of Advaita, Vishishtadvaita, Dvaita. Spiritual paths: Jnana, Bhakti, Karma.

Unit-IV: - INTRODUCTION TO JAIN, BUDDHIST, CHARVAK PHILOSOPHY [15 Hrs]

Introduction to Indian Philosophy: Meaning and scope of *Darshan*. Classification: Āstika and Nāstika systems. Relationship between metaphysics and ethics in Indian thought.

Jain Darshan: Historical background and major Acharyas. Metaphysics: Jiva and Ajiva, law of Karma, concept of liberation (*Moksha*). Doctrines: Anekantavada, Syadvada, Nayavada. Ethics: Five great vows (*Mahavratas*), Ahimsa, truthfulness, self-discipline.

Buddha Darshan (Buddhist Philosophy): Life and teachings of Gautama Buddha. Metaphysics: Anitya (impermanence), Anatta (non-self), Pratityasamutpada (dependent origination). Four Noble Truths and Eightfold Path. Ethical principles: Compassion, mindfulness, moral precepts (*Sila*).

Charvak Darshan: Historical context and origin of materialism in India. Epistemology: Pratyaksha (perception) as sole valid knowledge. Rejection of soul, afterlife, and karma theory. Ethical viewpoint: Pursuit of pleasure and pragmatic living, critical appraisal by other schools.

सहायक ग्रंथसूची (References):

1. दर्शन प्रवेश – दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. डा. सत्यकेतु विद्यालंकार – भारतीय संस्कृति का इतिहास
3. कपिलदेव द्विवेदी – वैदिक साहित्य एवं संस्कृति
4. विनोबा भावे – मनु उपदेशः
5. . Teaching yourself philosophy Indian Philosophy-Dr. R.P. Sharma
6. . An outline of Indian Philosophy-M. Hiriyanna

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Semester-III

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-301	Research Methodology	Core	70	30	100	4

Course Objectives:

1. Provide a comprehensive understanding of research principles, including qualitative and quantitative approaches in yoga studies.
2. Equip students with skills to design and execute research, formulate questions, develop hypotheses, and select methods.
3. Foster the ability to critically evaluate yoga research, identify gaps, and assess study quality.
4. Highlight ethical research practices, focusing on consent, confidentiality, and integrity in studies involving human subjects.

Learning Outcomes:

1. Have them exposed to the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.
2. Acquire a basic understanding of research methodology and knowledge of various statistical procedures.
3. Have knowledge of the tools employed to conduct research and the ability to address contemporary problems in a scientific way.

Unit-I: RESEARCH METHODOLOGY CONCEPTS - I [15Hrs]

Introduction to research methodology: definition of research, types of research, need for Yoga research; the research process; Literature review: purpose, process, digital source: PubMed, etc., presentation of literature review; Ethics of research: laboratory ethics, publication ethics, ethical bodies, IEC, IRB, and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive. Sampling methods: Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases – Randomization; Types of variables – Independent, dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification

Unit-II: RESEARCH METHODOLOGY CONCEPTS –II [15Hrs]

- Case study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias.
- Quantitative Data Collection Methods- Surveys and Questionnaires: Types of questionnaires: Structured, semi-structured, and unstructured; Designing an effective questionnaire: Importance of clear, concise, and unbiased questions; Administering questionnaires: Online vs. paper-based surveys; Example: Surveys on yoga's impact on mental health or stress reduction.

Unit III: STATISTICS AND RESEARCH IN YOGA [15Hrs]

- Importance of statistics in yoga research, Types of data: Nominal, ordinal, interval, and ratio, Descriptive vs. inferential statistics, Population and sample, Variables: Independent, dependent, control, and extraneous variables.
- Descriptive Statistics: Measures of dispersion: Range, variance, standard deviation, Data visualization: Histograms, bar charts, pie charts, and box plots, Normal distribution and z-scores.

Unit IV: INFERENTIAL STATISTICS [15Hrs]

- Probability and Hypothesis Testing: Basic Concepts of Probability, Probability distributions: Normal, binomial, and Poisson distributions, Hypothesis formulation: Null and alternative hypotheses, Testing Hypothesis, One-Tailed and Two-Tailed Test, Type I and Type II errors, p-values, confidence intervals, and significance levels, Power analysis: Concept of Power, Factors affecting power, Power analysis, effect size.
- t-tests: Independent, paired, and one-sample t-tests, Analysis of variance (ANOVA): One-way and repeated measures, post-hoc tests for ANOVA, Chi-square tests for categorical data, Correlation and regression analysis, non-parametric tests: Mann- Whitney U, Wilcoxon signed-rank test, Kruskal-Walli's test

Suggested Readings:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques.

   New Age International (P) Ltd. New Delhi.

2. Festinger and kartz- Research Methods in the Behavioral Science
3. Garrat- Statistics in Psychology and Education
4. Ghosh and Chaudhary- Statistics: Theory and Practice
5. Good and Hatt- Methods of Social Research
6. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know but Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
7. Young, P.V.- Scientific Social Surveys and research
8. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-302	Yoga Therapy for Common Ailments - I	Core	70	30	100	4

Course Objectives:

1. To provide knowledge of common respiratory, cardiovascular, endocrine, metabolic, obstetric, gynecological, and immune-related disorders, including their definitions, causes, clinical features, and classifications.
2. To explain the principles and applications of yogic management alongside conventional medical approaches for prevention, management, and rehabilitation of these disorders.
3. To develop the ability to design and adapt yoga practices suitable for specific pathological conditions, ensuring safety and therapeutic effectiveness.
4. To promote holistic health by integrating yogic practices for physical, mental, and immune system enhancement.

Learning Outcomes:

1. To learn the concept of Yoga Therapy and understand the in-depth concept of diseases
2. To learn the yoga therapy and its components from the ancient perspective
3. To learn the yoga therapy for respiratory disorders and musculoskeletal disorders
4. Line of treatment in Yoga Therapy

Unit-1: YOGIC MANAGEMENT FOR RESPIRATORY DISORDERS [15Hrs]

Introduction to Respiratory disorders, Brief classification Obstructive / Restrictive, infectious; Bronchial Asthma, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and

Yogic Management; Allergic Rhinitis & Sinusitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD - Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema, Definition; Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders, Tuberculosis - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management**.**

Unit-2: YOGIC MANAGEMENT FOR CARDIOVASCULAR AND ENDOCRINE DISORDERS [15Hrs]

Introduction to Cardiovascular disorders; Hypertension - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Atherosclerosis / Coronary artery disease - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Congestive Cardiac failure - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Cardiac asthma - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Diabetes Mellitus (I&II) - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management;

Hypo and Hyper- thyroids - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

Unit-3: METABOLIC, OBSTETRICS AND GYNECOLOGICAL DISORDERS [15Hrs]

Obesity - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia - Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and perimenopausal syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth –Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

Unit-4: YOGA PRACTICE TO ENHANCE/BOOST IMMUNITY [15Hrs]

Cancer - Causes, types, clinical features, Side effects of Chemotherapy, radiotherapy, Medical and Yogic management; Autoimmune disorders - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Advantages and disadvantages of the application of Steroids in Autoimmune disorders; Immune disorders – Definition, classification, Clinical features, Etiopathogenesis, Medical and Yogic management; An overview of Acquired Immune Deficiency Syndrome.

Suggested Books

- G. Mohan and Indira Mohan (2004). Yoga Therapy: A Guide to the Therapeutic Use of Yoga and edition), ISBN-10: 1590301315, Shambhala Publisher
- R. Nagarathna and H. R. Nagendra (2008). Yoga for Hypertension (2 Ayurveda for Health and Fitness (1st edition), Swami Vivekananda Yoga Publications, Bangalore, India
- R. Nagarathna and H. R. Nagendra (2008). Yoga for Cancer (2 edition), Swami Vivekananda Yoga Publications, Bangalore, India
- R. Nagarathna and H. R. Nagendra (2008). Yoga for Obesity (2 edition), Swami Vivekananda Yoga Publications, Bangalore, India
- Samantakamani Nerendran, Padmalatha Venkatram, R. Nagarathna and H. R. Nagendra (2011). Yoga for Pregnancy (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-303	Bhagavad Gita - Philosophy, Ethics, and Yogic Insights	Core	70	30	100	4

Course Objectives

1. To introduce the philosophical foundations of the Bhagavad Gita, including its concepts of reality, self, and ultimate purpose of life.
2. To explore the ethical principles and moral dilemmas presented in the Gita and their relevance to personal and social conduct.
3. To study the various Yogas described in the Gita—Karma Yoga, Bhakti Yoga, and Jnana Yoga—and their practical applications.
4. To cultivate the integration of philosophical wisdom, ethical values, and yogic practices from the Gita for holistic living.

Learning Outcomes

By the end of the course, learners will be able to:

1. Explain the central philosophical concepts of the Bhagavad Gita and their metaphysical significance.
2. Analyze the ethical teachings of the Gita and apply them to real-life situations and decision-making.
3. Demonstrate understanding of the different Yogic paths and integrate their principles into personal practice.
4. Reflect upon and articulate how the Gita's insights can guide spiritual growth, inner balance, and purposeful living.

Unit-I INTRODUCTION OF BHAGAVAD GITA [15 Hrs]

- Introduction of Geeta. Historical Background of Bhagavad Gita. Concept of Yoga in Bhagavad Gita. Characteristics of a Yoga
- Relevance of Scope; Essentials of Bhagavad Gita the meaning of the terms- Atmaswrupa, Stithaprajna. Bhagavad Gita - A Discovery of Life: Varna & Ashram Vyavastha

Unit-II MAN AND DIFFERENT FIELDS OF PERFECTION [15 Hrs]

- Detachment Nature & Definites Diversity of no Self-control Blessings of Self-control. The Man of Perfection- concept of Sthitipragya**.**
- Classification of Karma, Concept of Svadharma Concept of Loksangraha,
- The techniques of realising meditation, Pre meditational care Concentration, techniques of concentration, Conditions for meditation, The supreme state of Yoga: Concept of Salvation.

Unit- III: JNANAYOGA–ELABORATION OF ATMAN (SOUL), PRAKRITI (NATURE) AND PARMATAMAN (SUPREME SOUL) [15 hrs]

- Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age.
- In the Bhagavad Gita- Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the Soul (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter 9, 13, 14).

Unit IV: - PERSONALITY REFINEMENT - KARMAYOGA, DHYANA YOGA AND BHAKTI YOGA [15 Hrs]

- Concept of Karmayoga (Chapter-2 to 6), Form of Yajna, YajnarthaKarma, Nishkam Karma (Chapter-34), Lok Sangraha (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7, 8, 9, 11, 12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhaktis (Chapters-7, 12) Characteristics of Devotees (Chapter-12, Verse-13-20).
- Personality, Diet and Concept of Triguna (10 hours): Role of diet in Yoga practice (Chapter-6), Introduction to Trigunas (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16)

Suggested Readings:

- Acharya Shankar (Translation)- Sri Mad Bhagwat Gita
- Goyanka, G- Sri Mad Bhagwat Gita
- Holy Geeta: Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
- Lok Manya Tilak- Sri Mad Bhagwat Gita
- Satya Vrat- Shiddhalankar- Sri Mad Bhagwat Gita
- Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
- Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993
- Vaalmeeki: Essence of Yoga Vasishta, Lotus Press, 1998
- Ved Vyas- Sri Mad Bhagwat Gita

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-304-A	Ethics in Research & Scientific Writing	Foundation (Elective)	70	30	100	4

Course Objectives:

1. To provide a comprehensive understanding of research ethics and its importance in scientific research.
2. To develop skills for ethical decision-making in research.
3. To understand the principles and practices of scientific writing.
4. To enhance the ability to write clear, concise, and well-organized scientific reports.
5. To familiarize students with the processes of peer review and publication.

Learning outcomes:

By the end of the course, students will be able to:

1. Identify and describe the key components of a scientific report.
2. Write well-structured and coherent scientific reports.
3. Critically evaluate and revise scientific reports for clarity and accuracy.
4. Understand and adhere to ethical considerations in scientific reporting.

Unit I: ETHICS IN RESEARCH [15 Hrs]

Definition and significance of ethics; Professional ethics in scientific research and development: Common ethical breaches; data fabrication; data falsification. Plagiarism: redundant publication; duplicate publication.

Types of plagiarism; tools and techniques for detection of plagiarism; Conflict of interest; salami slicing and authorship issues. Good Laboratory Practices (GLP): Instrument validation, reagents and materials certification, documentation and its record, Quality assurance and certification of laboratory facilities.

Unit II: PLAGIARISM IN RESEARCH [15 Hrs]

Types of plagiarism; tools and techniques for detection of plagiarism; Conflict of interest; salami slicing and authorship issues. Good Laboratory Practices (GLP): Instrument validation, reagents and materials certification, documentation and its record, Quality assurance and certification of laboratory facilities. What is plagiarism? Types and consequences, Self-plagiarism and duplicate submissions, Copyrights, fair use, and open access, Plagiarism detection software (Turnitin, authenticate), Retraction and correction of published articles

Unit III: STRUCTURE OF SCIENTIFIC REPORTS [15 Hrs]

Definition and purpose of a scientific report; Types of scientific reports: research papers, synopsis writing, format of dissertation, etc. The role of the scientific method in scientific reporting; Steps of the scientific method and their representation in a report;

Basic differences between popular and scientific writing; fundamental rules of scientific writing; structure and content of research papers, thesis and dissertations. Do's and don't for scientific writing. Tools and techniques for correction and editing of manuscripts. Selection and publication in journals.

Unit IV: SCIENTIFIC WRITING [15 Hrs]

Basic differences between popular and scientific writing; fundamental rules of scientific writing; structure and content of research papers, thesis and dissertations. Do's and don'ts for scientific writing. Tools and techniques for correction and editing of manuscripts. Selection and publication in journals. Types of scientific writing: thesis, journal articles, conference papers, reviews, Structure of scientific papers (IMRaD format), Referencing styles (APA, MLA, Chicago, IEEE), Abstract writing and keywords selection, Choosing the right journal and understanding journal scopes.

Books on Research Ethics

1. Resnik, D. B. (2020). *The Ethics of Research with Human Subjects*. Springer.
2. Shamoo, A. E., & Resnik, D. B. (2015). *Responsible Conduct of Research* (3rd ed.). Oxford University Press.
3. Beauchamp, T. L., & Childress, J. F. (2019). *Principles of Biomedical Ethics* (8th ed.). Oxford University Press.
4. Israel, M. (2014). *Research Ethics and Integrity for Social Scientists: Beyond Regulatory Compliance*. SAGE Publications.
5. Macrina, F. L. (2014). *Scientific Integrity: Text and Cases in Responsible Conduct of Research* (4th ed.). ASM Press.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-304-B	Yoga and Personality Development	Foundation (Elective)	70	30	100	4

Course Objectives

1. To provide an understanding of the meaning, principles, and yogic concepts of personality, and their relevance in personality development.
2. To explore Indian perspectives on personality from philosophical, psychological, and yogic traditions alongside major Western personality theories.
3. To introduce the classification, characteristics, and diagnostic criteria of various personality disorders based on established manuals.
4. To develop awareness of the role of yogic practices and holistic approaches in understanding, managing, and improving personality-related challenges.

Learning Outcomes:

1. Understand the concept and principles of personality
2. Procedure and key points involved during the practice of each technique.
3. Know and understand about human behavior.

Unit-I: PERSONALITY **[15Hrs]**

- Meaning and Definition Concept of Personality Principles of Personality Yogic concept of Personality Relevance of Yogic practices in personality Development

Unit-II: INDIAN CONCEPT OF PERSONALITY **[15Hrs]**

- Upanishad, Sankhya & Yoga Boudh & Jain Vedant, Ayurved Geeta Aurobindo
- Watson, G. Allport, B.F. Skinner R.B. Cattell Adler, C.G. Jung Freud

Unit-III: **PERSONALITY DISORDER - I** **[15Hrs]**

- Diagnostic and statistical Manual of Mental Disorder (D.S.M) Paranoid Personality, Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder, Histrionic Personality Disorder,

Unit-IV: **PERSONALITY DISORDER – II** **[15 Hrs]**

- Narcissistic Personality Disorder, Anti-Social Personality Disorder, Borderline Personality Disorder,
- Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive, Compulsive Personality Disorder

Suggested Readings:

1. Atkinson, R.L., Atkinson, R.C., Smith, E.E., & Bem, D.J. *Introduction to Psychology*. Harcourt Brace College Publishers.
2. Cattell, R.B. *Personality: A Systematic Theoretical and Factual Study*. McGraw-Hill.
3. Allport, G.W. *Pattern and Growth in Personality*. Holt, Rinehart & Winston.
4. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. American Psychiatric Publishing.
5. Feist, J., Feist, G.J., & Roberts, T.A. *Theories of Personality*. McGraw-Hill Education.
6. Rangan, R., & Nagendra, H.R. *Yoga and Personality*. Swami Vivekananda Yoga Prakashana.
7. Upanishads (Any standard English or Hindi translation; e.g., by Swami Nikhilananda or Eknath Easwaran).
8. Bhagavad Gita – Commentary by Swami Sivananda / Swami Chinmayananda.
9. Sri Aurobindo. *The Life Divine*. Sri Aurobindo Ashram.
10. Kapoor, O.P. *Ayurveda and the Mind: The Healing of Consciousness*. Lotus Press.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-304-C	Physiological Effect of Yoga practices	Elective	70	30	100	4

Course Objectives

1. To understand the physiological effects of various categories of asanas on posture, glands, and mental states.
2. To study the mechanisms and psychophysiological impacts of pranayama on respiration, lung function, and nervous system regulation.
3. To explore the types and systemic effects of shatkarmas on human health and well-being.
4. To examine the biomechanical, neurophysiological, and functional principles underlying mudras and bandhas in yogic practice.

Learning Outcomes:

1. To have an in depth understanding of physiological changes following the practice of yoga
2. To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
3. To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
4. To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Unit – I ASANA [05 Hrs]

- Effect of standing postures, sitting postures, prone postures and supine postures, glandular practice and meditative practices.

Unit -II PRANAYAMA [10 Hrs]

- Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system;
- Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahirkumbhaka

Unit –III SHATKARMA [05 Hrs]

- Types of Shatkarmas
- Effects of Shatkarmas on different systems of the human body.

Unit – IV MUDRAS AND BANDHAS [10 Hrs]

- Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandharabandha effects neck joint complexes; Uddiyanbandha effects upper joint complexes; and Moolabandha for lower back joint complexes, Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga;
- Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

Suggested Readings:

- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May2009)
- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath,2001
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing,2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins,2006
- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition,2007.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-305	Yoga Practice - III	Enhancing Professional Capacities (EPC)	50		50	2

Course Objectives

1. To train students in advanced *Shatkarmas*, ensuring proper technique, safety, and understanding of their physiological and therapeutic benefits.
2. To develop proficiency in advanced *asanas* for strength, flexibility, balance, and holistic well-being, along with mastery of asanas from previous semesters.
3. To enhance breath regulation and mental focus through advanced *pranayama*, *mudras*, and *bandhas*, integrating them with earlier learned practices.
4. To cultivate spiritual awareness and cultural understanding through the memorization, meaning, and correct recitation of selected Vedic mantras.

Learning Outcomes:

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- Experience in basic asanas, pranayamas, kriyas and meditation techniques.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

Unit-I-SHATKARMA:

Vamana Dhauti, Vastra Dhauti, Nauli and Trataka, all the exercises of the first & second semester.

Unit-II-ASANA:

Padma Sarvangasana, Mayurasana,Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana,Vibhakta Paschimottanasan, Padmabakasan, Ek Paad Rajakapotasan, Purna Ustrasana Including all asanas of 1st and 2nd semesters.

Unit-III-PRANAYAMA:

Bhramari, Bhastrika, Stambhavritti and all the practices of previous semesters.

Unit IV: MUDRAS AND BANDHAS:

Khechari Mudra, *Mahavedha* Mudra, *Maha* Mudra, *Maha Bandha* and all the practices of the former semesters

MANTRA MEMORIZATION & RECITATION

Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation

Reference Book-

1. BKS Iyengar, Light on Yoga; Yoga, Schocken Book House,New York; 1979
2. Swami Dhirendra Brahmachari, Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
7. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger, Bihar, 1998.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyangar, Light on Pranayama, Harper Collins, New Delhi; 1999.
10. H.R.Nagendra, Pranayama Pubished by SVYASA, Bangalore; 2011
11. Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: Divya Prakashan
12. Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-306	Internship/ Field Work	Value Addition/Skill Development	50		50	2

The internship for the MA/M.Sc. Yoga program is designed to provide students with practical exposure in real-world settings such as schools and yoga centers.
The primary objectives of this internship are:

1. To enable students to assist specialists in yoga therapy and teaching.
2. To gain knowledge of various yoga techniques and their applications.
3. To understand different diseases and conditions in relation to yoga therapy.
4. To develop protocols for managing different diseases through yoga interventions based on the condition of the disease.

INTERNSHIP DURATION AND INSTITUTION SELECTION

- The internship must be completed at any government, non-government, or NGO/ Institution/ University/ approved by the department.
- The internship must have a minimum duration of one (1) month.
- Students may identify the place of internship by themselves or seek support from the course coordinator for recommendations and approvals.

INTERNSHIP REPORT

Upon completion of the internship, students are required to submit a detailed report of approximately 40-50 pages.

THE REPORT SHOULD INCLUDE:

- An introduction to the internship institution.
- A summary of activities performed during the internship.
- Observations and learnings from assisting yoga specialists.
- A detailed analysis of different yoga techniques learned.
- Development of disease-specific yoga protocols based on practical experiences.
- A conclusion summarizing the overall internship experience and its impact on their academic and professional growth.

PRESENTATION

Following the submission of the internship report, students will be required to present their experiences and findings in front of the department faculty and peers.

The presentation should be well-structured and highlight key learnings, challenges

Semester IV

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-401	Dissertation	Core (Project)	100		100	4

Course Objectives

1. To develop the ability to identify, formulate, and refine a research problem in the chosen area of study.
2. To train students in designing and executing independent research using appropriate methodologies.
3. To enhance skills in data collection, analysis, interpretation, and critical evaluation of findings.
4. To cultivate proficiency in academic writing, presentation, and defense of research work.

Learning Outcomes:

1. To understand the process of selection of the research problem
2. To understand the process of writing a research report
3. To develop the skill to defend the viva-voce
4. To develop the skill of data analysis and interpretation
5. To develop the spirit of research ethics

PREPARATION AND SUBMISSION OF DISSERTATION: Outline of dissertation report:

- Chapter One: Introduction- Background and significance of the study, Statement of the research problem, Research questions and hypotheses, Objectives of the study, Scope and limitations of the study
- Chapter Two- Review of related literature (Ancient and Scientific Review): Summary of existing research relevant to the topic, Identification of research gaps, Justification for the current study
- Chapter Three: Aim & Objectives, Research Question, Hypothesis, Null Hypothesis.
- Chapter Four: Research Methodology—Population and sample, research design, ethical consideration, and approval (IEC Clearance, if applicable). Details of interventions (yoga techniques, duration, frequency, etc.), data collection methods (questionnaires, physiological measurements, interviews, etc.), statistical tools and techniques used for data analysis.
- Chapter Five—Results and interpretation of Data, presentation of findings using tables, graphs, and charts.
- Chapter Six- Discussion: Explanation of key findings, Implications of the study in the field of yoga and health, Strengths and limitations of the study, Conclusion, educational implications and suggestions
- Bibliography/ References: List of all cited sources formatted according to APA
- Appendix: Questionnaires, consent forms, raw data, additional tables/figures, etc.

- One research paper and seminar presentation related to your selected topic
- Pre-submission presentation
- Viva-Voce

This outline ensures a comprehensive approach to experimental research in yoga, aligning with academic standards and research integrity.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-402	Yogic Diet and Nutrition	Core	70	30	100	4

Course Objectives

1. To provide a comprehensive understanding of the basic concepts, components, and functions of food and nutrition, including their role in health and disease management from both modern and yogic perspectives.
2. To study various food groups, their selection, preparation, nutritive values, and therapeutic adaptations in the context of preventive and curative health.
3. To explain the principles of energy balance, metabolism, fasting, and traditional dietary practices such as *Kalp*, highlighting their significance in health and disease management.
4. To explore the yogic concept of diet, its classifications, philosophical foundations, and application in yoga sadhana, healthy living, and constitution-based nutrition.

Learning Outcomes:

1. Understand the concept of diet and the medical value of nutrition.
2. Advise an appropriate diet to different age groups.
3. Benefits and caloric value of various food groups

Unit- I DIETETICS AND NUTRITION [15 Hrs]

- 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; macronutrients – sources, functions and effects on the body; micro nutrients – sources, functions and effects on body; Fat soluble nutrients – sources, function and effects on the body; significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their role.
- Yogic concept of Diet and its relevance in the management of lifestyle, Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

Unit-II FOOD GROUPS [15Hrs]

- 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, Jaggery- Selection, Preparation and Nutritive Value
- Precautions in Nutritional Prescription, Therapeutic Nutrition, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, Fruits and raw Ingredients and sprouted grains

Unit-III FOOD AND METABOLISM [15 Hrs]

- Energy - Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA (Specific Dynamic Action), Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR. Concept, Significances and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases; Concept, significance of Kalp, Types of Kalp, Precautions of Kalp, Role of Kalpas in the Management of Major Disorders

Unit – IV: YOGIC CONCEPT OF DIET & NUTRITION [15hrs]

- General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Suggested Readings:

- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- DewanA.P. Food and Nutrition
- Dr. Rudolf Diet and Nutrition, Himalayan InstitutePress.
- JussawalaJ.M.Food that Heals : Natural Dietetics
- M.Swaminathan Food and Nutrition
- M.Swaminathan Principle of Nutrition and Dietetics
- Prof. Ramharsh Singh, Swashthavritta VigyanChaukhambha
- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Randolph Stone : A Purifing Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Sriram Sharma Acharya- Liven sharadah shatam, Akhand JyotiMathura
- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- VijaiLaxmi Dietetics

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-403	Yoga Therapy for Common Ailments - II	Core	70	30	100	4

Course Objectives:

- To give a comprehensive idea about the diseases, their symptoms, causes, aggravating factors and pathogenesis.
- To make the students understand the principles of the management and line of treatment followed in Modern medicine and Yoga therapy.

Learning Outcomes:

Following the completion of this course, students will be able

- . Learn the yoga therapy techniques for various chronic disease conditions
- Learn the indications and contra-indication of yoga in different chronic health conditions.
- Learn yoga therapy modules for various chronic health conditions as a line of treatment in yoga therapy.

Unit-I: YOGIC MANAGEMENT FOR GASTROINTESTINAL DISORDERS [15Hrs]

Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic Management; Constipation and Diarrhoea - Definition, Etiopathogenesis, Clinical Features, Medical and Yogic Management; Irritable Bowel Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Inflammatory Bowel Disease, Ulcerative Colitis—Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management.

Unit –II: YOGIC MANAGEMENT FOR MUSCULO-SKELETAL DISORDERS [15Hrs]

Back Pain: Lumbar Spondylosis, Intervertebral disc prolapses (IVDP), Spondylolisthesis, Spondylitis, Psychogenic Lumbago, Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain; All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis; Medical and Yogic management; 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: YOGIC MANAGEMENT OF NEUROLOGICAL DISORDERS [15Hrs]

Migraine, Causes, Classification, Clinical Features, Medical and Yogic Management, Tension headache: Causes and its symptoms, Medical and Yogic management; Cerebro vascular accidents - Causes, clinical features, Medical and Yogic management; Epilepsy; pain; Autonomic dysfunctions - Causes, clinical features, Medical and Yogic management; Parkinson‟s disease - Causes, clinical features, Medical and Yogic management.

Unit –IV: YOGIC MANAGEMENT FOR PSYCHIATRIC DISORDERS [15Hrs]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis, Neurosis, Anxiety disorders - Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Medical and Yogic management; Depression – Dysthymia, Major depression, Medical and Yogic management; Psychosis – Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

Suggested Readings:

- R. Nagarathna and H. R. Nagendra (2010). Yoga for Arthritis (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- R. Nagarathna and H. R. Nagendra (2008). Yoga for Anxiety and Depression (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- R. Nagarathna and H. R. Nagendra (2010). Yoga for Gastro Intestinal Disorders (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- G. Mohan and Indira Mohan (2004). Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness (1st edition), ISBN-10: 1590301315, Shambhala Publisher

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-404-A	Eminent Indian Yogis	Foundation (Elective)	70	30	100	4

Course Objectives

1. To study the life histories of eminent Indian Yogis and understand their philosophical and practical contributions to Yoga.
2. To analyze the role of ancient and modern Yoga masters in the development and propagation of Yoga.
3. To explore the integration of spiritual, philosophical, and scientific perspectives in the teachings of these Yogis.
4. To inspire students to apply the principles and values demonstrated by these Yogis in personal and professional life.

Learning Outcomes

1. Describe the life events and major contributions of key ancient and modern Indian Yogis.
2. Compare the philosophies, practices, and approaches to Yoga among different Yoga masters.
3. Interpret the relevance of the teachings of these Yogis in the contemporary context.
4. Integrate lessons from the lives of Yogis into personal Yoga practice and teaching methodology.

Unit- I LIFE SKETCH AND CONTRIBUTION OF INDIAN YOGIS [15 Hrs.]

- Life sketch and their contribution to Yoga:
- Maharshi Patanjali, Maharshi *Yagyavalakya*, Maharshi *VedVyasa*, Maharshi Nath

Unit- II LIFE SKETCH AND CONTRIBUTION [15 Hrs.]

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

Unit-III LIFE SKETCH AND CONTRIBUTION [15 Hrs.]

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

Unit-IV LIFE SKETCH AND CONTRIBUTION [15 Hrs.]

- Life sketch and their contribution to Yoga: Maharshi Raman, Shri Aurobindo, Swami Shivanand, Paramhansa Yoganand.
- Life Sketch and their contribution to Yoga: Swami Satyanand, Swami Kuvalyananda, Maharshi Mahesh Yogi.

Books Recommended

1. Vivekananda, Swami. *Complete Works of Swami Vivekananda*. Advaita Ashrama, Kolkata.
2. Satyananda Saraswati, Swami. *Asana Pranayama Mudra Bandha*. Bihar School of Yoga, Munger.
3. Kuvalayananda, Swami. *Yoga Mimamsa*. Kaivalyadhama, Lonavla.
4. Paramahansa Yogananda. *Autobiography of a Yogi*. Self-Realization Fellowship, Los Angeles.
5. Aurobindo, Sri. *The Synthesis of Yoga*. Sri Aurobindo Ashram Publication Department, Pondicherry.
6. Raman Maharshi. *Talks with Sri Ramana Maharshi*. Sri Ramanasramam, Tiruvannamalai.
7. Patanjali, Maharshi. *Yoga Sutras of Patanjali* (Any standard translation with commentary – e.g., Swami Prabhavananda & Christopher Isherwood).
8. Shivananda Saraswati, Swami. *The Practice of Yoga*. Divine Life Society, Rishikesh.
9. Yogananda, Paramhansa. *The Second Coming of Christ*. Self-Realization Fellowship, Los Angeles.
10. Dayananda Saraswati, Maharshi. *Satyarth Prakash*. Arya Samaj Publication.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-404-B	Yoga in World Religions - Synthesis	Foundation (Elective)	70	30	70	4

Course Objectives

1. To provide an understanding of the meaning, essence, and goals of major world religions.
2. To explore the philosophical and practical aspects of Yoga in Jainism, Buddhism, Sufism, Islam, and Christianity.
3. To analyze similarities and differences between yogic practices across various religious traditions.
4. To promote inter-religious harmony through the study of meditative and contemplative practices.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain the core teachings and ultimate goals of human life in Jainism, Buddhism, Islam, Sufism, and Christianity.
2. Identify and describe specific yogic or meditative practices associated with each religious tradition.
3. Compare and contrast the philosophical principles underlying these practices.
4. Apply selected meditation techniques from different traditions for personal growth and well-being.

Unit I RELIGIONS AND THEIR ESSENCE [15 Hrs]

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

Unit - II YOGA IN JAINISM AND BUDDHISM [15 Hrs]

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya- astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

Unit - III YOGA IN SUFISM AND ISLAM [15 Hrs]

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

Unit - IV YOGA IN CHRISTIANITY [15 Hrs]

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

Suggested Readings:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Swami Niranjanananda Saraswati: Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,
3. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)
4. Parragon: World Religion, Parragon Publishing India.

Recommended Readings:

1. Vedic Rituals and Healing: Traditional and Contemporary Perspectives
2. Yoga and Its Therapeutic Application in Modern Times - Yajnas in Practice
3. The Science of Mantras and Healing Frequencies
4. Agnihotra and its Healing Effects on Body and Mind.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-404-C	Complementary & integrative Therapy (CIT)	Foundation (Elective)	70	30	100	4

Course Objectives

1. To introduce the history, concepts, principles, and contemporary relevance of Complementary and Integrative Therapies (CIT) and Mind-Body Medicine (MBM).
2. To provide theoretical and practical understanding of Manipulative and Body-Based Therapies, including acupressure and reflexology.
3. To impart knowledge of Energy Medicine, with emphasis on pranic healing, aura, chakras, and energy balancing techniques.
4. To apply acupressure and pranic therapeutic approaches in the management of common physical, physiological, and psychological disorders.

Learning Outcomes

1. Explain the definitions, objectives, principles, applications, and limitations of CIT, MBM, MBT, and Energy Medicine.
2. Demonstrate the location and application of major meridians, acupoints, and energy centers in therapeutic practice.
3. Apply pranic healing and acupressure techniques for the prevention and management of selected health conditions.
4. Evaluate the effectiveness and scope of integrative therapies in promoting holistic health and wellness.

Unit- I- INTRODUCTION [15 Hrs]

CIT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. Mind-Body Therapy**:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era- Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT -II MANIPULATIVE-BODY BASED THERAPY (MBT) [15 Hrs]

Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

UNIT-III ENERGY MEDICINE: [15 Hrs]

History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

UNIT-IV ACUPRESSURE & PRANIC THERAPEUTICS: **[15 Hrs]**

Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Iritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

REFERENCES

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2. Acharya, B. (2005). Ayurveda Jadi-butl Rahasya. Haridwar, India: Divya Prakashan. Brahmabarchas. (2003). Nidan Chititsa. Haridwar, India: Ved Mata Gayatri Trust.
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8. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
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11. Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.
12. Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-405	Yoga Practice - IV		50		50	2

Course Objectives

1. To impart knowledge of the techniques, benefits, and precautions of Yogic Sukshma Vyayam, Asanas, Bandhas, Mudras, and Meditation.
2. To develop physical strength, flexibility, and mental stability through systematic yogic practices.
3. To enhance awareness of the physiological and psychological impacts of yogic exercises.
4. To cultivate discipline, mindfulness, and holistic well-being through regular practice.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Demonstrate correct techniques and follow precautions for selected Sukshma Vyayam, Asanas, Bandhas, and Mudras.
2. Explain the physical, mental, and spiritual benefits of these yogic practices.
3. Differentiate between Dharana and Dhyana, and practice Yoga Nidra effectively.
4. Incorporate appropriate yogic techniques into a personal wellness routine for long-term health benefits.

Unit-I: YOGIC SUKSHMA VYAYAM

Meaning and its Benefits. Techniques of Yogic Suksham Vyayam. Precautions concerning the following Sukshma Vyayam- Vakkshasthal Shakti vikasak- 2 step; Udar Shakti Vikasak- 10 step; Kati Shakti Vikasak- 5 step; Muladhar Chakra Shuddhi; Swadhisthan Chakra Shuddhi; Kudalini Shakti Vikasak; Jangha Shakti Vikasak- 2 step; Janu Shakti Vikasak; Pindali Shakti Vikasak; Pad Mul Shakti Vikasak; Pad Tal Shakti Vikasak; Padanguli ShaktiVikasak.

Unit-II ASANAS

Techniques and Benefits of Asanas Types of Asanas in standing Posture. Precautions concerning the following

Asanas: Utkatansana, Tarasana,Trikonasana, Katichakrasana (side bendings), Ardha Katicharasana,Garunasana, Vrakshasana, Virasana Natrajansana, Padhastana

Unit-III BANDHA

Meanings Types of Bandhas, Techniques and Precautions of the following Bandha Jalandhar Bandha, Mul bandha, Uddiyan Bandha, Maha bandha.

Types of Mudras, Benefits of Mudra.

Techniques and Precautions of the following Mudras: Gyan Mudra, Chin Mudra, Shambhavi Mudra, Nasikagra Mudra, Bhuchari Mudra, Akashi Mudra, Kaki Mudra.

Unit-IV: MEDITATION

Meaning, Types of Meditation Benefits of Meditation, Difference between Dharana and Dhyan Yoga Nidra- meaning and Benefits.

Course Code	Course Title	Course Type	End Sem	Sessional	Total Marks	Credit
MMY-406	Yoga and Health	Value addition/ Skill development	35	15	50	2

Course Objectives:

1. To understand the multidimensional concept of health from WHO, Indian systems of medicine (Ayurveda, Naturopathy), and yogic perspectives including the causes and nature of disease (Adhi and Vyadhi).
2. To explore foundational yogic concepts such as Triguna, Pancha Mahabhutas, Pancha Prana, Shat Chakra, and Pancha Kosha, and their significance in maintaining health and promoting healing.
3. To examine the role of yoga in preventive health care by studying yogic principles of lifestyle, causes of ill health, and the psychological and emotional aspects of well-being through yogic philosophy.
4. To introduce the principles of yogic diet and counselling by understanding traditional dietary guidelines, constitution-based nutrition, and integrating yogic counselling for psycho-somatic wellness.

Learning Outcomes:

1. To help students to understand the concept of health
2. To understand the concept of Triguna, Panchamahabhootha, Pancha prana, Shat Chakra, Pancha kosha
3. To understand the concept of preventive health care
4. To understand the causal factors and viewpoints in abnormal psychology
5. To understand the concept of Yogic diet and Yogic counselling

Unit–I: THE CONCEPT OF HEALTH AND HEALTHY LIVING [15 hrs]

- Definition & Importance of Health according to WHO.
- Dimensions of Health: Physical, Mental, Social, and Spiritual.
- Concept of Health and Disease in Indian Systems of Medicine – Ayurveda and Naturopathy.
- Yogic Concept of Health and Disease: Concept of *Adhi* and *Vyadhi* – meaning and definitions.
- Yoga as a way of life – *Heyam Dukham Anagatam*.
- Potential causes of ill-health: *Tapatrayas* and *Kleshas*.
- Physical & physiological manifestations of disease: *Vyadhi, Alasya, Angamejayatva, Svasa-prashvasa*.
- Mental & emotional ill-health: *Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha, Daurmanasya*.
- Yogic principles of healthy living: *Ahara, Vihara, Achara, Vichara*.
- Role of yogic positive attitudes (*Maitri, Karuna, Mudita, Upeksha*) in healthy living.
- Concept of *Bhavas* and *Bhavanas* with relevance to health and well-being.

Unit–II: YOGIC CONCEPTS FOR HEALTH, HEALING, AND COUNSELLING [15 hrs]

- Concepts of *Trigunas*, *Pancha-mahabhutas*, *Pancha-prana* and their role in health and healing.
- Concepts of *Pancha-koshas* and *Shat-chakra* and their role in health and healing.

- General introduction to *Ahara* and concept of *Mitahara*.
- Classification in Yogic diet according to traditional yoga texts.
- Diet according to body constitution (*Prakriti*) – *Vata, Pitta, Kapha* and also *Gunas.*
- Concepts of diet (*Pathya* and *Apathya*) according to *Gheranda Samhita, Hatha Pradipika,* and *Bhagavad Gita*.
- Importance of Yogic diet in *Yoga Sadhana* and healthy living.
- Introduction to Yogic counselling: concepts from *Yoga Vashistha, Bhagavad Gita, Patanjali Yoga Sutras,* and *Upanishads*.
- Comparative study of total personality according to Yoga and modern psychology.
- Application of Yogic counselling in psycho-somatic diseases.

Essential Books:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore 2010.
3. Heriza, N., Ornish, D. Merz, C.N.B.: Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004)
4. Swami Kuvalayananda, S. L. Vinekar. Yogic Therapy: Its Basic Principles and Methods. Central Health Education Bureau, Government of India, 1963.
5. Swami Shivananda Saraswati. Yogic Therapy, Or, Yogic Way to Cure Diseases Shivananda Math & Yogashram Sangha, 2007

Suggested Books:

1. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Gharote, M.M.: Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006