

**MAHAKAUSHAL UNIVERSITY,  
JABALPUR M.P.**

**Approved by Higher Education  
And the Governor of M.P.**



**Faculty of Arts & Humanities**

**Scheme & Syllabus**

**For**

**Subject – Yogic Science**

**M.A. Program**

**(1 Year PG Diploma/ 1 Year PG/ 2Year PG)**

**Program**

**I to IV Semester**

**2025-26**

<b>Part A: Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: I (Sem -I)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>MAYS0101-T</b>	
<b>2</b>	<b>Course Title</b>	<b>ANCIENT STUDY OF YOGA</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	<b>Core Course</b>	
<b>4</b>	<b>Pre-requisite (if any)</b>	<b>To study this course, a student must have Yoga in degree.</b>	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Know about the different types of yoga.</li> <li>• Understand the importance of yoga in different eras.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	<b>6</b>	
<b>7</b>	<b>Total Marks</b>	<b>Maximum Marks: 40+60</b>	<b>Minimum Passing Marks: 40</b>
<b>Part B: Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
<b>I</b>	<p>Origin, History and development of Yoga in Vedic period; meaning, definition and aim of yoga, Philosophical aspect of Yoga Activity:</p> <ul style="list-style-type: none"> <li>• Role Play on Philosophical aspect of Yoga</li> <li>• Group Discussion on "Different Schools of Yoga as a path to liberation as explained in ancient Indian tradition"</li> </ul>	<b>18</b>	
<b>II</b>	<b>Philosophy of Vedas, Upanishads and Shad- darshans</b>	<b>18</b>	
<b>III</b>	<b>Types of yoga: Jnana Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga, Hatha Yoga, Laya Yoga, Mantra Yoga</b>	<b>18</b>	
<b>IV</b>	<b>Yoga Tattva in Shrimad Bhagvad Gita: Introduction and Definitions of Yoga, Concept of Sthit Prajna, Samkhya Yoga, Sanyasa Yoga and Nature of Karma,</b>	<b>18</b>	

	<b>Dhyana Yoga, Concept of Triguna</b>	
V	<b>Introduction to various yogic texts: Yoga Sutra, Hatha Pradipika, Shiv Samhita, Gheranda Samhita, Vashishtha Samhita</b>	18
<b>Keywords/Tags: Yoga, Philosophy, History of Yoga, School of Yoga, Indian Philosophy, Hatha Yoga, Yogic Text, Yogic Literature, Triguna, Bhagwad Geeta</b>		

<b>Part C: Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b>		
1. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization, 1st ed., 2010.		
2. Dasgupta S. N: History of Indian Philosophy, Moti Lal Banarsi Das (MLBD), Delhi, 2012.		
3. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.		
4. Rawat A.: Yoga and Yogi, Satyam Publishing House, New Delhi, 1 <sup>st</sup> Ed. 2017.		
5. Saraswati, S. V.: Science of Yoga, Yoga Niketan Trust, Rishikesh, 2007.		
6. The Yoga Tradition-Its History, Literature, Philosophy and Practice by Georg Feuerstein, Motilal Banarsidass, Delhi, 2002.		
7. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 1 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas.		
8. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 2 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas.		
9. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 3 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas.		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D : Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b>		
<b>Maximum Marks: 100 Marks</b>		
<b>Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks</b>		
<b>Internal Assessment:</b>	<b>Class Test</b>	<b>40</b>
<b>Continuous Comprehensive Evaluation (CCE):</b>	<b>Assignment/Presentation</b>	

<b>External Assessment:</b>	<b>Section (A)-</b> Five very short answer question (20 words each)	<b>02 Marks x 05 Questions = 10 Marks</b> <i>(All 5 Questions to be attempted)</i>
<b>University Examination:</b>	<b>Section (B)-</b> Five short answer question (200 words each)	<b>06 Marks x 05 Questions = 30 Marks</b> <i>(5 Questions to be attempted out of total 8 Questions)</i>
<b>Time: 3 Hours</b>	<b>Section (C)-</b> Two long answer question (500 words each)	<b>10 Marks x 02 Questions = 20 Marks</b> <i>(2 Questions with each having internal choice)</i>
		<b>Total Marks = 60</b>

Part A: Introduction			
Program: PG		Class: M.A.	Year: I (Sem - I)
Session: 2025-26		Subject: Yoga	
1	Course Code	MAYS0102-T	
2	Course Title	YOGA AND HEALTH	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• understand about dimensions of holistic health.</li> <li>• understand about basic principles of yoga in relation to holistic health.</li> <li>• eradicate the misconceptions about yoga.</li> </ul>	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Minimum Passing Marks: 40
Part B: Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	Definition and importance of health according to WHO, Dimensions of health, Concept of health and disease in Indian system of medicine Activity: <ul style="list-style-type: none"> <li>• Poster Making on Dimensions of Health</li> <li>• Role Play (Nukkad Natak) on "Importance of Health Awareness and Yoga"</li> </ul>	18	
II	Concept of holistic health according to Yoga Sutra, Ayur Vedic approach to health, Naturopathic concept of health	18	

III	Basic Principles of Yoga and their role in health and healing: Triguna, Tridosha, Panchakoshas, Panchprana, Nadis, Shadchakra, Panchamahabhutas,	18
IV	Concept of Ahara in yogic texts: Gheranda Samhita, Hatha Pradipika, Shrimad Bhagvad Gita; Importance of Yogic diet in yoga sadhana and its role in healthy living	18
V	Yogic Principles of healthy living: Ahara, Vihara, Achara, Vichara; Role of yogic positive attitudes (Maitri, Karuna, Mudita, Upeksha) for healthy living Swasthavratta: Definition, importance and relevance at present; Swasthavratta and lifestyle; Biological clock in relation to Swasthavratta.	18

**Keywords/Tags:** Health, Yoga and Health, Naturopathy, Ayurveda, Holistic Health, Yogic Diet, Diet, Basic Principles of Yoga, Nadis, Prana, yogic positive attitude, Swasthavratta

**Part C: Learning Resources**

**Textbooks, Reference Books, Other Resources**

**Suggested Readings:**

1. Sadhana Dauneria, Patanjali Yoga Sara, Madhulika Prakashan, Allahabad, 1<sup>st</sup> edn., 2017
2. Park K, Park's Textbook of Preventive and Social Medicine, 21<sup>st</sup> edition, M/S Banarasidas Bhanot Publishers
3. Digambarji Swami, Dr. Charote M.L., Gheranda Samhita, 2<sup>nd</sup> edition, (1997), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
4. Digambarji Swami, Pt. Kakoje Shastri Raghunatha, Hathapradipika, 2<sup>nd</sup> edition, (1998), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
5. Jindal Rakesh, Science of Natural Life, 3<sup>rd</sup> edition (2007), Arogya Sewa Prakashan, Modinagar

**Suggested Equivalent Online Courses:**

**Part D: Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

**Maximum Marks: 100 Marks**

**Continuous Comprehensive Evaluation (CCE): 40 Marks, University Exam: 60 Marks**

<b>Internal Assessment:</b>	<b>Class Test Assignment/Presentation</b>	<b>40</b>
<b>Continuous Comprehensive Evaluation (CCE):</b>		

**External Assessment:**  
University Examination:  
Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)  
**Section (B)-** Five short answer question (200 words each)  
**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
(All 5 Questions to be attempted)  
**06 Marks x 05 Questions = 30 Marks**  
(5 Questions to be attempted out of total Questions)  
**10 Marks x 02 Questions = 20 Marks**  
(2 Questions with each having internal choice)  
**Total Marks = 60**

<b>Part A: Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: I(Sem - I)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>MAYS0101-P</b>	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-I(YOGA PRACTICES)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	<b>Core Course</b>	
<b>4</b>	<b>Pre-requisite (if any)</b>	<b>To study this course, a student must have Yoga in degree.</b>	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	<b>4</b>	
<b>7</b>	<b>Total Marks</b>	<b>Maximum Marks: 100</b>	<b>Minimum Passing Marks: 40</b>
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120 L-T-P:</b>			
	<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>
	<b>I</b>	<b>Shatkarma: Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama &amp; Sheetkrama Kapalbhati, Agnisaraṅ Nauli, Trataka.</b>	<b>24</b>
	<b>II</b>	<b>Surya Namaskara along with recitation of mantras</b>	<b>08</b>

III	<p>Asanas: suksham yogickriyas</p> <p>Ardha halasana, ardha pawanmuktasana, Naukasana, Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, ardha salabhasana Shalabhasana,</p>	60
	<p>Vipritnaukasana, Vakrasana, Swastikasana, Brahmamudra, Yogamudra, Pashchimottanasana, Ushtrasana, Ardhashchakrasana, Katichakrasana, Padahasthasana, Vrikshasana, Tadasana.08</p> <p>Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ek-pada-bakasana, .</p>	
IV	<p>Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana</p> <p>Pranayamaa Bandha: moolbandha uddiyanbandha, jalandharbandha</p>	16
V	<p>Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mindfulness Meditation</p>	12
<p><b>Keywords/Tags: Shatkarma, Asana, Cultural Asana, Meditative Postures, Relaxation, Pranayama, Bandha, Mudra, Dhyana, Meditation, Suryanamaskar</b></p>		
<p></p>		

<b>Part C : Learning Resources</b>			
<b>Textbooks, Reference Books, Other Resources</b>			
<b>Suggested Readings:</b>			
<ol style="list-style-type: none"> <li>1. Kuvalyananda Swami, Pranayamaa, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>2. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)</li> <li>4. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> <li>5. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> </ol>			
<b>Suggested Equivalent Online Courses:</b>			
<b>Part D : Assessment and Evaluation</b>			
<b>Internal Assessment</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Marks</b>
<b>Class Interaction/Quiz</b>		<b>Viva Voce on Practical</b>	
<b>Attendance</b>		<b>Practical Record File</b>	

### Assessment and Evaluation

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Marks</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

<b>Part A : Introduction</b>			
<b>Program: PG</b>		<b>Class: M.A.</b>	<b>Year: I (Sem - I)</b>
<b>Session: 2025-26</b>			
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	MAYS0102-P	
<b>2</b>	<b>Course Title</b>	PRACTICUM-2(YOGA AND NATUROPATHY)	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the necessity and significance of Natural life.</li> <li>• Define the utility of natural therapy for self and society.</li> <li>• Elaborate the uses of natural Sources.</li> <li>• Develop an insight for uses of natural therapy in human life</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	<b>Maximum Marks: 100</b>	<b>Minimum Passing Marks: 40</b>
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>	
<b>I</b>	Introduction to Naturopathy, Panchamahabhuta Theory, Natural life, meaning, Definition & Principles of Naturopathy; Health, Root cause of Disease, Acute & Chronic disease, Healing and Disease Crisis.	24	
<b>II</b>	<b>Hydrotherapy:</b> Introduction & importance of water therapy, Remedial properties of Water, Methods of Hydrotherapy, hip bath, steam bath, spine bath, foot & hand bath, full immersion bath; enema. <b>Mud therapy:</b> Properties, types & importance of Mud; Packs of Mud, Abdominal Chest Throat Eye Full Body Mud Pack.	24	
<b>III</b>	<b>Heliotherapy:</b> Importance of Sun therapy, Types of Sun Bath, Physiological effects of Sun Bath.	24	

	<b>Chromo therapy:</b> <b>VIBGYOR, Properties and therapeutic Uses of different colors.</b>	
<b>IV</b>	<b>Fasting Therapy:</b> <b>Definitions and Types of Fasting (Complete Fast, Partial Fast, Water Fast, Juice Fast, Mono diet), and its effect on the Body, how to start &amp; break a fast.</b>	<b>24</b>
<b>V</b>	<b>Massage Therapy:</b> <b>Definition and importance of massage, Different types of massages, Physiological effects of massage.</b> <b>Air Therapy:</b> <b>Importance of air, Air Baths and their physiological effects.</b>	<b>24</b>
<b>Keywords/Tags: Naturopathy, Panchamahabhut, Health, Disease, Healing, Disease Crises, Hydro Therapy, Mud Therapy, Heliotherapy, Chromo Therapy, Fasting, Massage, Air Therapy</b>		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<ol style="list-style-type: none"> <li>1. M.K. Gandhi: My Nature Cure</li> <li>2. Practice of Nature Cure-Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhanda.</li> <li>1. Home Remedies- Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhanda.</li> <li>2. Health &amp; Hygiene- Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhanda</li> <li>3. Philosophy and practice of Nature Cure- By Henry Lindlahr.</li> <li>4. Practical Nature Cure - By Dr. K. Laxman Sharma</li> <li>5. My Nature Cure - By M.K. Gandhi</li> <li>6. Introduction to Natural Hygiene - By Herbert M. Shelton</li> <li>7. Return to nature - Adolf Just</li> <li>8. Jindal Rakesh, Science of Natural Life, 3<sup>rd</sup> edition (2007), Arogya Sewa Prakashan, Modinagar</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		

### Assessment and Evaluation

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but **TOTAL** marks distribution will remain same)

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Marks</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

**SEMESTER-II**

<b>Part A : Introduction</b>				
<b>Program: PG</b>		<b>Class: M.A.</b>	<b>Year: I(Sem -II)</b>	<b>Session: 2025-26</b>
<b>1</b>	<b>Course Code</b>	MAYS0201-T		
<b>2</b>	<b>Course Title</b>	PATANJALA YOGA SUTRA		
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course		
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.		
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand various modification of mind</li> <li>• and the means of inhibiting them.</li> <li>• Know about patanjala yoga sutra and its relevance in life.</li> </ul>		
<b>6</b>	<b>Credit Value</b>	6		
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Minimum Passing Marks: 40	
<b>Part B : Content of the Course</b>				
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>				
<b>L-T-P:</b>				
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>		
I	<p>Importance and Nature of Yoga Philosophy in Indian philosophy, Brief introduction of Patanjala Yoga Sutra (P.Y.S.), Chitta, Citta Bhoomis, Citta-Vrittis</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Group Discussion on importance of Patanjala Yoga Sutra as supreme science</li> <li>• Debate on supremacy of Hatha Yoga v/s Raja Yoga</li> </ul>	18		
II	<p>Citta-Vritti Nirodhopaya (Abhyasa and Vairagya), Concept of Ishwar and Ishwar Pranidhana, Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam and methods, Sapta-Pranta-Bhumi, Concept of Samadhi</p>	18		

III	Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukh vada (Heya, Hetu, Hana, Hanopaya), Drishya- Drashta, Samyoga, Vivekakhyaati, Methods of Vivek Jnana.	18
IV	Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama and Pratyahara their nature, benefits and usefulness.	18
V	Introduction of Dharana, Dhyana and Samadhi, Samyama, Types of Chitta Parinama, Vibhuti and Siddhis, Viveka Jnana, Nature and importance of Kaivalya	18

**Keywords/Tags:** Ashtanga Yoga, Yoga Sutra, Chitta Prasadana, Chitta Bhoomi, Chitta Vikshepa, Ishwara, Pancha Klesha, Drishta, Drishya, patanjala yoga sutra, yoga darshna

**Part C : Learning Resources**

**Textbooks, Reference Books, Other Resources**

**Suggested Readings:**

1. Sadhana Dauneria, Patanjali Yoga Sara, Madhulika Prakashan, Allahabad, 1<sup>st</sup> edn., 2017
2. Iyengar B.K.S., Light on Yoga Sutras of Patanjali, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi
3. Karambelkar P.V., Patanjali Yoga Sutras, S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
4. Saraswati Satyananda, Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali, 1<sup>st</sup> edition (2002), Bihar Yoga Bharti, Munger, Bihar

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:

Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)

**Section (B)-** Five short answer question (200 words each)

**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
(All 5 Questions to be attempted)

**06 Marks x 05 Questions = 30 Marks**  
(5 Questions to be attempted out of total 8 Questions)

**10 Marks x 02 Questions = 20 Marks**  
(2 Questions with each having internal choice)

**Total Marks = 60**

<b>Part A: Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: I(Sem -II)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	yoga	
<b>1</b>	<b>Course Code</b>	MAYS0202-T	
<b>2</b>	<b>Course Title</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY IN RELATION TO YOGA</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the structure and functioning of the body.</li> <li>• Know the functioning of systems and the effect of yoga on them.</li> <li>• Be aware of the effect of yoga in increasing immunity.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	6	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Minimum Passing Marks: 40
<b>Part B: Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
I	<p>Cell, Tissues and Musculo-Skeletal System</p> <p>Introduction to Anatomy and Physiology in Yoga. Structure and function of cell; Tissues- Introduction, types and functions; Anatomy of the Skeleton; Muscles- Mechanism of muscle contraction, Classification of bones; Joints- Types, Structure and functions. Homeostasis. Effect of yoga on Musculo skeletal system.</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Poster or Model Making of Human Body (Modern and Yogic)</li> <li>• Role Play on health of different</li> </ul>	18	

	organs	
II	<p>Digestive and Excretory System</p> <p>Digestive system: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large &amp; small intestine, anus; Associated glands - Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition. Excretory system of human- Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation- Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation. Effect of yoga on Digestive and Excretory System</p>	18
III	<p>Respiratory System</p> <p>Respiratory system of human- Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder. Effect of yoga on Respiratory System</p>	18
IV	<p>Circulatory System:</p> <p>Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood vessels; Blood pressure and regulation of blood pressure. Effect of yoga on Circulatory System</p>	18
V	<p>Endocrine and Nervous System</p> <p>Structure and function of important endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action. Structure</p>	18

	and function of human brain.-Fore brain, mid brain, hindbrain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system-Sympathetic and para sympathetic nervous system. Effect of yoga on Endocrine and Nervous System	
--	--	--

**Keywords/Tags:** Homeostasis, Cell, Tissue, Organ, System, Muscles, Nerve, Blood, Hormone, Metabolism, Bones, Joint, Feedback Mechanism, Osmosis, Diffusion

**Part C : Learning Resources**

Textbooks, Reference Books, Other Resources

**Suggested Reading:**

1. Gerard J Tortora & Bryan H Derrickson: Tortora's Principles of Anatomy and Physiology, Wiley, 15<sup>th</sup> Edition, 2017.
2. A. Waugh: Ross and Wilson Anatomy and Physiology in Health and Illness, Elsevier HealthSciences, 13<sup>th</sup> Edition, 2018.
3. I Khurana: Text Book of Anatomy and Physiology for Nursing, 2<sup>nd</sup> Edition, CBS Nursing, 2020.
4. Gore M. M.: Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India, 2003.
5. Inderbir Singh: Handbook of Anatomy and Physiology for Nurses, Jaypee Brothers, 1<sup>st</sup> Edition, 2014

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE): 40 Marks, University Exam: 60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:

Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)

**Section (B)-** Five short answer question (200 words each)

**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
(All 5 Questions to be attempted)

**06 Marks x 05 Questions = 30 Marks**  
(5 Questions to be attempted out of total 8 Questions)

**10 Marks x 02 Questions = 20 Marks**  
(2 Questions with each having internal choice)

**Total Marks = 60**

Program: PG		Part A: Introduction		
	Subject	Class: M.A.	Year: I(Sem -II)	Session: 2025-26
1	Course Code	Yoga		
2	Course Title	MAYS0201-P		
3	Course Type (Core Course/Discipline Specific Elective)	PRACTICUM-I(YOGA PRACTICES)		
		Core Course		
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.		
5	Couse Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>		
6	Credit Value	4		
7	Total Marks	Maximum Marks: 100	Minimum Passing Marks: 40	
Part B : Content of the Course				
Total No. of lectures-Tutorials-Practical (in hours per week): 120				
L-T-P:				
Unit	Topics	No. of Lectures (2 hour Each)		
I	Shatkarma: Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka, Danda Dhauti	24		
II	Surya Namaskara along with recitation of mantras	08		

III	Asanas: sukshama yogic kriyas Vipreetkarni, Sarvangasana, Matsyasana, Swastikasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, Pashchimottanasana, Ushtrasana, Ardhachakrasana, Katichakrasana, Padahastanasana, Vrikshasana, Tadasana.  Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ek- pada-bakasana.	60
IV	Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa Bandha: moolbandha uddiyanbandha, jalandharbandha .	16
V	Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mundfulness Meditation	12
<b>Keywords/Tags:</b> Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, Pranayama, Breathing Exercises, Dhyan, Bandha, Meditation, Advance Asana, relaxation.		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b>		
<ol style="list-style-type: none"> <li>6. Kuvalyananda Swami, Pranayamaa, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>7. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>8. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)</li> <li>9. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> <li>10. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		

**Part D: Assessment and Evaluation**

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but **TOTAL** marks distribution will remain same)

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Mar</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: M.A. Yoga</b>	<b>Year: I(II)</b>
		<b>Session: 2025-26</b>	
	<b>Subject</b>	yoga	
<b>1</b>	<b>Course Code</b>	MAYS0202-P	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-II (TEACHING METHODS)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principles and practices of teaching methods of Yoga.</li> <li>• Identify the different levels of yoga practices and its management and disciplines.</li> <li>• Describe the lesson plan.</li> <li>• Develop ideas about the different tools used in yoga teaching.</li> <li>• Demonstrate each practice with confidence and skill.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
Unit	Topics	No. of Lectures (2 hour Each)	
I	<b>Principles and methods of teaching yoga: Teaching and Learning:</b> Concepts and Relationship between the two; <b>Principles of Teaching:</b> Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.	24	
II	<b>Basics of yoga class management:</b> Practice of Yoga at different levels (e.g., Beginners, Advanced, School Children, Youth, Adults, Old age); Techniques of mass and Individualized instructions & teaching; Teaching Management (Time Management, Discipline etc.).	24	
III	<b>Lesson planning in yoga:</b> Essentials of Lesson Plan: concepts,	24	

	needs, planning of teaching Yoga (Shat-kriyas, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Effective use of Library and other resources for Lesson Plan and its Practical applications.	
IV	<b>Educational tools of yoga teaching:</b> Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Timetable: Need, Types, Principles of Timetable construction; Timetable for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga. Principles of teaching yogic practices (Shatkarma, Asana, Pranayama, Mudra, Bandha, Dhyana)	24
V	<b>Lesson Plan Making:</b> <b>Preparing Case History</b> <b>According to Disease:</b> Individual and Group Sessions. <b>For Students:</b> Individual and Group Sessions. <b>For Professionals:</b> Individual and Group Sessions.	24
<b>Keywords/Tags:</b> Yoga, Teaching, Learning, Principles, Practice, Management, Lesson plan, Educational Tools, Case History, Group Session, Individual Session.		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
Suggested Readings: 1. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009 2. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007 3. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi, 4. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D: Assessment and Evaluation</b>		

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)

Internal Assessment	Marks	External Assessment	Marks
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

## Yoga\_2 Year PG Program 2nd Year

### SEMESTER-III

Part A : Introduction			
Program: PG	Class: M.A.	Year: II(sem-III)	Session: 2025-26
Subject	Yoga		
1 Course Code	MAYS0301-T		
2 Course Title	HATHA YOGIC TEXTS		
3 Course Type (Core Course/Discipline Specific Elective)	Core Course		
4 Pre-requisite (if any)	To study this course, a student must have Yoga in degree.		
5 Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> <li>To become familiar with the historical background of Hatha Yoga.</li> <li>Develop an understanding in various pre-requisites of Hatha Yoga practice.</li> <li>Distinguish the various specific personalities of Hatha yogis.</li> <li>Understand the concept of Pranayama and Samadhi</li> <li>Understand the deep concept of Hatha Yoga according to various ancient and authentic Hatha yogic texts</li> </ul>		
6 Credit Value	6		
7 Total Marks	Maximum Marks: 40+60	Maximum Marks: 40+60	
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	<b>Introduction to Hatha Yoga Texts:</b> Hatha Pradipika, Gheranda Samhita, and Shiva Samhita; Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution. <b>Activity:</b> <ul style="list-style-type: none"> <li>Group Discussion on Hatha Yoga Parampara and different cults of Hatha Yogis</li> <li>Debate on misconceptions related to Hatha Yoga &amp; Hatha Yogis</li> <li>Poster Making showing Hatha Yoga as a staircase to Raja Yoga</li> </ul>	18	

II	<b>Hatha Pradipika:</b> Concept of Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Pathya (conducive) and Apathya (non-conducive) diet, Shatkarma, Asanas, Pranayamaas, Mudras, Nadaanusandhana, Kundalini	18
III	<b>Gheranda Samhita:</b> Concept of Ghat Shuddhi, Philosophy of Gheranda Samhita, Saptanga Yoga: Asana, Shatkriya, Pratyahara, Dharana, Pranayama, Dhyana, Samadhi	18
IV	<b>Vashishtha Samhita:</b> Human Anatomy in human context (Nadis, Marma Sthana), Yamas & Niyamas, Ashtanga Yoga: Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi	18
V	<b>Shiv Samhita:</b> Philosophical aspect of Shiv Samhita, Concept of Karma Kanda and Jnana Kanda, Chaitanya-Nature, Chaitanya evam Jagat, Moksha evam Mukti. Human Body- Concept of body from philosophical aspect, Prana- Location and Functions Processes of Mantra Sadhana	18

**Keywords/Tags:** Hatha Yoga, Hathapradipika, Gheranda Smhita, Vashistha Samhita, Shiva Samhita, Sadhaka-Badhaka Tattva, Matha, Pathya-Apathya, Shatkarma, Kumbhaka, Nadanusandhana, Mudra, Bandha, Kundalini, Marmasthan, Ashtanga Yoga, Chaitanya, Moksha Evam Mukti, Prana

#### Part C : Learning Resources

##### Textbooks, Reference Books, Other Resources

##### Suggested Readings:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. Hatha Yoga Pradeepika of Svamarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Commentary of Hatha Yoga Pradeepika), Kaivalyadhama, Lonavala, 2013
4. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
5. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

6. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
7. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:

Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)

**Section (B)-** Five short answer question (200 words each)

**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
(All 5 Questions to be attempted)

**06 Marks x 05 Questions = 30 Marks**  
(5 Questions to be attempted out of total 8 Questions)

**10 Marks x 02 Questions = 20 Mark**  
(2 Questions with each having internal choice)

**Total Marks = 60**

<b>Program: PG</b>		<b>Class: M.A.</b>	<b>Year: II (sem-III)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	Yoga		
<b>1</b>	<b>Course Code</b>	MAYS0302-T		
<b>2</b>	<b>Course Title</b>	<b>HUMAN CONSCIOUSNESS, PSYCHOLOGY AND YOGA</b>		
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course		
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.		
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>To become familiar with the concept of Consciousness</li> <li>Understand the nature of Psychology.</li> <li>Understand the concept of Personality according to Psychology.</li> <li>Understand the causes of Psychosomatic and Psychological Disorders.</li> </ul>		
<b>6</b>	<b>Credit Value</b>	6		
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Maximum Marks: 40+60	
<b>Part B : Content of the Course</b>				
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>				
<b>L-T-P:</b>				
	<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
	I	<p><b>Human Consciousness:</b>  Meaning, Definition, Nature, Areas  Scientific aspects of Human Consciousness, Traditional and Modern theories of Consciousness.  <b>Activity:</b></p> <ul style="list-style-type: none"> <li>Poster Making on traditional and modern theories about the Human Consciousness</li> <li>Group Discussion on Yoga as the supreme science for expansion of Consciousness</li> </ul>	18	
	II	<p><b>Psychology:</b>  Meaning, definition, brief history.  Main perspective of modern psychology.  Psychological methods of data collection.  <b>Personality:</b>  Meaning and definition, Factors determining the personality. Influence of heredity and environmental factors on personality. Levels of personality development, Personality theories</p>	18	

	Freud and Skinner.	
III	<b>Stress:</b> Meaning, definition and types Causes and sources of stress. Methods of stress management, Reaction to stress Factors influencing stress. Tools used to measure stress. Stress management techniques.	18
IV	<b>Memory:</b> Meaning, elements and states Intelligence- meanings, definitions, types and nature Perception- meaning, definition and types Learning- meaning, definition and theory Sleep and states of sleep	18
V	<b>Mental health:</b> Causes and consequences of mental conflict and frustration <b>Introduction to common psychological Disorders:</b> insomnia, depression, stress, anxiety disorders and their yogic management.	18

**Keywords/Tags:** Psychology, Human Consciousness, Personality, Stress, Memory, Intellect, Perception, Learning, Sleep, Mental Health, Insomnia, Anxiety, Depression, Yogic Management

### Part C : Learning Resources

#### Textbooks, Reference Books, Other Resources

#### Suggested Readings:

1. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
2. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behavior. New Delhi: Tata McGraw-Hill, 2010
3. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
4. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007
5. Agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
6. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990
7. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005

8. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
9. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology.
10. Bhardwaj, I.; Manav chetna ; Sataym publication
11. Varnwal Suresh; Yog aur manshik swasthya; New Bharti Publication, New Delhi

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE): 40 Marks, University Exam: 60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:  
Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)

**Section (B)-** Five short answer question (200 words each)

**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
*(All 5 Questions to be attempted)*

**06 Marks x 05 Questions = 30 Marks**  
*(5 Questions to be attempted out of total Questions)*

**10 Marks x 02 Questions = 20 Marks**  
*(2 Questions with each having internal choice)*

**Total Marks = 60**

<b>Part A: Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: II(sem-III)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	yoga	
<b>1</b>	<b>Course Code</b>	MAYS0301-P	
<b>2</b>	<b>Course Title</b>	PRACTICUM-I(YOGIC PRACTICES)	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
Unit	Topics	No. of Lectures (2 hour Each)	
I	<b>Shatkarma:</b> Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka.	24	
II	<b>Surya Namaskara</b> along with recitation of mantras	08	
III	<p>Asanas: Sukshama yogic kriyas</p> <p>Cultural poses- Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, janusirshasana Pashchimottanasana, <del>Adhamatsendrasana</del>, Ushtrasana,</p>	60	

	<p>mandukasana    uttanmandukasana</p> <p>Ardhachakrasana,    Katichakrasana,</p> <p>Padahastasana,    Vrikshasana,</p> <p>Tadasana.</p> <p><b>Advanced Asanas:</b> Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ekpada-bakasana.</p> <p>Meditative poses    Swastikasana, padmasana    ardhapadmasana siddhasana</p> <p>Relaxative poses    shavasana makarasana</p>	
IV	<p><b>Pranayamaa:</b>    Yogic Breathing Technique,    Sectional Breathing, Nadishodhana,    Bhramari,    Shitali, Seetkari,    Bhastrika,    Ujjayi, Suryabhedana,    Chandrabhedana</p> <p>Pranayamaa</p> <p><b>Bandha and mudra:</b>    moolbandha uddiyanbandha,    jalandharbandha mahabandha    mahamudra    sambhavi, ashwini mudra, tadagi, brahmamudra</p>	16
V	<p><b>Meditation:</b>    Omkara,    Transcendental, Vipashyana,    Chakra,    Mindfulness Meditation</p>	12
<p><b>Keywords/Tags:</b> Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, Pranayama, Breathing Exercises, Dhyana, Bandha, mudra, Meditation, Advance Asana</p>		
<p><b>Part C : Learning Resources</b></p>		
<p><b>Textbooks, Reference Books, Other Resources</b></p>		
<p><b>Suggested Readings:</b></p> <p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. Kuvalyananda Swami, Pranayamaa, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>2. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology. 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)</li> <li>4. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> </ol>		

5. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)**

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Marks</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: M.A.</b>	<b>Year: II(Sem-III)</b>
<b>Session: 2025-26</b>			
	<b>Subject</b>	yoga	
<b>1</b>	<b>Course Code</b>	MAYS0302-P	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-II (TECHNIQUES OF ACUPRESSURE)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand about Body's Energy System</li> <li>• Understand about Meridian system</li> <li>• Know about acupoints</li> <li>• Know about Treatment of Common Disorders</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B: Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>	
I	Introduction and History of Acupressure Origin and development of acupressure Introduction to Traditional Medicine	24	
II	Body's Energy System Meridian system Concept of Qi (energy) and blockages	24	
III	Points and Techniques Location of acupressure points (acupoints) Techniques to locate points Methods like pressing, tapping, rubbing, etc.	24	
IV	Treatment of Common Disorders Headache, stress, fatigue, insomnia Digestive issues, joint pain, etc.	24	
V	Practical Training Case studies Live demonstrations and practice sessions	24	
<b>Keywords/Tags:</b> Acupressure, Meridian system, body's energy system Qi- energy,			

<b>Part C : Learning Resources</b>	
<b>Textbooks, Reference Books, Other Resources</b>	
1.	"Acupressure's Potent Points" Michael Reed Gach
2.	"Acupressure for Emotional Healing" Michael Reed Gach Beth Ann Henning
3.	"The Healing Power of Acupressure and Acupuncture" Matthew D. Bauer
4.	"Acupressure for Common Ailments" Dr. Devendra Vora
5.	"Acupressure- singha attar ,manav publication
<b>Suggested Equivalent Online Courses:</b>	
<b>Part D : Assessment and Evaluation</b>	

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Marks</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

**SEMESTER-IV**

<b>Part A : Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: II (Sem-IV)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	Yoga	
<b>1</b>	<b>Course Code</b>	MAYS0401-T	
<b>2</b>	<b>Course Title</b>	APPLICATIONS OF YOGA	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principles of yoga and its application for different age groups.</li> <li>• Understand the principles of yoga and its application for corporate, Medical Professionals, Army Professionals and athletes.</li> <li>• plan about Yogic Diet, Yogic lifestyle and other yogic practices.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	6	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Maximum Marks: 40+60
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
I	<b>Yoga for Different Age Groups</b> Yogic practices for skill enhancement in students, Positive Lifestyle alterations through Yoga in different age groups, Yoga for Pregnancy <b>Activity:</b> <ul style="list-style-type: none"> <li>• Poster Making on Yogic Garbhasamskara</li> <li>• Debate on Modern v/s Yogic Lifestyle: Pros &amp; Cons</li> </ul>	18	
II	<b>Yoga for corporate</b> <ul style="list-style-type: none"> <li>• Introduction and challenges of corporate life.</li> <li>• Yoga for Skill enhancement among corporates</li> <li>• Applications of yogic diet</li> <li>• Yogic lifestyle and stress management.</li> </ul>	18	

III	<b>Yoga for Medical Professionals</b> <ul style="list-style-type: none"> <li>• Introduction and challenges of Medical Professionals.</li> <li>• Yoga for Skill enhancement among Medical Professionals.</li> <li>• Applications of yogic diet</li> <li>• Yogic lifestyle and stress management.</li> </ul>	18
IV	<b>Yoga for Army Professionals.</b> <ul style="list-style-type: none"> <li>• Introduction and challenges of Army Professionals.</li> <li>• Yoga for Skill enhancement among Army Professionals.</li> <li>• Applications of yogic diet</li> <li>• Yogic lifestyle and stress management.</li> </ul>	18
V	<b>Yoga for Sports Professionals</b> <ul style="list-style-type: none"> <li>• Introduction of challenges faced.</li> <li>• Yogic practices for skill enhancement.</li> <li>• Applications of yogic diet</li> <li>• Yogic lifestyle and stress management.</li> </ul>	18

**Keywords/Tags:** Yoga, Corporate Yoga, Skill Enhancement, Yogic Diet, Lifestyle Management, Yoga During Pregnancy, Yoga for Professionals, Workplace Yoga

**Part C : Learning Resources**

**Textbooks, Reference Books, Other Resources**

1. Dr. Prakash C. Malshe - Yoga Book for Doctors
2. Shameem Akhtar- Yoga in the Work Place
3. Kristin Felted - Yoga for runners
4. Related Research

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:  
Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)  
**Section (B)-** Five short answer question (200 words each)  
**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Marks**  
*(All 5 Questions to be attempted)*  
**06 Marks x 05 Questions = 30 Marks**  
*(5 Questions to be attempted out of total 8 Questions)*  
**10 Marks x 02 Questions = 20 Marks**  
*(2 Questions with each having internal choice)*  
**Total Marks = 60**

<b>Part A : Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: II (Sem- IV)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	MAYS0402-T	
<b>2</b>	<b>Course Title</b>	INDIAN PHILOSOPHY	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the foundational texts of Yoga.</li> <li>• Study the concept of Yoga as described in the ancient texts.</li> <li>• Understand the importance of Yoga Philosophy in the stream of philosophical thought.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	6	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Maximum Marks: 40+60
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
I	<ul style="list-style-type: none"> <li>• Nature of Yoga in Upanishads</li> <li>• Meaning and Introduction of the Upanishads.</li> <li>• Place of Upanishads in Indian literature.</li> <li>• Introduction to ten major Upanishads</li> </ul> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Role Play on Krishna-Arjuna Samvad to get knowledge on Indian thought system.</li> <li>• Poster Making on Bhagvad Gita</li> <li>• Debate on importance of Principal v/s Yoga Upanishads</li> </ul>	18	
II	<ul style="list-style-type: none"> <li>• General Introduction to Indian Philosophy</li> <li>• Meaning, Definition and objectives and features of Philosophy</li> <li>• Classification of Indian Philosophy: Astika &amp; Nastika</li> <li>• Importance of Yoga Philosophy in</li> </ul>	18	

	philosophical literature.	
III	<ul style="list-style-type: none"> <li>• Introduction to Nastika (Heterodox) Philosophy</li> <li>• Basic principles and characteristics of Buddhist Philosophy: Four Noble Truths &amp; Ashtanga Marga</li> <li>• Basic principles and characteristics of Jain Philosophy: Panch Mahavratas, Theory of Syadvada, Concept of Jeev &amp; Ajeev</li> </ul>	18
IV	<b>Samkhya Philosophy</b> Nature and twenty-five elements of the Evolution process Principle of Triguna Concept of Satkaryavada Differences and similarities between Samkhya & Yoga Philosophy	18
V	<b>Nyaya-Vaisheshik</b> Concept of Substance, Quality & Realism Theories of Knowledge Concept of Apavarga (Liberation)	18

**Keywords/Tags:** Yoga, Corporate Yoga, Skill Enhancement, Yogic Diet, Lifestyle Management, Yoga During Pregnancy, Yoga for Professionals, Workplace Yoga

**Part C : Learning Resources**

**Textbooks, Reference Books, Other Resources**

1. Sri Arvind Ishavasyopanisad Sri Arvind Society, Pondicherry
2. Baldev Upadhyay Indian Philosophy Motilal Banarsidas, 1979
3. Swami Omanand Tirtha Patanjalyoga Pradeep GeetaPress, Gorakhpur 1998
4. Dr. Rajkumari Pandey - Various Dimensions of Indian Yoga Tradition - Radha Publication New Delhi 2008
5. Jadunath Sinha - Indian Philosophy - Motilal Banasidas Publishers Delhi 2000
6. Dr. Radhakrishnan - Indian Philosophy 1,2 Rajpal & Sons Delhi 2008

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks

**Internal Assessment:**

Continuous Comprehensive Evaluation (CCE):

Class Test Assignment/Presentation

40

**External Assessment:**

University Examination:  
Time: 3 Hours

**Section (A)-** Five very short answer question (20 words each)

**Section (B)-** Five short answer question (200 words each)

**Section (C)-** Two long answer question (500 words each)

**02 Marks x 05 Questions = 10 Mark**  
(All 5 Questions to be attempted)

**06 Marks x 05 Questions = 30 Mark**  
(5 Questions to be attempted out of total Questions)

**10 Marks x 02 Questions = 20 Mark**  
(2 Questions with each having internal choice)

**Total Marks = 60**

<b>Part A : Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: II(IV)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>MAYS0401-P</b>	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM- I(YOGIC PRACTICES)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>	
I	<b>Shatkarma:</b> Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka.	24	
II	<b>Surya Namaskara</b> along with recitation of mantras	08	
III	<p>Asanas: Sukshama yogic kriyas</p> <p>Cultural poses- Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, janusirshasana bhadrasana baddhakonasana ,gomukhasna</p>	60	

	<p>Pashchimottanasana, ardhamatsendrasana Ushtrasana, mandukasana uttanmandukasana Ardhachakrasana, Katichakrasana, Padahastanasana, Vrikshasana, Tadasana.</p> <p><b>Advanced Asanas:</b> Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, akarnadhanurasana Rajakapotasana, chakrasana matsyendrasana vatayana Vrikshchikasana, Ek-pada-bakasana gorakshasana.</p> <p>Meditative poses Swastikasana, padmasana ardhapadmasana siddhasana guptasana</p> <p>Relaxative poses shavasana makarasana</p>	
IV	<p><b>Pranayamaa:</b> Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa</p> <p><b>Bandha and mudra:</b> moolbandha uddiyanbandha, jalandharbandha mahabandha mahamudra sambhavi, ashwini mudra, tadagi, brahmamudra</p>	16
V	<p><b>Meditation:</b> Omkara, Transcendental, Vipashyana, Chakra, Mundfulness Meditation yoganindra</p>	12
<p><b>Keywords/Tags:</b> Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, relaxation, Pranayama, Breathing Exercises, Dhyana, Bandha, Mudra, Advance Asana</p>		
<p><b>Part C : Learning Resources</b></p>		
<p><b>Textbooks, Reference Books, Other Resources</b></p>		
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. Kuvalyananda Swami, Pranayamaa. 7<sup>th</sup> edition (1983). S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>2. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1981), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> </ol>		

3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)
4. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi
5. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)

Internal Assessment	Marks	External Assessment	Mark
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>

<b>Part A : Introduction</b>			
<b>Program: PG</b>	<b>Class: M.A.</b>	<b>Year: II(IV)</b>	<b>Session: 2025-26</b>
	<b>Subject</b>	Yoga	
<b>1</b>	<b>Course Code</b>	MAYS0402-P	
<b>2</b>	<b>Course Title</b>	YOGA PRACTICUM II (Yogic Practices for different Ailments)	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120</b>			
<b>L-T-P:</b>			
Unit	Topics	No. of Lectures (2 hour Each)	
I	<b>Digestive Disorders:</b> Constipation, Indigestion, IBS, Hyperacidity, Peptic ulcer.	24	
II	<b>Respiratory Disorders:</b> Sinusitis, Asthma, Bronchitis, Recurrent allergies, COPD.	24	
III	<b>Cardiavascular Disorders:</b> Hypertension, Atherosclerosis, Hypotension, Dyslipidemia, CAD	24	
IV	<b>Musculoskeletal Disorders:</b> Arthritis, Low Back Pain, Cervical & Lumbar Spondylosis.	24	
V	<b>Metabolic and Endocrinal Disorders:</b> Diabetes, Obesity, Thyroid hormone imbalances.	24	
<b>Keywords/Tags:</b> Obesity, Diabetes, Asthma, Hypertension, Thyroid, CAD, COPD			

**Part C : Learning Resources**

**Textbooks, Reference Books, Other Resources**

**Suggested Readings:**

1. Kuvalyananda Swami, Pranayamaa, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
2. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)
4. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi
5. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi

**Suggested Equivalent Online Courses:**

**Part D : Assessment and Evaluation**

**Suggested Continuous Evaluation Methods: (It may vary for respective course subject but TOTAL marks distribution will remain same)**

<b>Internal Assessment</b>	<b>Marks</b>	<b>External Assessment</b>	<b>Marks</b>
Class Interaction /Quiz	15	Viva Voce on Practical	10
Attendance in the lab	10	Practical Record File	10
Assignments (Charts/ Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey / Industrial visit)	15	Table work / Experiments	40
<b>TOTAL</b>	<b>40</b>		<b>60</b>