



# University of Patanjali

## Programme Project Report (PPR)

### **M.A. (Yoga Science) Open and Distance Learning Programme (w.e.f. Academic Session 2025-2026))**

#### **University of Patanjali**

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## Programme Project Report

### University of Patanjali

University of Patanjali (UOP), located near the serene Himalayan foothills in the city of Haridwar, Uttarakhand is named after the great Indian sage Maharshi Patanjali (c. 900 BC), who first compiled numerous writings on Yoga in the form of aphorisms. The University was established through Act No. 4/2006 of Uttarakhand State Legislature published in the State Gazette on 05.04.2006 and is sponsored by Patanjali Yogpeeth Trust (PYP). It is a member of the Association of Indian Universities. University's commitment to excellence extends to its research arm, the Patanjali Research Foundation, renowned for its pioneering research in Ayurveda and Yoga. Collaborations with national and international institutions offer students unparalleled opportunities for engagement in sponsored projects and internships, paving the way for successful placements in esteemed organizations and entrepreneurial ventures including the Patanjali family institutions. University of Patanjali is a prestigious university accredited with an NAAC A+ grade, recognized for its excellence in academics, research, and student support, ensuring high-quality education and global standards. The University has drawn up a plan to explore the potential of self-learning materials defined within the broad framework of the blended mode of education.

### Aims and Objectives of the University

The university aims to establish and explore a comprehensive scientific foundation for the wisdom imparted by ancient Indian sages while conducting systematic research based on scientific principles to reinforce its relevance in the modern world. It is dedicated to providing education that fosters employment opportunities and a self-sustaining lifestyle, ensuring holistic growth for students. Additionally, the institution actively engages in studies related to Yoga, Ayurveda, and similar disciplines, contributing to the revival and global recognition of Indian culture.

### Vision of the University

- To decipher amenable solutions to the global challenges by integrating ancient vedic wisdom and contemporary scientific research with the spirit of global integration.
- Ancient Indian culture embodies eternal, universal human values, therefore the goal is to create healthy, moral and competent citizen with the aim of restoring the Indian cultural heritage and tradition of knowledge to make India a global leader, yet again.



### Mission of the University

The university is committed to establishing Yoga, Ayurveda, and Sanskrit as the core of education while integrating ancient Vedic knowledge with contemporary science. It strives to promote a harmonious lifestyle by blending scientific advancements with spiritual wisdom, ensuring a balanced and holistic approach to learning. Additionally, the institution is dedicated to the preservation and promotion of ancient knowledge and culture, fostering a deep appreciation for India's rich heritage.

### Overview of the Master of Arts in Yoga Science

M.A. in Yoga Science is a postgraduate programme that provides an in-depth understanding of yoga philosophy, asanas, meditation, therapy, and research methodologies, making meaningful contributions to academia and society. The programme delivered through distance mode is to provide accessible, high quality M.A. in Yoga Science with depth knowledge of the subject and applied areas.

### Scope and Career Opportunities of the Programme

The scope of a M.A. in Yoga Science is rapidly growing in India and abroad due to rising awareness of holistic health. With yoga increasingly integrated into healthcare, corporate wellness, and sports, the demand for certified professionals is high. This programme prepares students for careers as Yoga Instructors, Therapists, Researchers, Teachers, Corporate Wellness Coaches, Entrepreneurs, Content Creators, and for roles in AYUSH and government sectors.

### Programme's mission and objectives

- To promote physical, mental, and spiritual health through yogic practices.
- To develop self-discipline through balanced lifestyle with self-control, mindfulness, and inner harmony.
- To improve focus, cognitive abilities, and emotional stability.
- To maintain the rich traditions of Yoga, Ayurveda, and Vedic knowledge.
- Integrate Science with Spirituality such as bridge ancient yogic principles with modern scientific research.
- Encourage a healthy lifestyle habits of proper diet, exercise, and stress management.
- Develop compassion, honesty, and a sense of moral values.

- To prepare competent yoga instructors, therapists, and researchers.
- Encourage scientific studies on the therapeutic benefits of yoga.
- Spread yoga as a universal tool for peace, health, and well-being.

## Programme Expected Outcomes

The students will be able to:

- **PO1:** Gain a comprehensive understanding of Yoga Science, Naturopathy, and Alternative Therapy while staying updated on research advances and developments in the field.
- **PO2:** Demonstrate the ability to apply their conceptual understanding of Yoga to real-life situations, drawing validated and practical conclusions.
- **PO3:** Analyze and critically solve human body-related issues through consistent daily practice of yoga with focused attention.
- **PO4:** Students will be able to apply research-based knowledge and interpret data using various yogic practices.
- **PO5:** Students will be able to select and use modern appropriate techniques for the application of Yoga.
- **PO6:** Cultivate integrity, responsibility, reliability, dependability, and compassion while developing contextual knowledge to assess societal, health, safety, and cultural issues, fulfilling the responsibilities of a Yoga teacher.
- **PO7:** Evaluate ethical issues and situations to make informed decisions using insights from various yogic practices, the Bhagavad Gita, and the Upanishads.
- **PO8:** Develop leadership and communication skills to excel as a leading therapist in healthcare teams.
- **PO9:** Acknowledge the importance of lifelong autonomous learning in the evolving landscape of technological change and develop the readiness and capability to adapt.
- **PO10:** Students will be able to apply their knowledge and skills in Yoga, Naturopathy, and Alternative Therapy for lifelong learning while providing spiritual counselling and explaining disease manifestation in the context of yogic scriptures.

## Relevance of the Programme with HEI's mission and Goals

The relevance of M.A. in Yoga Science programme at University of Patanjali, Haridwar (Uttarakhand) mentioned below:



- Building great human being by theoretically and practically introducing them to spirituality, humanity, socialism and nationality through the optimal intellect of ancient sages and scientifically universe philosophical vision combined with many western and modern philosophers.
- Creating authentic scholars in ancient and modern knowledge so that they by their genuine destination and work could determine the direction and condition of their personal life as well as the society and ultimately the country.
- Creating physically, mentally, intellectually and spiritually elevated characters and personalities.
- “sā vidyā yā vimuktaye” vindicating this statement creating such citizens who getting fulfilled with their ultimate strength and qualities could purge diseases, misery, impoverishment, hunger, fear and all sorts of ignorance and scarcities from their lives as well as from the nation.
- Extricating themselves from all sorts of belligerence, negativities, terrorism and corruption, the student could align themselves with all the divinities necessary for the formation of divine nation as well as divine world.
- Creating a sense of the enormity of brahmacharya, gr̥hastha, vānaprastha and sanyāsa among the students so that the feeling of harmony, co-existence and brotherhood achieves prestige and spread across the globe.

### **Nature of prospective target group of learners**

M.A. in Yoga Science under open and distance is designed for:

- ✓ Working Professionals
- ✓ Career Advancers
- ✓ College and School teachers
- ✓ Students who pursue any other regular programmes
- ✓ Lifelong learners
- ✓ International Students
- ✓ Undergraduate
- ✓ Home makers

**Appropriateness of programme to be conducted in open and distance learning mode to acquire specific skills and competence**

After completing the programme through Open and Distance Learning (ODL) mode, the students will be able to acquire specific skills and competencies. This ODL programme can effectively cater to the needs of learners seeking to develop these skills:

- Self-directed learning is an essential skill for success in any field of Yoga Sciences as independent study and self-directed research, learners can develop the ability to set aims.
- Destroy all the diseases and troubles present in themselves and society with the understanding of the science behind Yoga.
- The flexibility allows students to manage their time efficiently, catering to their individual needs and preferences.
- The ODL programme engages students in online discussions, idea presentations, and virtual interactions, enhancing their communication skills effectively.
- ODL offers the advantage of being accessible to a global audience enabling students who may not have access to high-quality in person programmes to pursue Masters in Yoga.

## Instructional Design

**Curriculum Design:** The learning resources are developed by faculty members with extensive expertise in their respective domains. They possess deep knowledge of classical Yoga Scriptures and Texts, complemented by a comprehensive understanding of modern medical science, ensuring an integrative and evidence-based approach to yoga education.

**Mode of Instruction:** The programme employs a blended learning approach, incorporating, virtual classes, video lectures, power point presentations, personal contact programmes and Self-Learning Materials (SLMs) in both digital and printed formats, ensuring easy accessibility for students. Additionally, learners receive academic support from the institute's experienced faculty through dedicated email communication, chat groups, regular online interactions, etc.

**Learning Resources:** The programme provides comprehensive printed and digital study materials, ensuring students have access to well-structured content for effective learning. Practical demonstration videos and interactive learning modules further enhance understanding by offering visual and hands-on experiences. Additionally, guest lectures and live training sessions conducted by experienced yoga practitioners provide deeper insights into the subject. Personal Contact Programmes (PCP) facilitate in-depth practical training and mentorship, allowing students to refine their techniques under expert guidance.



Furthermore, research-based assignments and case studies encourage analytical thinking and the application of theoretical knowledge in real-world scenarios.

**Practical Training:** The programme includes hands-on yoga practice sessions guided by expert faculty, ensuring students develop proficiency in various techniques. Supervised training sessions focus on posture correction, breathing techniques, and meditation practices to enhance precision and effectiveness. Additionally, field visits to wellness centers provide practical exposure, allowing students to observe and experience the real-world application of yoga in health and wellness settings.

**Medium:** The learning material for M.A. in Yoga Science programme will be in Hindi and English both languages. Learners have the option to choose study material in either English or Hindi and can use their preferred language to answer questions in the examination.

### Programme Structure & Curriculum

The two-year program follows a semester-based format, integrating core courses, practical training, and electives to ensure a well-rounded learning experience. A minimum of 80 credits is required for successful completion, with credits distributed across theoretical subjects, practical sessions, and research projects. Practical components include yoga practicum, fieldwork, and dissertation projects, equipping students with the necessary skills for careers in yoga education, therapy, and holistic wellness. The inclusion of computer applications and communicative English further enhances professional competencies, preparing graduates for diverse career opportunities in the field of yoga and wellness.



## SEMESTER-WISE SYLLABUS

FIRST YEAR						
	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
SEM I	MY-CT-101	Foundation of Yoga	4	30	70	100
	MY-CT-102	Patanjali Yog Sutra	4	30	70	100
	MY-CT-103	Human Biology and Yoga Therapy - I	4	30	70	100
	Elective (choose any one) MY-GE-104/ MY-GE-105	Introduction to Ayurveda /Yajya and its Therapeutic Applications	4	30	70	100
	MY-SEC-106	Fundamentals of Computer Application	4	30	70	100
	MY-CP-107	Yoga Practicum -I	2	15	35	50
	MY-CP-108	Human Anatomy and Physiology Practicum -I	2	15	35	50
	<b>Total</b>		<b>24</b>	<b>180</b>	<b>420</b>	<b>600</b>
	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	

SEM II	MY-CT-201	Insight to Indian Philosophy	4	30	70	100
	MY-CT-202	Yoga in Principal Upanishads	4	30	70	100
	MY-CT-203	Hath Yoga and its Application	4	30	70	100
	MY-CT-204	Human Biology and Yoga Therapy -II	4	30	70	100
	Elective (choose any one) MY-GE-205/ MY-GE-206/ MY-GE-207	Yoga Psychology / Basic Sanskrit/Personality Development	4	30	70	100
	MY-AEC-208	Advance English	2*	15*	35*	50*
	MY-CP-209	Yoga practicum -II	2	15	35	50
	MY-CP-210	Human Anatomy and Physiology Practicum -II	2	15	35	50
	<b>Total</b>		<b>24 + 2*</b>	<b>180 + 15*</b>	<b>420 + 35*</b>	<b>600 + 50*</b>

SECOND YEAR						
	Course Code	Subject	Evaluation Scheme			Sub- ject Total
			Credit	CA	SEE	
SEM III	MY-CT-301	Principles and Methods of Yoga Teaching	4	30	70	100
	MY-CT-302	Introduction to Shrimad Bhagavad Gita and Yog Vashisht, Samkhya Karika	4	30	70	100
	MY-CT-303	Naturopathy	4	30	70	100
	MY-SEC-304	Fundamentals of Computer Application	4	30	70	100
	Elective (choose any one ) MY-GE-305/ MY-GE-306/ MY-GE-307	Guidance and Counselling / Glorious Chapters of Indian History/ Integrated Wellness in Tourism	4	30	70	100
	MY-CP-308	Yoga Practicum -III	2	15	35	50
	MY-CP-309	Naturopathy Practicum	2	15	35	50
	<b>Total</b>		<b>24</b>	<b>180</b>	<b>420</b>	<b>600</b>
	Course Code	Subject	Evaluation Scheme			Sub- ject Total
			Credit	CE	SEE	



<b>SEM IV</b>	MY-CT-401	Complementary and alternative therapy	4	30	70	100
	MY-CT-402	Diet and Nutrition, Hygiene	4	30	70	100
	MY-CT-403	Yoga Upanishad	4	30	70	100
	Elective (choose any one ) MY- GE-404/ MY-GE-405	Research methodology/ Fieldwork and teaching practice	4	30	70	100
	MY-AEC-406	Advanced Communicative English – II	2*	15*	35*	50*
	MY-CP-407	Yoga Practicum- IV	2	15	35	50
	MY-CP-408	Complementary and Alternative Therapy Practicum	2	15	35	50
	MY-DSE-409/ MY-DSE-410	Dissertation/ Field work	4	30	70	100
	<b>Total</b>		<b>24 + 2 *</b>	<b>180 + 15*</b>	<b>420 + 35*</b>	<b>600 + 50*</b>

\*These credits and numbers are virtual as the papers are of qualifying nature

**CA** - Continuous Assessment; **SEE** - Semester End Examination

**CT** - Core Theory; **CP** - Core Practical; **GE** - Generic Elective; **AEC** - Ability Enhancement Course; **DSE** – Discipline Specific Elective; **SEC**: Skill Enhancement Course

**Detailed Syllabus: It is available as Annexure-I**

## Assessment Methods

**Examinations:** M.A. in Yoga programme employs a structured examination system to assess students' theoretical and practical knowledge. The **Semester-End Examination (SEE)** is a comprehensive written test conducted at the end of each semester. It evaluates student's conceptual clarity and theoretical understanding of core subjects, practical applications, and research methodology. This examination contributes 70% to the overall course evaluation. In addition to the SEE, **Continuous Assessment (CA)** is conducted through assignments and contributes to 30% of the total evaluation. A minimum of 33% marks is required in both the components for the successful completion of the program.

**Practical Assessments:** Since yoga is a practice-oriented discipline, hands-on evaluation plays a crucial role in student assessment. The Yoga Practicum component tests students on their ability to demonstrate and instruct various yogic practices, including asanas, pranayama, kriyas, and meditation techniques. Faculty and external examiners evaluate students based on their precision in postures, breathing techniques, and therapeutic applications. These evaluations include performance-based assessments, mentor feedback, and practical demonstrations of yoga therapy sessions.

**Research & Project Work:** As part of the curriculum, students must undertake research to enhance their analytical and academic skills. The Dissertation/Thesis is a compulsory research project in the final semester, requiring students to conduct original studies on topics related to yoga therapy, philosophy, or applied yoga sciences. The dissertation is evaluated based on research methodology, data analysis, findings, and presentation, with a viva-voce examination conducted by internal and external examiners. Additionally, Assignments & Case Studies form an integral part of continuous assessment, where students submit essays, research papers, and case analyses to demonstrate critical thinking and application-based learning.

## Faculty & Infrastructure

**Faculty Resources:** M.A. in Yoga science is supported by a team of highly experienced faculty members specializing in yoga, Ayurveda, and human anatomy. These experts have a vast knowledge and practical experience which ensures a well-rounded education by integrating traditional yogic wisdom with modern scientific understanding. Additionally, dedicated mentors provide personalized guidance during practical sessions and research activities, ensuring students receive hands-on training and support in developing their skills and academic projects. This structured faculty support system ensures that students gain



both theoretical knowledge and practical expertise, preparing them for careers in yoga therapy, research, and education.

**Infrastructure Support:** The University of Patanjali offers a robust infrastructure designed to support Open and Distance Learning (ODL) programmes, ensuring accessibility and high-quality education for students beyond traditional classroom settings. The institution provides a comprehensive digital learning platform, equipped with video lectures, e-books, and interactive study materials, allowing students to engage in self-paced learning. A well-structured Learning Management System (LMS) enables smooth course delivery, online assessments, and real-time interaction with faculty members. To support practical training, the university offers virtual workshops and live demonstration sessions, where students can learn and practice yoga techniques under expert guidance.

## Admission Process

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### Eligibility Criteria

Candidates who have completed Graduation (Preference to Yoga) in any stream with minimum 40% marks from a recognized university.

## Application Process

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- Interested candidates can obtain the application form from the university's official website or admission office.
- The form must be filled out with accurate details and submitted along with the required documents, such as academic certificates, identity proof, and passport-sized photographs.
- An application fee, as prescribed by the university, must be paid during submission.

### Fees

Fees of the Programme is **Rs. 50,000/-**

## Requirement of the laboratory support and Library Resources:

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Laboratory is not required as part of this curriculum and the digital library provides access to a vast repository of academic research and continuous learning.

## **Cost estimate of the programme and the provisions**

For the design, development delivery and maintenance of the programme the fund will be as per the budget allocated by the University in Annual Budget session.

## **Quality assurance mechanism**

The University of Patanjali ensures quality in its M.A. in Yoga Science (ODL) programme through a structured curriculum aligned with UGC-DEB guidelines, integrating theory, practice, and research. A Learning Management System (LMS) supports digital learning, while Personal Contact Programmes (PCPs), virtual workshops, and mentorship sessions enhance practical training. The curriculum is regularly revised to meet learner needs, with faculty members contributing expertise. Industry-experienced mentors and facilitators provide practical insights, and regular orientation programmes keep faculty updated on the latest tools and techniques. A continuous evaluation system, including internal assessments, exams, and structured feedback from students and facilitators, ensures academic rigor. Faculty analyse feedback to improve Self-Learning Materials (SLMs), counselling sessions, and administration, maintaining a high-quality, learner-centric education experience.



UNIVERSITY OF PATANJALI

## ANNEXURE-I

Syllabus of ODL COURSE  
M.A. (Yoga Science)

# SEMESTER I

COURSE DETAILS – 1  
SUBJECT NAME – FOUNDATION OF YOGA  
SUBJECT CODE – MY-CT-101

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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### Course Objectives:

The Objectives of learning this course are to:

- To understand the origin and psychological basis of Yoga.
- To define and interpret the meaning of Yoga.
- To study the history and evolution of Yoga.

<b>Block-1</b>	<b>General Introduction to Yoga</b>
<b>Unit-01</b>	A brief overview of the origins of Yoga, psychological aspects and Hindu mythological concepts of origin of Yoga.
<b>Unit-02</b>	The definitions and etymology of the word “yoga,” Aims and Objectives of Yoga, and common misconceptions about Yoga.
<b>Unit-03</b>	The history and evolution of Yoga.
<b>Unit-04</b>	Yoga Practices for Harmony and Health, and the Foundations of Yoga Tradition (Parampara).
<b>Block-2</b>	<b>Four Streams of Yoga</b>



<b>Unit-01</b>	Karmyoga.
<b>Unit-02</b>	Bhaktiyoga
<b>Unit-03</b>	Janayoga
<b>Unit-04</b>	Rajyoga.
<b>Block-3</b>	<b>Concepts of Yoga in Several Sacred Text</b>
<b>Unit-1</b>	The Concept of Yoga in Vedas
<b>Unit-2</b>	Concept of Yoga in Ramayana and Geeta
<b>Unit-3</b>	The Role of Yoga in Tantra
<b>Unit-4</b>	Concept of Yoga in Narada Bhakti Sutra and Yoga Vashishta
<b>Block-4</b>	<b>An Exploration of Yogis and their Paths of Spiritual Cultivation</b>
<b>Unit-1</b>	Modern: Maharishi Raman, Maharishi Dayanand, Swami vivekanand
<b>Unit-2</b>	Medieval: Introduction to Soordas.
<b>Unit-3</b>	Ancient: Introduction to Gorakshanath and Nath Tradition

### Prescribed text book:

1. रामदेव, स्वामी. (n.d.). योग दर्शनम्. दिव्य प्रकाशन, पतंजलि योगपीठ।
2. दिव्य प्रकाशन. (n.d.). दर्शन प्रवेश. पतंजलि योगपीठ।
3. बालकृष्ण, आचार्य. (n.d.). योग के मूलभूत सिद्धांत. दिव्य प्रकाशन, पतंजलि योगपीठ।
4. तिलक, लोकमान्य. (n.d.). गीता रहस्य (निर्धारित पाठ्यांश)।
5. मुखर्जी, विश्वनाथ. (n.d.). भारत के महान योगी।
6. निरंजनानंद परमहंस, स्वामी. (n.d.). तंत्र दर्शन. पंचदश नाम अलखबाड़ा।

### Books for Reference:

1. Agarwal, M. M. (2010). *Six systems of Indian philosophy*. Chowkhambha Vidya Bhawan.
2. Bhuteshananda, S. (2009). *Narada Bhakti Sutra* (2nd ed.). Advaita Ashrama Publication-Dept.
3. Hiriyantha, M. (2009). *Outlines of Indian philosophy*. Motilal Banarsidass.



4. Bhat, K. (2006). *The power of yoga*. SuYoga Publications.
5. Prabhavananda, S. (2004). *Spiritual heritage of India*. Sri Ramakrishna Math.
6. Vivekananda, S. (2000). *Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga*. Advaita Ashrama.
7. Pandit, M. P. (1976). *Introduction to Upanishads*. Theosophical Society of India.
8. Dasgupta, S. N. (1927). *Hindu mysticism*. Motilal Banarsidass.
9. Brunton, P. (n.d.). *A search in mystic India*.
10. Sharma, C. (2013). *A critical survey of Indian philosophy*. Motilal Banarsidass.

**COURSE DETAILS – 2**  
**SUBJECT NAME – PATANJALI YOG SUTRA**  
**SUBJECT CODE – MY-CT-102**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

The Objectives of learning this course are to:

- To understand the Patanjali Yoga Sutras.
- To define and interpret the Concept of Mana.
- To study the 4 Pada in Patanjali yog sutra

<b>Block-1</b>	<b>General Introduction Maharishi Patanjali and Patanjali Yoga Sutras</b>
<b>Unit-01</b>	Overview of Patanjali Yoga Sutras (P.Y.S.) and its structure
<b>Unit-02</b>	Concept of Mana (Mind), Buddhi (Intellect), Ahamkara (Ego), and Chitta (Consciousness), Concept of Citta Bhoomis (Kshipta, Mudha, Vikshipta, Ekagra, Niruddha).
<b>Unit-03</b>	Concept of Citta-Vrittis and Their Classification. Citta-Vritti Nirodhopaya (Abhyasa and Vairagya).
<b>Unit-04</b>	Ishwara and Citta-Prasadanam in Yoga Sadhana
<b>Block-2</b>	<b>Samadhi Pada</b>
<b>Unit-01</b>	Yoganushasanam, Yoga Lakshanam, and Its Results – Understanding the discipline of Yoga, its definition, and the outcomes it produces, samadhi Pāda sutra

<b>Unit-02</b>	Types of Samadhi (Samprajnata and Asamprajnata) – Classification of meditative absorption into conscious (Samprajnata) and superconscious (Asamprajnata) states.
<b>Unit-03</b>	Types of Samprajnata Samadhi – Divisions based on cognitive engagement: Vitarka (reasoning), Vichara (reflection), Ananda (bliss), and Asmita (pure I-consciousness), The states of Savitraka and Nirvitarka, Savichara and Nirvichara, and types of Asamprajnata Samadhi (Bhavapratyaya and Upayapratyaya).
<b>Unit-04</b>	Concept of Samapatti and Its Kinds – The states of samapatti, ritambhira prajya and smadhi.
<b>Block-3</b>	<b>Sadhna Pada</b>
<b>Unit-1</b>	<b>Kriya Yoga and Kleshas</b> – Explanation of Patanjali's Kriya Yoga and the five Kleshas: Avidya (ignorance), Asmita (egoism), Raga (attachment), Dvesha (aversion), and Abhinivesha (fear of death).
<b>Unit-2</b>	<b>Dukhavada and Metaphysical Concepts</b> – Understanding Dukhavada (Haya – suffering, Hetu – cause, Hana – cessation, Hanopaya – path), along with the nature of Drishta (seen) and Drashta (seer), Prakriti (nature), Purusha (consciousness), and their union (Prakriti-Purusha Samyoga).
<b>Unit-3</b>	<b>Ashtanga Yoga and Its Elements</b> – A brief introduction to the eightfold path of Yoga (Ashtanga Yoga) as outlined by Patanjali, covering ethical principles, physical postures, breath control, and higher states of consciousness.
<b>Unit-4</b>	<b>Concepts of Asana, Pranayama, and Pratyahara</b> – Exploration of Asana (postures) and Pranayama (breath control) along with their mystical attainments (Siddhis), followed by an understanding of Pratyahara (withdrawal of senses) and its Siddhis.
<b>Block-4</b>	<b>Vibhuti Pada and Kaivalya pada</b>
<b>Unit-1</b>	Introduction of <i>Dhāraṇā</i> , <i>Dhyāna</i> , and <i>Samādhi</i> ; <i>Samyama</i> and its <i>Siddhis</i> .
<b>Unit-2</b>	Three types of <i>Citta Pariṇāma</i> ; <i>Bhūta Jaya</i> , <i>Indriya Jaya</i> , and their <i>Siddhis</i> ; <i>Sattva-Puruṣānyatā-Khyāti</i> and its <i>Siddhis</i>
<b>Unit-3</b>	<i>Viveka-Jñāna-Nirūpaṇam</i> , <i>Kaivalya-Nirvacana</i> ; Role of <i>Dhāraṇā</i> , <i>Dhyāna</i> , <i>Samādhi</i> , and its application
<b>Unit-4</b>	Five types of <i>Siddhis</i> and <i>Jātyantara Pariṇāma</i> ; Concept of <i>Nirmāṇa Citta</i> and four types of <i>Karmas</i> ; Concept of <i>Vāsanā</i> and <i>Bāhya Pradārtha</i> (external element) and its abilities.



## Prescribed text book

योगदर्शनम- स्वामीरामदेव, ददव्यप्रकार्ण, पतंजदियोगपीठ, हररद्वार

दर्शनप्रवेर-ददव्यप्रकार्ण, पतंजदियोगपीठ, हररद्वार

सहायकुस्तक -

भोजवद्वि

योगदर्शनम- गीताप्रि

## BOOKS FOR REFERENCE

1. BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.
2. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

### COURSE DETAILS – 3

SUBJECT NAME – HUMAN BIOLOGY AND YOGA THERAPY - I

SUBJECT CODE – MY-CT-103

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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## Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of Human biology and yoga.
- To define and interpret the meaning of Gross Anatomy, Physiology of the human body.
- To study the basic of the Skeletal System- Concept, Types & Functions.

<b>Block-1</b>	<b>Skeletal System</b>
<b>Unit-01</b>	Skeletal System- Concept, Types & Functions
<b>Unit-02</b>	Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions
<b>Unit-03</b>	Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions

<b>Unit-04</b>	Yogic effect on Bone/Skeletal System
<b>Block-2</b>	<b>Muscular System</b>
<b>Unit-01</b>	Overview Muscular System
<b>Unit-02</b>	The Muscular System: Concepts and Types
<b>Unit-03</b>	Muscles: Gross Anatomy, Physiology, and Functions
<b>Unit-04</b>	The Yogic Effect on the Muscular System
<b>Block-3</b>	<b>Respiratory System</b>
<b>Unit-1</b>	Respiratory System- Concept, Gross Anatomy & Physiology, Types & Functions
<b>Unit-2</b>	Lungs – Anatomy, Physiology, and Functions
<b>Unit-3</b>	Respiration
<b>Unit-4</b>	Respiratory Regulation & Yogic Influence.
<b>Block-4</b>	<b>Cardiovascular System</b>
<b>Unit-1</b>	Introduction to the Cardiovascular System and Blood
<b>Unit-2</b>	The Heart: Gross Anatomy, Physiology, Innervations & Functions
<b>Unit-3</b>	The Heart & Blood Groups
<b>Unit-4</b>	Yoga and the Circulatory System

## BOOKS FOR REFERENCE

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya
2. Prakashan Books™
3. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
4. Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
5. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan
6. Prakashan.



7. Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: SumitPrakashan.
8. Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania:
9. Elsevier.
10. Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics Kumar, V. (2004).
11. Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers Medical
12. Publishers (P) Ltd.
13. Malshe, P. C. (2012). A Medical Understanding of Yoga (20d ed.). Haridwar, India: Antar

**COURSE DETAILS – 4**  
**SUBJECT NAME – FUNDAMENTALS OF AYURVEDA (ELECTIVE)**  
**SUBJECT CODE – MY-GE-104**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of Ayurveda.
- To define and interpret the meaning of *swasthavritta*, *dinacharya*, *ritucharya*, *ratricharya*, *sadvritta* & *aachaar rasaayana*.
- To study the Ayurveda and its utility in health promotion and prevention.

<b>Block-1:</b>	<b>INTRODUCTION TO AYURVEDA</b>
<b>Unit-01</b>	Ayurveda; Definition, aim, origin, history, and propagation
<b>Unit-02</b>	Health according to Ayurveda and its utility in health promotion and prevention
<b>Unit-03</b>	Introduction to the main Ayurvedic texts like Charaka Samhita and Sushruta Samhita
<b>Unit-04</b>	Principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas

<b>Block-2:</b>	<b>AYURVEDA AND ITS FANDAMENTALS</b>
<b>Unit-01</b>	Dravya, Guna, Karma, Virya, Vipaka and Prabhava. Factors for Health and Disease
<b>Unit-02</b>	Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda
<b>Block-3:</b>	<b>AHARA AND PANCHKARMA</b>
<b>Unit-1</b>	Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda
<b>Unit-2</b>	Ojas in Ayurveda; Role of Ayurvedic diet in health and prevention
<b>Unit-3</b>	Panchkarma as Shodhan Chikitsa with its three domain Poorvakarma (Snehan & Svedan), Pradhan karma ( Vaman, Virechan, Vasti, Nasya, Raktamokshan) and Paschat karma (Pachan, Rasayan and Vazikaran).
<b>Block-4:</b>	<b>SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA &amp; AACHAAR RASAAYANA</b>
<b>Unit-1</b>	Charecterstics of Ahar, Nidra Brahmacharya and their Importance
<b>Unit-2</b>	Concept of Ritucharya and Ratrichahrya; Kala Lakshan, Maatradi Lakshan, Aadan kaal, Visargkaal, Ritusandhi, Hemantritucharya, Shishirritucharya, Vasantritucharya, Greeshma ritucharya, Varsharitucharya, Sharad ritucharya
<b>Unit-3</b>	Concept of Sadvrita: and Aachaar Rasaayana; Concept of Dharniya & Adharniya Veda and their complications.
<b>Unit-4</b>	Swasthavrita, Dincharya: Brahmuhurt, Sauch Vidhi, Aachman, Dantdhawan, Jigwanirlekhan, Anjana, Nasya, Ritunukul Vastradharan, Abyang, Vyayam, Mardan, Ubtan , snan, Bhojan vidhi



**COURSE DETAILS – 4**

**SUBJECT NAME – YAGNA AND ITS THERAPEUTIC APPLICATIONS (ELECTIVE)**

**SUBJECT CODE – MY-GE-105**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

The Objectives of learning this course are to:

- Understand the significance of Yagna in tradition and modern wellness.
- Explore its scientific, spiritual, and therapeutic benefits.
- Analyze the role of mantras, herbs, and fire in healing.
- Learn practical applications for mental, physical, and environmental well-being.

<b>Block-1:</b>	<b>वैदिक धर्म परिचय</b>
<b>Unit-01</b>	देवता परिचय
<b>Unit-02</b>	वैदिक देवों का वर्गीकरण
<b>Unit-03</b>	यज्ञ सस्था का परिचय एवं विवेचन
<b>Block-2:</b>	<b>यज्ञ: परिभाषा, प्रकार एवं उपयोगिता</b>
<b>Unit-01</b>	यज्ञ की परिभाषाएँ
<b>Unit-02</b>	यज्ञ की उपयोगिता
<b>Unit-03</b>	यज्ञ शब्द के पर्यायवाची
<b>Block-3:</b>	<b>यज्ञीय पदार्थ परिचय एवं मंत्र स्मरण</b>
<b>Unit-01</b>	यज्ञीय पदार्थ
<b>Unit-02</b>	देव यज्ञ विधि
<b>Unit-03</b>	हविर्द्रव्यों की मात्राएँ
<b>Block-4:</b>	<b>यज्ञ चिकित्साधरेपी</b>
<b>Unit-01</b>	यज्ञ चिकित्सा के वैज्ञानिक प्रमाणानुसंधान
<b>Unit-02</b>	यज्ञ चिकित्सा का शास्त्रीय प्रमाणवेदादि शास्त्र में रोग निवारण
<b>Unit-03</b>	यज्ञ चिकित्सा



## REFERENCES

1. Vaidic Nitya Karma Vidhi: Divya Prakashan, Haridwar
2. Yagya-yoga-yurveda Chikitsa: Divya Prakashan, Haridwar
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
4. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
5. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 Nai Sadak, New Delhi.

### COURSE DETAILS – 5

**SUBJECT NAME – FUNDAMENTALS IN COMPUTER APPLICATIONS - 1**

**SUBJECT CODE – MY-AEC-106**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of computer operations.
- To define and interpret the meaning digital literacy.
- To study the basic data handling in Yoga Science.

<b>Block-1:</b>	<b>Basics of Computers &amp; Operating Systems</b>
<b>Unit-01</b>	Introduction to Computers
<b>Unit-02</b>	Operating Systems & File Management
<b>Unit-03</b>	Fundamentals of Digital Literacy
<b>Unit-04</b>	Word Processing Tools
<b>Block-2:</b>	<b>Communication &amp; Presentation Tools</b>
<b>Unit-01</b>	Spreadsheets for Data Handling
<b>Unit-02</b>	Presentation Software for Yoga Education
<b>Unit-03</b>	Online Communication & Collaboration Tools
<b>Unit-04</b>	Introduction to Social Media & Blogging



<b>Block-3:</b>	<b>Fundamentals of Multimedia &amp; Digital Graphics</b>
<b>Unit-1</b>	Basics of Image Editing for Yoga Professionals
<b>Unit-2</b>	Introduction to Video Editing
<b>Unit-3</b>	Fundamentals of Yoga Science Data Collection
<b>Unit-4</b>	Cybersecurity Basics for Yoga Professionals.
<b>Block-4:</b>	<b>IT in Healthcare &amp; Yoga Science</b>
<b>Unit-1</b>	Introduction to E-Governance & AYUSH Digital Services
<b>Unit-2</b>	Role of IT in Yoga Therapy & Healthcare
<b>Unit-3</b>	Emerging Trends in Computer Applications
<b>Unit-4</b>	Career & Entrepreneurship Opportunities in Digital Yoga

### Reference Books:

1. Fundamental of Computers – By V. Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. MS-Office 2000(For Windows) – By Steve Sagman
4. Computer Today- By Suresh Basandra
5. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

**COURSE DETAILS – 6**  
**SUBJECT NAME – YOGA PRACTICUM- 1**  
**SUBJECT CODE – MY-CP-107**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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### Course Objectives:

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

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

<b>Shatkarma</b>
Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhati.
<b>Asana</b>
SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (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, Ardhmatsyendrasana, 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.
<b>Pranayama</b>
Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha
<b>Viva</b>
Ishwar Stuti Prarthnopasana



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**COURSE DETAILS – 7**

**SUBJECT NAME – HUMAN ANATOMY & PHYSIOLOGY PRACTICUM-I**

**SUBJECT CODE – MY-CP-108**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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## Course Objectives:

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

- Be familiar with the systems of the body.
- Have a hands-on experience with the human body using models, charts, and pictures.
- Understand the organization of the body concerning structural components.

<b>Unit 1</b>	Demonstration of Osteology & Myology
<b>Unit 2</b>	Demonstration of Organs & Viscera regarding cardiopulmonary Systems
<b>Unit 3</b>	Demonstration of Bones and Joints
<b>Unit 4</b>	Demonstration of Human Skeleton

## SEMESTER II

**COURSE DETAILS – 1**  
**SUBJECT NAME – INSIGHT INTO INDIAN PHILOSOPHY**  
**SUBJECT CODE – MY-CT-201**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of learning this course are to:

- Students will have an idea about the insights of Indian philosophy and astik and nastik darshans.
- Understand the fold of applications and means to overcome them.
- Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansa ets. Which are relevant to yoga practice?
- Discuss concept objectives and application of Indian culture for living and learning.
- Understand the mystery of Indian philosophy in relation to Yoga.

<b>BLOCK-01</b>	<b>GENERAL INTRODUCTION OF INDIAN PHILOSOPHY AND CULTURE</b>
<b>UNIT-01</b>	Meaning, definition and area of Indian philosophy.
<b>UNIT-02</b>	Nature and need of study of Indian philosophy
<b>UNIT-03</b>	Origin, meaning, definition and types, general introduction to Indian religious scriptures - Veda, Upanishad, Mahabharat, Ramayana, Bhagavad Gita.
<b>UNIT-04</b>	Salient Features of Indian Culture, Vedic Ashram Vyavastha, Varna Vyavastha, Law of Action, Sisteen Rituals and Pancha Mahayajna
<b>BLOCK-02</b>	<b>NYAYA AND VAISESIKA</b>
<b>UNIT-01</b>	Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy.



<b>UNIT-02</b>	Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya.
<b>UNIT-03</b>	Concept of Nyaya philosophy means of salvation according to Nyaya and Vaisesika.
<b>UNIT-04</b>	Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.
<b>BLOCK-03</b>	<b>SAMKHYA AND YOGA</b>
<b>UNIT-01</b>	Theory of cause and effect; Prakriti and Purusha, Process of evolution of universe and concept of liberation.
<b>UNIT-02</b>	Concept of Atman, Brahma, Maya, Universe, God, the self and human life, threefold afflictions and means to overcome affliction.
<b>UNIT-03</b>	Twenty-five entities according to Samkhya and means of knowledge, Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna.
<b>UNIT-04</b>	Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti, Karana, Antah Karana and Bahya Karana according to Sankhya Karika, Liberation and means of attaining it. Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kle-shas, the eight fold of Yoga and God & liberation.
<b>BLOCK-04</b>	<b>MIMAMSA AND NAASTIKA PHILOSOPHY</b>
<b>UNIT-01</b>	Charvaka philosophy - Origin and history of Charvaka philosophy.
<b>UNIT-02</b>	Metaphysics and Epistemology, Buddhism Four noble truths, Pramanas.
<b>UNIT-03</b>	Jainism - Categories, Triratnas and Syadvada.
<b>UNIT-04</b>	Mimansa darshan

## REFERENCE BOOKS

1. Classical Indian Philosophy – I. N. Mohanty.
2. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
3. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.

**COURSE DETAILS – 2**  
**SUBJECT NAME – YOGA IN PRINCIPAL UPANISHADS**  
**SUBJECT CODE – MY-CT-202**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objective:

**To understand the essence of Principal Upanishads.**

1. Understand Upanishadic Philosophy – Explore the core teachings and significance of the Principal Upanishads.
2. Analyze Key Concepts – Study Atman, Brahman, Vidya & Avidya, and states of consciousness.
3. Examine Yoga in Upanishads – Learn the role and methods of Yoga in self-realization.
4. Explore Self-Realization – Understand the Upanishadic path to Moksha through meditation and wisdom.
5. Apply Upanishadic Wisdom – Integrate teachings into modern life for ethical and spiritual growth.

<b>BLOCK-01</b>	<b>Introduction to Upanishads</b>
<b>UNIT-01</b>	Meaning of Upanishad
<b>UNIT-02</b>	Concept of Vedic Literature and Upanishads
<b>UNIT-03</b>	Comparison between Subject Matters of Veda & Upanishads
<b>UNIT-04</b>	Views of Renowned Scholars and Significance of Upanishads in Present Times
<b>BLOCK-02</b>	<b>Essence of Ishavasyopanishad &amp; Kena Upanishad</b>
<b>UNIT-01</b>	Ishavasyopanishad – Concept of Karmanishta
<b>UNIT-02</b>	Vidya, Avidya, and Knowledge of Brahman
<b>UNIT-03</b>	Kena Upanishad – Self, Mind, and Intuitive Realization
<b>UNIT-04</b>	Moral of Yaksha Upakhya



<b>BLOCK-03</b>	<b>Essence of Katha Upanishad, Prashna Upanishad, &amp; Mundaka Upanishad</b>
<b>UNIT-01</b>	Katha Upanishad – Definition of Yoga & Nature of Soul
<b>UNIT-02</b>	Importance of Self-Realization and Concept of Prana & Rayi
<b>UNIT-03</b>	Panchapranas & The Six Main Questions in Prashna Upanishad
<b>UNIT-04</b>	Mundaka Upanishad – Brahmailidya, Selfish Karma, and Meditation
<b>BLOCK-04</b>	<b>Essence of Mandukya, Aitareya, Taittiriya, Chhandogya, &amp; Brihadaranyaka Upanishads</b>
<b>UNIT-01</b>	Mandukya Upanishad – Four States of Consciousness & Omkara
<b>UNIT-02</b>	Aitareya Upanishad – Concept of Atma, Universe, and Brahman
<b>UNIT-03</b>	Taittiriya Upanishad – Pancha Kosha & Valli Summaries
<b>UNIT-04</b>	Chhandogya & Brihadaranyaka Upanishads – Om Meditation, Atman, & Jnana Yoga

## REFERENCE BOOKS:

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



**COURSE DETAILS – 3**  
**SUBJECT NAME – HATH YOGA AND ITS APPLICATION**  
**SUBJECT CODE – MY-CT-203**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

1. To understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

<b>BLOCK-01</b>	<b>Introduction to Hatha Yoga</b>
<b>UNIT-01</b>	Meaning and definition of Hatha yoga
<b>UNIT-02</b>	Origin of Hatha yoga
<b>UNIT-03</b>	Purpose & Prevailing misconceptions regarding Hatha yoga
<b>UNIT-04</b>	Introduction to Hatha Yogic Text: Hatha Pradipika and Gherand Samhita
<b>BLOCK-02</b>	<b>Hatha Yogic Practices: Shatkarma and Asanas</b>
<b>UNIT-01</b>	Introduction to Shatkarma- Purifications actions described in Hatha yoga Pradipika and Gherand Samhita, their method, benefits and precautions.
<b>UNIT-02</b>	Role and importance of Purification practices in yog sadhna & modern life.
<b>UNIT-03</b>	Introduction to Yoga Asana and its Role & importance in holistic health.
<b>UNIT-04</b>	Method, benefits, precautions and importance of asanas in H.P and Gh.S.
<b>BLOCK-03</b>	<b>Hatha Yogic Practices: Pranayama, Mudra &amp; Bandha</b>
<b>UNIT-01</b>	Pranayama: Introduction, method of respiration, Types & subtypes of prana
<b>UNIT-02</b>	Method, benefits and precautions of Pranayama in H.P and Gh.S. and importance of Pranayama in Yog sadhana as well as mental health.



<b>UNIT-03</b>	Bandha: Introduction, types, method, benefits and precautions of bandhas in H.P and Gh.S.
<b>UNIT-04</b>	Mudra: Introduction, types, method, benefits and precautions of mudra in H.P and Gh.S.
<b>BLOCK-04</b>	<b>Hatha Yogic Practices: Pratyahar, Dharana, Dhayan, Samadhi, Nada-nusandhan and Yognidra.</b>
<b>UNIT-01</b>	Concept of Pratyahara and dharana: types, method, benefits, and precautions in Gherand Samhita.
<b>UNIT-02</b>	Nāda, the four stages of Nadānusandhana and their accomplishments (siddhis). Concept of Swara, the importance of Swarodaya Gyan in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).
<b>UNIT-03</b>	Introduction, Purpose and Importance of major texts of Hatha Yoga
<b>UNIT-04</b>	Main Applications of Hatha Yogic Activities

## BOOKS FOR REFERENCE:

1. Woodroffe, Sirjohn: The serpent power, Ganesh& Company, Madras, 2000
2. Woods, J. H.:The Yoga system of Patanjali, M.L.B.D., Delhi,1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Burley, Mikel: HathaYoga, Its' ContextTheoryand Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai

**COURSE DETAILS – 4**  
**SUBJECT NAME – HUMAN BIOLOGY AND YOGA THERAPY -II**  
**SUBJECT CODE – MY-CT-204**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The objectives of this course are

1. Discuss gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
2. Recognize basic structure and their connections with central nervous system.
3. Discuss anatomical and physiological effected of selected yoga practices.

<b>BLOCK-01</b>	<b>DIGESTIVE SYSTEM</b>
<b>UNIT-01</b>	Definition, Structure, and Function of the Digestive System
<b>UNIT-02</b>	Digestion of Proteins, Fats, and Carbohydrates
<b>UNIT-03</b>	Structure and Function of the Pancreas
<b>UNIT-04</b>	Yogic Effects on the Digestive System
<b>BLOCK-02</b>	<b>BLOOD CIRCULATORY SYSTEM</b>
<b>UNIT-01</b>	Concept and Structure of Blood
<b>UNIT-02</b>	Blood Function and Circulatory System
<b>UNIT-03</b>	Heart and Circulatory Health
<b>UNIT-04</b>	Regulation of Heart Function
<b>BLOCK-03</b>	<b>EXCRETORY SYSTEM AND YOGA</b>
<b>UNIT-01</b>	Meaning of Excretory, Structure Of Excretory.
<b>UNIT-02</b>	Structure of Kidney, Work of Kidney, Structure of Nephron, Process of Formation of Urine,
<b>UNIT-03</b>	Quantity of Urine, Component, Excretion of Abnormal Matter From Urine
<b>UNIT-04</b>	Yogic Effect of Excretory System.



<b>BLOCK-04</b>	<b>NERVOUS SYSTEM AND YOGA</b>
<b>UNIT-01</b>	Units and Types of Nervous System, Structures of Nerves.
<b>UNIT-02</b>	Part of Brain and Work of Cerebellum, Distinction of Nerves, Cranial Nerves and Olfactory Nerves, Structure and Work of Olfactory Nerves.
<b>UNIT-03</b>	Autonomous Nervous System, Yogic Effect of Nervous System, Structure and Work of Senses,
<b>UNIT-04</b>	Yogic Effect On Senses.

## REFERENCES BOOKS

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995.
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic Practices. on it Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
5. Guyton, Textbook of Medical Physiology, 9th Edition.

**COURSE DETAILS – 5**  
**SUBJECT NAME – YOGA PSYCHOLOGY (ELECTIVE)**  
**SUBJECT CODE – MY-GE-205**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

1. Understand Consciousness – Study sleep stages, disorders, and cognitive functions.
2. Analyze Behavior – Explore psychology as a science and behavioral foundations.
3. Study Personality – Learn types, determinants, and development stages.
4. Recognize Mental Disorders – Identify causes, symptoms, and effects.
5. Explore Yoga in Mental Health – Understand Patanjali Yog Sutra and yoga's role in well-being.

<b>BLOCK-01</b>	<b>INTRODUCTION TO ALTERED STATES OF CONSCIOUSNESS AND COGNITIVE PSYCHOLOGY</b>
<b>UNIT-01</b>	Sleep: Stages of Sleep.
<b>UNIT-02</b>	Sleep Disorders.
<b>UNIT-03</b>	Sensation, Perception, Attention, Memory.
<b>UNIT-04</b>	Learning - Their definitions and types.
<b>BLOCK-02</b>	<b>BEHAVIOURAL PSYCHOLOGY</b>
<b>UNIT-01</b>	Psychology as a Science of Behaviour.
<b>UNIT-02</b>	Psychological basis of behavior.
<b>BLOCK-03</b>	<b>PERSONALITY</b>
<b>UNIT-01</b>	Nature and Types of Personality.
<b>UNIT-02</b>	Determinants of Personality - Heredity and Environment.
<b>UNIT-03</b>	Facets and Stages of Personality Development.
<b>BLOCK-04</b>	<b>MENTAL HEALTH AND ROLE OF YOGA IN MENTAL DISORDER</b>
<b>UNIT-01</b>	Causes and Consequences of Mental Conflicts and Frustrations.
<b>UNIT-02</b>	Introduction to Common mental disorders - Insomnia, Depression, Stress, Anxiety disorders
<b>UNIT-03</b>	Patanjal Yog Sutra Inclusion Concept of Mental Disorders.
<b>UNIT-04</b>	Role of Yoga in Mental Disorder.

## REFERENCE BOOKS

1. Yoga and Psychology – Dr. Kanchan Joshi, Dr. Bijendra Singh.
2. P.L. Harrienan, 20th Century Psychology.
3. Abraham H. Maslov, Towards a Psychology of Being.
4. N.C.Pande, Mind and supermind.
5. V. Madhupudhan Reddy, Internal Yoga Psychology.
6. I.P Sachdeva, Yoga and Depth Psychology.



7. Shanti Parkash Attari, Yoga Psychology.
8. Yoga Nidra – Dr. Kamkhya Kumar.
9. Basic Sanskrit
10. Advance English

**COURSE DETAILS – 5**  
**SUBJECT NAME – BASIC SANSKRIT (ELECTIVE)**  
**SUBJECT CODE – MY-GE-206**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

Following the completion of this paper, students shall be able to:

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar

<b>BLOCK-01</b>	<b>संस्कृत भाषा परिचयः</b>
UNIT – 1	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
UNIT – 2	माहेश्वरसूत्र। संस्कृत वर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित रोमन लिपि में लेखन एवं पठन।
UNIT – 3	वर्णों के उच्चारण स्थान और प्रयत्न ज्ञान। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।
UNIT – 4	वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएँ (एक से सौ तक)।
<b>BLOCK-02</b>	<b>शब्दरूप परिचयः</b>
UNIT – 1	अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
UNIT – 2	हलन्तः – जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
UNIT – 3	सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिङ्ग, पुल्लिङ्ग, नपुंसकलिङ्ग में), एतद् (स्त्रीलिङ्ग, पुल्लिङ्ग, नपुंसकलिङ्ग में), यद् (स्त्रीलिङ्ग, पुल्लिङ्ग, नपुंसकलिङ्ग में), किम् (स्त्रीलिङ्ग, पुल्लिङ्ग, नपुंसकलिङ्ग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित।

<b>BLOCK-03</b>	<b>वाक्य निर्माण संधि व क्रियापद परिचय (वाक्यरचनाअनुवादश्च)</b>
UNIT – 1	सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
UNIT – 2	हल् (व्यञ्जन) (श्चुत्व ष्टुत्व, चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्व) एवं विसर्ग (सत्व, रत्व, उत्त्व (ओत्व) लोप) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
UNIT – 3	भू, पट्, लिख्, गम्, कृ, ( लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम्)

### Course Outcomes:

At the end of this paper students will be able to:

- Gain a deeper understanding of Sanskrit grammar rules, their applications, and nuances.
- Develop skills to analyse and construct grammatically accurate Sanskrit sentences.
- Sanskrit studies provide insights into ancient Indian philosophy, culture, and traditions, deepening your connection to heritage.

### निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय (१) – डा०आचार्यासाध्वीदेवप्रिया, दिव्य प्रकाशन , हरिद्वारम्
2. योगदर्शन – स्वामि रामदेव, दिव्य प्रकाशन, हरिद्वारम्

### संदर्भ ग्रंथाः

1. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी
2. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
4. DEVAVANIPRAVESIKA- : Robert p. Goldman: MLBD-NEWDELHI.



**COURSE DETAILS – 5**  
**SUBJECT NAME – PERSONALITY DEVELOPMENT (ELECTIVE)**  
**SUBJECT CODE – MY-GE-207**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

Following the completion of this paper, students shall be able to:

- Understand the effective development of all dimensions of personality.

<b>BLOCK-01</b>	<b>Introduction to Personality Development</b>
<b>UNIT-01</b>	Understanding Personality
<b>UNIT-02</b>	Success and Personal Growth
<b>UNIT-03</b>	Understanding and Dealing with Failure
<b>UNIT-04</b>	SWOT Analysis for Self-Development
<b>BLOCK-02</b>	<b>Attitude and Motivation</b>
<b>UNIT-01</b>	Attitude: A Cornerstone of Personality
<b>UNIT-02</b>	Developing a Positive Attitude
<b>UNIT-03</b>	Understanding Negative Attitude
<b>UNIT-04</b>	Motivation and Self-Driven Growth
<b>BLOCK-03</b>	<b>Self-Esteem and Relationship Dynamics</b>
<b>UNIT-01</b>	Exploring Self-Esteem
<b>UNIT-02</b>	Dealing with Low Self-Esteem
<b>UNIT-03</b>	Assertiveness and Relationship Types
<b>UNIT-04</b>	Lateral Thinking and Creativity
<b>BLOCK-04</b>	<b>Employability Skills and Professional Growth</b>
<b>UNIT-01</b>	Soft Skills for the Workplace



<b>UNIT-02</b>	Time Management and Teamwork
<b>UNIT-03</b>	Preparing for the Job Market
<b>UNIT-04</b>	Mock Interviews and Personality Assessment

## Text Books

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge(2014), Organizational Behavior 16th Edition: Prentice Hall.

## Reference Books:

1. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.
2. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company. 2004

**COURSE DETAILS – 6**  
**SUBJECT NAME – ADVANCE ENGLISH**  
**SUBJECT CODE – MY-AEC-208**

<b>CREDIT: 2*</b>	<b>CA: 15*</b>	<b>SEE: 35*</b>	<b>50*</b>
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## Course Objectives:

1. Introduce the basic concepts of effective communication skills.
2. Improve English communication of the students.



<b>BLOCK-01</b>	<b>Concept of Communication</b>
<b>UNIT-01</b>	Communication definition and concept
<b>UNIT-02</b>	Process, Elements and steps/phase of Communication
<b>UNIT-03</b>	Means, Methods, Mode of Communication
<b>UNIT-04</b>	Verbal-oral-written Communication. Non-verbal-sign language, Body Language.
<b>BLOCK-02</b>	<b>Flow and Barriers of Communication</b>
<b>UNIT-01</b>	Flow of Communication: Formal/Informal.
<b>UNIT-02</b>	Barriers of Communication- Intrapersonal, interpersonal & organizational
<b>UNIT-03</b>	Recapitulation- Linguistic Communication, Patter of Communication, Group Discussion
<b>UNIT-04</b>	History of English Communication and print Media in India.
<b>BLOCK-03</b>	<b>Grammar and Usage</b>
<b>UNIT-01</b>	Noun, Pronoun, Verb
<b>UNIT-02</b>	Adjective, Preposition, Conjunction
<b>UNIT-03</b>	Rules (Translation, Punctuation, Capitalization and Abbreviation Rules)
<b>UNIT-04</b>	Subject-Verb Agreement Rules, Sentence Correction Rules
<b>BLOCK-04</b>	<b>Grammar usage and Literature</b>
<b>UNIT-01</b>	Active and Passive Voice
<b>UNIT-02</b>	Direct and Indirect Speech, Suffixes and Prefixes
<b>UNIT-03</b>	Antonyms and synonyms, Homophones and Homonyms & Letter writing
<b>UNIT-04</b>	Literature Summary: Key Aspects of Ramanujan's Life and Work

## REFERENCE BOOKS

1. Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012
2. Pone Communicates, Few Connect: What the Most Effective People Do Differently, haC. Maxwell, 2010
3. Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010
4. Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008
5. Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin.

**COURSE DETAILS – 7**  
**SUBJECT NAME – YOG PRACTICUM-II**  
**SUBJECT CODE – MY-CP-209**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>50</b>
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## Course Objectives:

The objectives of this course are

1. Understand the benefits and limitations of each yoga practices.
2. Understand the concept and principles of shatkarmas and breathing techniques.
3. Demonstrate each practice with confidence and skilfully.

<b>Shatkarma</b>
Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhati and all the practices described in MA 105.
<b>Aasana</b>
Utkatasan, Paschimottan, Chakrasana, Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana, Hasta Padangushtha, Parvatasana, Akaranadhanurasan, Bhunamansan, BaddhaPadmasana, Konasana, Ashtavakra, Vayatanasana, Tulsan, Vyaghrasana, Gupta-Padam, Garbhaasana, Tiriyakbhujangasana, Sarpasana, ArdhaChandrasana, ParivrittaJanushirasana, Sankat aasana



<b>Pranayama</b>
Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA-105.
<b>Mudra and Bandha</b>
Shambhavi, Tadagi, Kaki Mudra and Mahabandha, Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.
<b>Mantra &amp; Meditation</b>
<i>Devyajna Mantras</i> - Meaning, Memorization & Recitation
<b>Viva</b>

**COURSE DETAILS – 8**

**SUBJECT NAME – HUMAN ANATOMY & PHYSIOLOGY PRACTICUM-II**

**SUBJECT CODE – MY-CP-210**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>50</b>
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## Course Objectives:

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

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

<b>Unit: 1</b>	Demonstration of organs and viscera, digestive and urinary system
<b>Unit: 2</b>	Demonstration of nerve cell, nerve/tract, brain and spinal cord
<b>Unit: 3</b>	Demonstration of gross sites, structures of endocrine glands
<b>Unit: 4</b>	Demonstration of gross structures of human ear, eye and nose

# SEMESTER III

## COURSE DETAILS – 1

SUBJECT NAME – PRINCIPLES AND METHOD OF YOGA TEACHING

SUBJECT CODE – MY-CT-301

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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### Course Objectives:

The Objectives of learning this course are to:

- Understand the core principles and philosophy of Yoga teaching.
- Learn effective methods for instructing asanas, pranayama, and meditation.
- Develop skills to adapt Yoga practices for different needs and abilities.
- Enhance communication and class management for an engaging learning experience.
- Promote holistic well-being through structured and mindful teaching.

<b>BLOCK-01</b>	<b>Action-Oriented Philosophy</b>
<b>UNIT-01</b>	The definition, significance, and nature of awareness as they are presented in the Vedas, Upanishads, Bhagwad Geeta, Yogasutra.
<b>UNIT-02</b>	A scientific and spiritual approach to the consciousness of humans.
<b>UNIT-03</b>	Yogic practices of enlightenment human consciousness including Jnanyoga, Karmayoga, Ashtangayoga, Hathayoga, Bhaktiyoga, and Mantrayoga.
<b>BLOCK-02</b>	<b>General Introduction to Teaching Methods of Yoga</b>
<b>UNIT-01</b>	Understand the concepts and practices of primary yoga teaching approaches, to introduce the philosophy of yoga education and principles.
<b>UNIT-02</b>	Understanding of classroom management and lesson planning, learn about the many tools used in yoga instruction.
<b>BLOCK-03</b>	<b>Holistic Yoga Education</b>
<b>UNIT-01</b>	Important aspects and components of yoga education



<b>UNIT-02</b>	Value-based education: definition, meaning, and various types of values for teachers, students, and yoga teaching.
<b>BLOCK-04</b>	<b>Teaching Methodology in Yoga and Educational Technology</b>
<b>UNIT-01</b>	Principles of Teaching: Individual, group, and mass teaching strategies; the definition and application of teaching methods; and the elements that influence them.
<b>UNIT-02</b>	Relationship between learning and teaching., planning of events (workshops, camps)
<b>UNIT-03</b>	The principles, requirements, and planning of teaching yoga (Shodhanakriya, Asana, Mudra, Pranayama, and Meditation), fundamentals of a good lesson plan.
<b>UNIT-04</b>	Lesson plan models; the necessity of a topic and lesson plan; The eight-step process of overview as it is presented in Kaivalyadhama.
<b>UNIT-05</b>	Classroom management: Yoga classroom: Key components, space, seating configuration, and student's interactions with the instructor Pranipaata, Pariprashna, and Seva

## REFERENCE BOOKS

1. A Handbook of Education – A.G. Sundarams & R.N. Kaul, Kapoor Brothers, Jammu.
2. Applied Yoga – Dr. Kamakhya Kumar
3. Methods and Techniques of Teaching – S.K. Kochar, Sterling Publications Pvt. Ltd., New Delhi.
4. आसन ,प्राणायाम, मुद्रा, एवं बंध – स्वामी सत्यानंद सरस्वती ।
5. योगाभ्यास की अध्यापन विधियाँ ।

**COURSE DETAILS – 2**  
**SUBJECT NAME – SHRIMAD BHAGAVAD GITA AND YOGA VASHISHTHA,**  
**SAMKHYAKARIKA**  
**SUBJECT CODE – MY-CT-302**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

The Objectives of learning this course are to:

- Understand the philosophical essence of Shrimad Bhagavad Gita and Yoga Vashishtha.
- Explore their teachings on self-realization, duty, and the mind.
- Analyze their relevance in modern life and personal growth.
- Apply their wisdom to yoga, meditation, and ethical living.

<b>BLOCK-01</b>	<b>Fundamentals of Bhagavad Gita</b>
<b>UNIT-01</b>	Essence and Background of the Bhagavad Gita – Historical Context and Relevance (1.1–1.47, 2.11, 4.7–4.8, 18.66 )
<b>UNIT-02</b>	Three Modes of Material Nature (Triguna) – Sattva, Rajas, and Tamas (14.5–14.20, 17.2–17.6, 18.19–18.22)
<b>UNIT-03</b>	Concept of Faith, Thoughts, and Deeds Corresponding to the Three Gunas, Atma and Paramatman, Prakriti (17.2–17.4, 13.19–13.22, 15.7, 10.20, 3.27 )
<b>UNIT-04</b>	Karma Yoga – Four Principles: Duty, Detachment, Neutrality, and Unconcern for Results, Bhakti types and qualities of devotees (2.47, 3.19, 2.48, 3.30, 12.13–12.20 )
<b>BLOCK-02</b>	<b>Philosophical and Psychological Teachings of Bhagavad Gita</b>
<b>UNIT-01</b>	Stitha Prajna (Steady Wisdom) – Qualities of an Enlightened Individual (2.54–2.72)
<b>UNIT-02</b>	Overcoming Negative Traits – Anger, Greed, Lust, and Desires (3.36–3.43, 16.21, 2.62–2.63)
<b>UNIT-03</b>	Psychoanalysis in the Gita – Understanding the Cycle of Desire and Destruction (Verses 2.62 & 2.63)



<b>UNIT-04</b>	Samatvam (Equanimity) and Dhyana Yoga – The Role of Meditation in Spiritual Growth (2.48, 6.10–6.15, 6.20–6.23, 6.5)
<b>BLOCK-03</b>	<b>Devotion, Action, and Self-Realization in Bhagavad Gita</b>
<b>UNIT-01</b>	Nature of Action – Action, Inaction, and Ego-Less Action (4.18, 4.18, 18.63 )
<b>UNIT-02</b>	Devotion and Surrender – Concept of Bhakti and Shraddha (Faith & Perseverance) (9.22, 9.26, 12.13–12.20, 18.66 )
<b>UNIT-03</b>	Moderation in Life – Balance in Sleep, Diet, and Daily Activities, yajna and yajnārtha karma, Lok sangraha (6.16–6.17, 3.9–3.16, 3.20–3.21)
<b>UNIT-04</b>	Dhyana Yoga – The Process of Meditation and Self-Realization, Jnana and Karma yoga (6.10–6.32, 4.33–4.42, 3.4–3.9, 5.7–5.12 )
<b>BLOCK-04</b>	<b>Wisdom from Yoga Vashishtha and Introduction to Samkhyakarika</b>
<b>UNIT-01</b>	Nature of the Mind – The World as a Projection of the Mind (Manah Prashamanaḥ Upāyaḥ Yogaḥ)
<b>UNIT-02</b>	Concept of Adhi and Vyadhi – Understanding Mental and Physical Disturbances
<b>UNIT-03</b>	Lifestyle and Mental Discipline – Practicing Detachment, Self-Control, and Abhyasa (Practice), Self-Realization – Overcoming Desires and Fixing the Mind on the Supreme
<b>UNIT-04</b>	Self-Realization – Overcoming Desires and Fixing the Mind on the Supreme

## BOOKS FOR REFERENCE:

- Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3
- Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. Doi: 10.2307/40085138
- Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.
- Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>



**COURSE DETAILS – 3**  
**SUBJECT NAME – NATUROPATHY**  
**SUBJECT CODE – MY-CT-303**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objective:

The Objectives of learning this course are to:

1. Understand the principles and philosophy of Naturopathy.
2. Explore natural healing methods like diet, hydrotherapy, and yoga.
3. Learn the role of self-healing, prevention, and lifestyle modifications.
4. Apply Naturopathy practices for holistic health and well-being.

<b>BLOCK-01</b>	<b>Fundamentals of Naturopathy</b>
<b>UNIT-01</b>	Introduction to Naturopathy – Concept, History, and Basic Principles
<b>UNIT-02</b>	Understanding Diseases – Acute and Chronic Conditions, Root Causes
<b>UNIT-03</b>	Detoxification – Principles of Remedial Aggravation and Alien Toxins
<b>UNIT-04</b>	Holistic Health Approach – Role of Natural Healing in Wellness
<b>BLOCK-02</b>	<b>Nature's Healing Therapies – Mud &amp; Chromotherapy</b>
<b>UNIT-01</b>	Mud Therapy – Importance, Types, Properties, and Benefits
<b>UNIT-02</b>	Applications of Mud Therapy – Mud Packs (Back, Throat, Eye, Abdomen), Mud Bath
<b>UNIT-03</b>	Sun Therapy – Types of Sunbaths and Their Health Benefits
<b>UNIT-04</b>	Chromotherapy – Principles, Color Healing, and Its Effects on the Body
<b>BLOCK-03</b>	<b>Massage Therapy &amp; Natural Detoxification</b>
<b>UNIT-01</b>	Massage Therapy – Meaning, History, and Effects on the Body
<b>UNIT-02</b>	Types of Massage – Techniques, Benefits, and Their Applications
<b>UNIT-03</b>	Fasting Science – Distinguishing Starvation from Fasting, Principles & Reactions
<b>UNIT-04</b>	Fasting for Healing – Guidelines, Benefits, and Best Practices



<b>BLOCK-04</b>	<b>Advanced Fasting Techniques &amp; Their Benefits</b>
<b>UNIT-01</b>	Types of Fasting – Water Fasting, Juice Fasting, Fruit Fasting, One-Meal Fasting
<b>UNIT-02</b>	Duration-Based Fasting – Short vs. Long Fasting, Half vs. Complete Fasting
<b>UNIT-03</b>	Fasting for Disease Management – How It Helps in Healing and Recovery
<b>UNIT-04</b>	Combining Fasting with Other Therapies – Integrative Approaches in Naturopathy

### Prescribed text book

1. प्राकृतिक चिकित्सा एवं आयुर्विज्ञान – डॉ. राकेश हजारे
2. प्राकृतिक चिकित्सा एवं योग – डॉ. नागेन्द्रानी राज

#### COURSE DETAILS – 4

**SUBJECT NAME – FUNDAMENTAL IN COMPUTER APPLICATIONS - II**

**SUBJECT CODE – MY-SEC-304**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

- Understand the fundamental concepts of computer systems and applications.
- Learn essential software tools, including word processing, spreadsheets, and presentations.
- Develop practical skills in data management, internet usage, and cybersecurity basics.
- Apply computing knowledge to enhance productivity and problem-solving in various domains.

<b>BLOCK-01</b>	<b>Advanced Data Management &amp; Research Tools</b>
<b>UNIT-01</b>	Advanced Spreadsheets & Data Analytics
<b>UNIT-02</b>	Database Management for Yoga Research

<b>UNIT-03</b>	Statistical Tools for Yoga Research
<b>UNIT-04</b>	Referencing & Research Writing
<b>BLOCK-02</b>	<b>Advanced Digital Content Creation &amp; Online Teaching</b>
<b>UNIT-01</b>	Professional Video Editing
<b>UNIT-02</b>	Website Development for Yoga Professionals
<b>UNIT-03</b>	Digital Marketing & Social Media Strategies
<b>UNIT-04</b>	AI & Automation in Yoga Science
<b>BLOCK-03</b>	<b>Advanced Cybersecurity &amp; Legal Aspects</b>
<b>UNIT-01</b>	Cybersecurity for Yoga Professionals
<b>UNIT-02</b>	Ethical Hacking & Digital Privacy
<b>UNIT-03</b>	Legal Aspects of Digital Wellness Business
<b>UNIT-04</b>	Online Safety for Yoga Practitioners
<b>BLOCK-04</b>	<b>Future Trends in IT &amp; Yoga Science</b>
<b>UNIT-01</b>	AR/VR in Yoga & Meditation
<b>UNIT-02</b>	Future of AI in Wellness & Yoga
<b>UNIT-03</b>	Blockchain & Data Security in Yoga Therapy
<b>UNIT-04</b>	Entrepreneurship & Digital Yoga Business

**COURSE DETAILS – 5**  
**SUBJECT NAME – GUIDANCE & COUNSELLING (ELECTIVE)**  
**SUBJECT CODE – MY-GE-305**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

1. To develop an understanding of the concepts of guidance and counseling.



2. To develop an understanding of the types of guidance
3. To acquaint students with different testing devices and techniques of guidance.
4. To develop and understanding of the role of teacher as counselor.
5. To create an awareness of the working of guidance centers.

<b>BLOCK-01</b>	<b>Foundations of Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Meaning, Nature & Functions of Guidance
<b>UNIT-02</b>	Types of Guidance: Educational, Vocational & Personal
<b>UNIT-03</b>	Guidance Services & Job Analysis
<b>UNIT-04</b>	Guidance for Differently-Abled Students
<b>BLOCK-02</b>	<b>Fundamentals of Counselling</b>
<b>UNIT-01</b>	Meaning, Purpose & Scope of Counselling
<b>UNIT-02</b>	Types of Counselling: Directive, Non-Directive & Eclectic
<b>UNIT-03</b>	Process & Skills in Counselling
<b>UNIT-04</b>	Role & Professional Ethics of a Counselor
<b>BLOCK-03</b>	<b>Tools &amp; Techniques in Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Psychological Tests: Intelligence, Aptitude & Personality
<b>UNIT-02</b>	Techniques of Guidance & Counselling: Interview & Case Study
<b>UNIT-03</b>	Records in Counselling: Cumulative, Anecdotal & Diary
<b>UNIT-04</b>	Questionnaire & Other Assessment Tools
<b>BLOCK-04</b>	<b>Specialized Areas in Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Job Satisfaction & Occupational Information
<b>UNIT-02</b>	Supporting Students with Learning Disabilities
<b>UNIT-03</b>	Mainstreaming & Support Services for Special Needs
<b>UNIT-04</b>	Emerging Trends & Future Prospects in Counselling

## References:

1. Aggarwal J. C. (2004) Educational and Vocational Guidance and Counseling, 7th Edition, Doaba House; Delhi.
2. Aggarwal J.C. (2005) Career Information in Career Guidance - Theory and Practice, Doaba House, Delhi.
3. Chauhan S.S. Principles and Techniques of Guidance.
4. Dash M. (1997) Education of Exceptional Children, Atlantic publishers, New Delhi.
5. Dev Kapil (2006) Educational Counseling, Pragun Publications, New Delhi- 3.
6. Gibson Robert & Mitchell Marianne (2005) Introduction to Guidance and Counseling, 6th Edition, Prentice Hall of India, New Delhi.
7. Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi
8. Kenkateish, S. (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.
9. Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.
10. Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi
11. Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.
12. Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.
13. Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.
14. Sharma R.A. Fundamentals of Guidance and Counseling
15. Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delhi.

### COURSE DETAILS – 5

**SUBJECT NAME – GLORIOUS CHAPTERS OF INDIAN HISTORY (ELECTIVE)**

**SUBJECT CODE – MY-GE-306**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

- Know the glorious past of their ancestors.

<b>BLOCK-01</b>	<b>Saindhav and Gangetic Culture</b>
<b>UNIT-01</b>	Harappan Civilization – Rise and Development
<b>UNIT-02</b>	Vedic Civilization and Gangetic Culture
<b>UNIT-03</b>	Mahajanapadas and Rise of Magadha
<b>UNIT-04</b>	Invasion and Interaction – Alexander and Porus
<b>BLOCK-02</b>	<b>Rise of Indian Empires</b>
<b>UNIT-01</b>	The Mauryan Empire – Unification and Administration
<b>UNIT-02</b>	Post-Mauryan Cultural Renaissance
<b>UNIT-03</b>	The Gupta Empire – Political and Cultural Zenith
<b>UNIT-04</b>	Decline and Legacy of the Gupta Dynasty
<b>BLOCK-03</b>	<b>Regional Powers and Cultural Expansion</b>
<b>UNIT-01</b>	Rise and Role of Rajputs
<b>UNIT-02</b>	South Indian Kingdoms – Cholas and Beyond
<b>UNIT-03</b>	Vijayanagar and Bahmani Conflict
<b>UNIT-04</b>	Regional Dynasties of Medieval India
<b>BLOCK-04</b>	<b>India's Freedom Struggle</b>
<b>UNIT-01</b>	Revolt of 1857 and Early Nationalism
<b>UNIT-02</b>	Partition of Bengal and Revolutionary Movements
<b>UNIT-03</b>	Gandhian Movements and Mass Awakening
<b>UNIT-04</b>	Path to Independence

## Text Book

- Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to the 12th Century, Delhi 2016.
- Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad, Delhi 2016.

## Reference

1. Sharma, L.P.: History of Ancient India,
2. Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.
3. Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.
4. Goyal, S. R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.
5. Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019
6. Shastri, K. A. N., The Age of Nandas and Mauryas, Varanasi, 1967.
7. Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I – V (relevant chapters), Bombay, 1951-1957.
8. Jha D. N., Ancient India: In Historical Outline, 1997
9. R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986
10. R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989
11. Vishuddhananda Pathak: Uttari Bharat ka Rajanitik Itihas
12. Verma Harishchandra: Madhyakalin Bharat 2 Part
13. Ramkrishna Mukherji: The Rise and Fall of the East Indian Company
14. R.C. Mazumdar, H.C. Roychaudhuri & Kalinkar Datta: An Advanced History of India (In Hindi: Bharat ka Brihad Itihas)
15. G.S. Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)
16. A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki Samajik Pristabhoomi)
17. Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad
18. G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)
19. S.C. Sarkar: The Bengal Renasissance (In Hindi: Bengal ka Navjagaran)



**COURSE DETAILS – 5**

**SUBJECT NAME – INTEGRATED WELLNESS IN TOURISM (ELECTIVE)**

**SUBJECT CODE – MY-GE-307**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The course intent to upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country. Since health tourism constitute a niche market for the industry and the government as well, it becomes desirable for the students to get in touch with this new segment of tourism industry. After studying this course, the student shall be able to define the trends, issues and challenges in the field of health tourism in India.

<b>BLOCK-01</b>	<b>Introduction to Wellness &amp; Tourism</b>
<b>UNIT-01</b>	Meaning and Concept of Wellness
<b>UNIT-02</b>	Introduction to Tourism – Meaning, Nature, Scope & Objectives
<b>UNIT-03</b>	Relationship between Yoga and Tourism
<b>UNIT-04</b>	Role of Wellness in Tourism
<b>BLOCK-02</b>	<b>Components &amp; Types of Wellness Tourism</b>
<b>UNIT-01</b>	Tourism Products and Concepts
<b>UNIT-02</b>	Elements & Components of Tourism
<b>UNIT-03</b>	Peace & Wellness Tourism – Meaning and Significance
<b>UNIT-04</b>	Factors Influencing Wellness Tourism
<b>BLOCK-03</b>	<b>Health &amp; Medical Tourism</b>
<b>UNIT-01</b>	Introduction to Health & Medical Tourism – Meaning, Nature & Scope
<b>UNIT-02</b>	Health & Medical Tourism Markets – Global Perspective
<b>UNIT-03</b>	India's Position in Global Medical Tourism Market – Advantages & Challenges
<b>UNIT-04</b>	Role of Private Sector in Health & Medical Tourism



<b>BLOCK-04</b>	<b>Health Tourism in India</b>
<b>UNIT-01</b>	Traditional Healthcare Systems in India
<b>UNIT-02</b>	Government Initiatives for Health & Medical Tourism
<b>UNIT-03</b>	Health Tourism Centers in India – Haridwar & Rishikesh, Kerala & Tamil Nadu
<b>UNIT-04</b>	Case Studies – Patanjali and Other Leading Wellness Tourism Institutions

## Reference

1. Smith, Melanie, &Puczko, Laszlo, Health and Wellness Tourism.
2. Conell, John, Medical Tourism.
3. Kumar, Medical Tourism in India (Management and Promotion)
4. Edlin, Gordon &Golanty, Eric, Health and Wellness.

**COURSE DETAILS – 6**  
**SUBJECT NAME – YOGA PRACTICUM-III**  
**SUBJECT CODE – MY-CP-308**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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## Course Objectives:

The objectives of this course are

1. State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
2. To demonstrate and instruct the undermentioned yogic practices.

### Shatkarma

Dand, Dhauti, Nauli, Trataka, VastraDhauti and all the exercises of the first & second semester.

### Posture



Padma Sarvangasana, Mayurasana, Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasana, Padmabakasan, Ek Paad Rajakapotasana, Purna Ustrasana

Including all asanas of 1st and 2nd semesters.

#### **Pranayama**

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

#### **Mudras and Bandhas**

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

#### **Teaching Practice**

Viva - (Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation)

**COURSE DETAILS – 7**  
**SUBJECT NAME – NATUROPATHY PRACTICUM**  
**SUBJECT CODE – MY-CP-309**

**CREDIT: 2**

**CA: 15**

**SEE: 35**

**MM: 50**

### **Course Objectives:**

The objectives of this course are

- Apply naturopathy principles through hands-on therapies.
- Develop skills in assessment and holistic treatment.
- Gain practical experience in natural healing techniques.

#### **Naturopathy Practical File**

**(The practical file will be prepared under guidance of faculty concerned.)**

#### **Forms of Water Therapy:**

(Jalpaan, natural bath, simple and friction bath, Hip bath/katisnan, MehanSnan, steam bath, spine bath, hot foot bath, full body wet bandage, chest, abdomen, throat and limbs wet bandages/packs, sponges, Anima) 's methods, benefits, precautions, health enhancements and various uses and contra-indications for prevention of diseases.

**Different Methods of Massage:**

General, friction, slap, rub, shake, vibration, speaking, caressing, shaking, rhythm, muck, pinch etc. with their physiological effects.

**Naturopathy for Common Diseases:**

Backache, Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes, Depression, Anxiety, Ovarian cysts, Menstrual problems, Smoking & Alcoholism, Migraine



## SEMESTER IV

### COURSE DETAILS – 1

SUBJECT NAME – COMPLEMENTARY AND ALTERNATIVE THERAPY

SUBJECT CODE – MY-CT-401

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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### Course Objective:

The Objectives of learning this course are to:

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

<b>BLOCK-01</b>	<b>Fundamentals of Complementary &amp; Alternative Therapy</b>
<b>UNIT-01</b>	Introduction to Complementary & Alternative Therapy (CAT)
<b>UNIT-02</b>	Mind-Body Therapy and Its Applications, mind body pioneers (Swami Ramdev, Chopra, Benson, etc)
<b>UNIT-03</b>	Manipulative-Body Based Therapy (MBT)
<b>UNIT-04</b>	Acupressure and Reflexology, including epidemiological, clinical, and experimental research studies, categorization of Pranic Healing into Basic, Advanced, and Psychotherapy
<b>BLOCK-02</b>	<b>Energy-Based Therapies</b>
<b>UNIT-01</b>	Introduction to Energy Medicine
<b>UNIT-02</b>	Pranic Healing: Concepts and Techniques
<b>UNIT-03</b>	Aura, Chakras, and Energy Centers
<b>UNIT-04</b>	Healing Practices: Scanning, Sweeping, and Energizing

<b>BLOCK-03</b>	<b>Therapeutic Applications of Alternative Medicine</b>
<b>UNIT-01</b>	Acupressure & Pranic Therapeutics for Chronic Conditions
<b>UNIT-02</b>	Management of Neurological and Psychological Disorders
<b>UNIT-03</b>	Energy-Based Approaches for Metabolic and Autoimmune Disorders
<b>UNIT-04</b>	Holistic Interventions for Pain Management and Rehabilitation, Placebo and Nocebo effects
<b>BLOCK-04</b>	<b>Herbal and Biologically-Based Therapies</b>
<b>UNIT-01</b>	Dietary Supplements and Herbal Remedies
<b>UNIT-02</b>	Role of Probiotics, Prebiotics, and Antioxidants in Health
<b>UNIT-03</b>	Panchgavya: Traditional Healing Applications
<b>UNIT-04</b>	Integrating Alternative Therapies into Modern Healthcare

## REFERENCE BOOKS:

1. Acharya, B. (2004). Ausadh Darshan Haridwar, India: DivyaPrakashan.
2. Acharya, B. (2005). Ayurveda Jadi-butlRahasya. Haridwar, India: DivyaPrakashan.
3. Brahmabarchas. (2003). NidanChititsa. Haridwar, India: Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of
5. Medicine (21<sup>st</sup> ed.). China: Churchill Livingstone, Elsevier.
6. Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
7. Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
8. Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
9. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
10. Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5<sup>th</sup>ed.). China. Elsevier Saunders.
11. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan



12. Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
13. Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan
14. Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan
15. Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
16. Sharma, S. (1998). JivemSaradmSatam. Mathura, India: Akhand Jyoti Samsthan.
17. Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: YugNirman Yojana Bistar Trust.

**COURSE DETAILS – 2**  
**SUBJECT NAME – DIET AND NUTRITION, HYGIENE**  
**SUBJECT CODE – MY-CT-402**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of learning this course are to:

1. Understand the concept of diet and the medical value of nutrition.
2. Advise appropriate diet to different age groups.
3. Know the benefits and caloric value of various food groups.
4. Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

<b>BLOCK-01</b>	<b>Fundamentals of Food and Nutrition</b>
<b>UNIT-01</b>	Basic Concepts of Nutrition
<b>UNIT-02</b>	Components of Food
<b>UNIT-03</b>	Food Groups and Their Nutritional Value
<b>UNIT-04</b>	Energy and Metabolism
<b>BLOCK-02</b>	<b>Diet, Nutrition, and Yogic Perspective</b>
<b>UNIT-01</b>	Yogic Concept of Diet

<b>UNIT-02</b>	Yogic Diet and Health
<b>UNIT-03</b>	Traditional and Modern Perspectives on Diet
<b>UNIT-04</b>	Practical Aspects of Yogic Nutrition
<b>BLOCK-03</b>	<b>Hygiene and Lifestyle Management</b>
<b>UNIT-01</b>	Principles of Swasthavritta
<b>UNIT-02</b>	Daily and Night Regimen (Dincharya & Ratricharya)
<b>UNIT-03</b>	Seasonal Regimen (Ritucharya)
<b>UNIT-04</b>	Preventive and Rejuvenative Practices
<b>BLOCK-04</b>	<b>Applied Nutrition and Health Management</b>
<b>UNIT-01</b>	Dietary Management for Different Populations
<b>UNIT-02</b>	Diet Therapy and Clinical Nutrition
<b>UNIT-03</b>	Public Health Nutrition and Hygiene
<b>UNIT-04</b>	Holistic Approaches to Nutrition and Well-being

## TEXT BOOKS

- आयुर्वेद तंत्र रहस्य – आचार्य बालकृष्ण
- आयुर्वेद जड़ी-बूटी रहस्य – आचार्य बालकृष्ण
- आयुर्वेदीय शरीर रचना एवं ज्ञान – विकास कुमार गौड़
- स्वस्थवृत्त – डॉ. रामधन सिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

## BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition



**COURSE DETAILS – 3**  
**SUBJECT NAME – YOGA UPANISHAD**  
**SUBJECT CODE – MY-CT-403**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objective:

The Objectives of learning this course are to:

- Have an idea about the Yogopnishads.
- Understand the concept of Yoga in Upnishads.
- Understand concept of Upanishads and the role of it in our day-to-day life.
- Quote references of each practice as per traditional texts.

<b>BLOCK-01</b>	<b>Foundations of Yoga Upanishads</b>
<b>UNIT-01</b>	Śvetāśvataropaniṣad – Dhyāna Yoga and Liberation
<b>UNIT-02</b>	Yogakuṇḍali Upaniṣad – Prāṇāyāma and Self-Realization
<b>UNIT-03</b>	Yogachūḍāmaṇi Upaniṣad – The Six Limbs of Yoga
<b>UNIT-04</b>	Tṛśikhibrahmānopaniṣad – Ashtāṅga Yoga and Karma Yoga
<b>BLOCK-02</b>	<b>Yogic Techniques and Their Application</b>
<b>UNIT-01</b>	Yogatattva Upaniṣad – Paths of Yoga
<b>UNIT-02</b>	Yogatattva Upaniṣad – Yogic Lifestyle and Siddhis
<b>UNIT-03</b>	Dhyānbindu Upaniṣad – Meditation and Self-Realization
<b>UNIT-04</b>	Dhyānbindu Upaniṣad – Advanced Meditation Techniques
<b>BLOCK-03</b>	<b>Sound, Vibration, and Yogic Wisdom</b>
<b>UNIT-01</b>	Nādabindu Upaniṣad – The Science of Sound
<b>UNIT-02</b>	Nādabindu Upaniṣad – Nāda and Mental Stillness
<b>UNIT-03</b>	Yogarāja Upaniṣad – Yogic Paths and Energy Centers
<b>UNIT-04</b>	Yogarāja Upaniṣad – Meditation and Its Outcomes



<b>BLOCK-04</b>	<b>Advanced Yogic Practices and Liberation</b>
<b>UNIT-01</b>	Integrative Yogic Disciplines
<b>UNIT-02</b>	Practical Applications of Prāṇāyāma
<b>UNIT-03</b>	Meditation and Self-Realization Practices
<b>UNIT-04</b>	Synthesis of Yogic Wisdom

## Text Books

1. 108 Upnishads, Part 1, 2 and 3, Pt. Shreeram Sharma Acharya, Yug Nieman Yujana Vistar Trust, Mathura, 2010.
2. Dr. Satyavrit Sidhantalankar: E\_kadasho Upnishad

## Reference Books

1. Ishadinopnishad: Gaeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

**COURSE DETAILS – 4**  
**SUBJECT NAME – RESEARCH METHODOLOGY (ELECTIVE)**  
**SUBJECT CODE – MY-CT-404**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

- Understand research methods, biostatistics, and evidence-based evaluation.
- Learn data analysis and its significance in research.

<b>BLOCK-01</b>	<b>Research in Yoga</b>
<b>UNIT-01</b>	Introduction
<b>UNIT-02</b>	Research for Yoga Scholars: Why? How? And When?
<b>UNIT-03</b>	Research - Definition, concept, purpose, approaches



<b>UNIT-04</b>	Internet sites for Yoga Researchers
<b>BLOCK-02</b>	<b>Research Fundamentals</b>
<b>UNIT-01</b>	Define measurement, Measurement framework
<b>UNIT-02</b>	Scales of measurement Pilot Study
<b>UNIT-03</b>	Types of variables Reliability & Validity
<b>UNIT-04</b>	Drawing Tables, graphs, master chart etc
<b>BLOCK-03</b>	<b>Writing a Research Proposal, Critiquing a research article</b>
<b>UNIT-01</b>	Defining a problem, Review of Literature
<b>UNIT-02</b>	Formulating a question, Operational Definition Inclusion & Exclusion criteria
<b>UNIT-03</b>	Forming groups, Data collection & analysis
<b>UNIT-04</b>	Results, Interpretation, conclusion, discussion Informed Consent, Limitations
<b>BLOCK-04</b>	<b>Research Design</b>
<b>UNIT-01</b>	Principle of Designing, Design, instrumentation & analysis for qualitative research
<b>UNIT-02</b>	Design, instrumentation & analysis for quasi-experimental research Design models utilized in Yoga
<b>UNIT-03</b>	Importance of Ethics in Research, Main ethical issues in human subjects' research
<b>UNIT-04</b>	Main ethical principles that govern research with human subjects Components of an, ethically valid informed consent for research

## REFERENCE BOOKS

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2. Breakwell, G.M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). Research methods in psychology (3rd ed.) London: Sage.

3. Bryman, A. (2008). Social Research Method (3rd ed.). Oxford: Oxford University Press.
4. Garrett, H.E. (1993). Shiksha evam manovigyan mein sankhyiki. New Delhi, India: Kalyani Publishers.
5. Garrett, H.E. (1988). Statistics in Psychology and Education. Bombay, India: Vikils, Feiffer & Semen's Ltd.
6. Guilford, J. P. & Fruchter, B. (1988). Fundamental Statistics in Psychology and Education. New Delhi, India: McGraw Hill. Unit-I
7. Guilford, J. P., & Fruchter, B. (1973). Fundamentals of statistics in psychology and education. Tokyo, Japan: Kogakusha.
8. Gupta, S. P. (2004). Statistical Methods (33<sup>rd</sup> ed.). New Delhi, India: Sultan Chand & Sons.
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12. Kumar, R. (2011). Research Methodology (2nd ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.
13. Liold, D. F. & Gerald, V. B. (1993) :Biostatistics: A Methodology for the Health Science. John Wiley & sons. Inc. Longman.
14. Maylor, H. & Blackmon, K. (2005). Researching Business and Management. New York, NY: Palgrave Macmillan.
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17. Ruxton, G. D. and Colegrave, N. (2003). Experimental Design for LifeScience. Oxford University Press.
18. Singh, A. K. (1986). Test, Measurement and Research Methods in Behavioural Sciences. New Delhi, India: Mc Graw Hill.
19. Singh, A. K. (2001). Research Methods in Psychology, Sociology and Education (4th ed.). Delhi, India: Motilal Banarasidas.
20. Singh, A.K. (2004) Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan.
21. Singh, A. K. (2006). Tests, measurements and research methods in behavioural sciences. Patna, India: Bharti Bhavan.



22. Suleman, M. (2005). Methods in Psychology, Sociology and Education (3rd ed.). Patna, India: General Book Agency.
23. Suleman, M. (1997). Sankhyiki ke mool tatwa. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
24. Wayne, W. D. (2006). Biostatistics: A Foundation for Analysis in the Health Sciences (7<sup>th</sup> ed.). New York, NY: John Wiley & sons. Inc
25. Zar, Z. H. (2011). Bio statistical Analysis (4th ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

#### COURSE DETAILS – 4

**SUBJECT NAME – FIELD WORK AND TEACHING PRACTICE (ELECTIVE)**

**SUBJECT CODE – MY-CT-405**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

1. To explore the philosophical and historical foundations of Yoga and its classical traditions.
2. To understand human anatomy, physiology, and yogic subtle body concepts for effective and safe Yoga practice.
3. To apply Yoga techniques therapeutically for physical, mental, and emotional well-being across diverse populations.
4. To develop knowledge and skills in research methodology specific to Yoga studies.
5. To cultivate professional competencies for career growth and ethical Yoga instruction or therapy.

<b>BLOCK-01</b>	<b>FOUNDATIONS OF YOGA PHILOSOPHY AND TRADITION</b>
<b>UNIT-01</b>	Historical Evolution of Yoga
<b>UNIT-02</b>	Classical Yogic Texts and Philosophy
<b>UNIT-03</b>	Branches and Paths of Yoga
<b>UNIT-04</b>	Ethics and Principles of Yogic Living
<b>BLOCK-02</b>	<b>YOGA ANATOMY, PHYSIOLOGY AND PRACTICE</b>
<b>UNIT-01</b>	Functional Anatomy for Yoga Practice
<b>UNIT-02</b>	Yogic Physiology and Subtle Body Concepts

<b>UNIT-03</b>	Asana: Theory, Practice and Teaching Methodology
<b>UNIT-04</b>	Pranayama, Meditation, and Advanced Practices
<b>BLOCK-03</b>	<b>YOGA THERAPY AND APPLICATIONS</b>
<b>UNIT-01</b>	Principles of Yoga Therapy
<b>UNIT-02</b>	Yoga for Physical Health and Rehabilitation
<b>UNIT-03</b>	Yoga for Mental Health and Psychological Well-being
<b>UNIT-04</b>	Special Populations and Adaptive Yoga
<b>BLOCK-04</b>	<b>RESEARCH METHODOLOGY AND PROFESSIONAL DEVELOPMENT</b>
<b>UNIT-01</b>	Research Methods in Yoga Studies
<b>UNIT-02</b>	Scientific Research on Yoga: Evidence and Critical Analysis
<b>UNIT-03</b>	Designing and Conducting Yoga Research
<b>UNIT-04</b>	Professional Integration and Career Development

## Reference:

Web sites and go for SLM

### COURSE DETAILS – 5 SUBJECT NAME – ADVANCED COMMUNICATIVE ENGLISH - II SUBJECT CODE – MY-ACE-406

<b>CREDIT: 2*</b>	<b>CA: 15*</b>	<b>SEE: 35*</b>	<b>50*</b>
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## Course Objectives:

1. Analyse and restate the meaning of a text in English.
2. Demonstrate the skill to write in English without grammatical errors.
3. Practice listening effectively to communication in English.
4. Develop the ability to speak English language with the right way of pronunciation.



<b>BLOCK-01</b>	<b>Means, Methods and Mode of Communication</b>
<b>UNIT-01</b>	Recapitulation, Face-to-Face Communication, Telephonic Conversation
<b>UNIT-02</b>	Reading Techniques, Letter writing, Creative Writing
<b>UNIT-03</b>	Intonation of communication
<b>UNIT-04</b>	Accent, Stress, Rhythm
<b>BLOCK-02</b>	<b>Communication</b>
<b>UNIT-01</b>	Seeking Introduction/Introduce oneself
<b>UNIT-02</b>	Making Enquires
<b>UNIT-03</b>	Asking Questions
<b>UNIT-04</b>	Group Discussion
<b>BLOCK-03</b>	<b>Literature I</b>
<b>UNIT-01</b>	Literature reading of any one book and sum up with its summary writing, Q&A and discussion 1. Gift of the Magi- by O Henry 2. The Kite Maker by Ruskin Bond 3. While the Auto Waits O Henry (Adapted for the stage by Walter Wykes)
<b>BLOCK-04</b>	<b>Literature-II</b>
<b>UNIT-01</b>	Literature reading of any one book and sum up with its summary writing, Q&A and discussion 1. Rabindra Nath Tagore-Chandalika 2. Autumn by Kalidasa (Translated by Arthur W.Ryoler) 3. The Loss by Anjali Shukla.

### Reference text:

- Dost, B. Ö. (2017). O. HENRY - THE GIFT OF THE MAGI ÜZERİNE BİR İNCELEME. *The Journal of Academic Social Sciences*, 52(52), 614–623. <https://doi.org/10.16992/asos.12602>
- The Kite Maker by Ruskin Bond

- While the Auto Waits O Henry (Adapted for the stage by Walter Wykes)
- Rabindra Nath Tagore-Chandalika
- Autumn by Kalidasa (Translated by Arthur W.Ryoler)
- The Loss by Anjali Shukla.

**COURSE DETAILS – 6**  
**SUBJECT NAME – YOGA PRACTICUM-IV**  
**SUBJECT CODE – MY-CP-407**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>50</b>
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## Course Objectives:

The objectives of this course are

1. State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
2. To demonstrate and instruct under mentioned yogic practices.

<b>Shatakarma</b>
Danddhauti, Vastrdhauti, Nauli, Trataka.
<b>Aasana</b>
Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana and all the practices of previous semesters.
<b>Pranayama</b>
Udgeeth, Moorchha.
<b>Dhyana &amp; Viva</b>
Vijnanamaya & Anandamaya Kosha



**COURSE DETAILS – 7**

**SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY PRACTICUM**

**SUBJECT CODE – MY-CP-408**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>50</b>
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### Course Objectives:

The objectives of this course are

1. Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

**Viva CAT**

Acupressure
Pranic Healing
Acupressure and Pranic Healing Treatment methods of Health problems
Dietary Supplements & Herbal Remedies

**COURSE DETAILS – 8**

**SUBJECT NAME – DISSERTATION/ FIELD TRAINING**

**SUBJECT CODE – MY-DSE-409/ MY-DSE-410**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>100</b>
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### Course Objectives:

The objectives of this course are

1. Demonstrate the yoga practices specific to a particular ailment confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

An aptitude test will be conducted to select eligible candidates at the end of MA- 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted.



The mode of question paper will be both objective and subjective. Candidates disqualified (securing marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

### Instructions:

During field training students are expected to carry out the following tasks.

- Involve themselves during practical session.
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

**Note:** Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

**Examination:** Students shall be examined based on the knowledge acquired with respect to parameter and the case history.