

SEMESTER – V

COURSE DETAILS – 1
SUBJECT NAME – PATANJALI YOGA SUTRAS – II
SUBJECT CODE – BSYSMJ – 501

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND DIFFERENT MENTAL MODIFICATIONS AND HOW TO PREVENT THEM
- RECOGNIZE THE FUNDAMENTAL IDEAS OF KAIVALYA AND VIBHUTI PADA.
- CITE EACH PRACTICE'S SOURCES IN ACCORDANCE WITH ESTABLISHED TEXTS.

BLOCK – 1	VIBHUTTI PADA
UNIT – 1	INTRODUCTION OF DHARANA, DHYANA AND SAMADHI,
UNIT – 2	NATURE OF SANYAMA;
BLOCK – 2	VIBHUTTI PADA
UNIT – 1	CONCEPT OF ANTARNGAM AND BAHIRANGAM , DIFFERENT KIND OF PARINAMAS
UNIT – 2	CONCEPT OF KAYASAMPAT
UNIT- 3	CONCEPT OF CHITTA SAMSKARA, PARINAMATRAYA AND VIBHUTIS.
BLOCK – 3	KAIVALYA PADA



UNIT – 1	FIVE MEANS OF SIDDHIS, CONCEPT OF NIRMAN CHITTA, IMPORTANCE OF SIDDHIS ACHIEVED THROUGH SAMADHI, FOUR TYPES OF KARMAS;
UNIT – 2	CONCEPT OF VASANA; DHARMAMEGH SAMADHI AND ITS RESULT,
UNIT – 3	VIVEKA KHYATI NIRUPANAM, KAIVALYA NIRVACHANA.
BLOCK – 4	YOG SUTRA SMARAN

TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV JI: PATANJALA YOG DARSHAN, DIVYAYOG PRAKASHAN, HARIDWAR 2008.
2. YOGA DARSHAN: GEETA PRESS GORAKHPUR.
3. PATANJAL YOGASUTRA: PV KARAMBELKAR: KAIVA;YADHAMA PUBLICATION, 2014
4. BKS IYENGAR: INTRODUCTION OF PATANJALI YOGASUTRA-S: MDNIY, NEW DELHI, 2011
5. SWAMI VED BHARTI: YOGASUTRA OF PATANJALI (WITH THE EXPOSITION OF VYASA) M.L.B.D. NEW DELHI, 2004, VOL I & II.

BOOKS FOR REFERENCE

1. VYASBHASYA
2. BHOJVRITTI

COURSE DETAILS – 2
SUBJECT NAME – YOGA PRACTICUM-V
SUBJECT CODE – BSYSMJ – 502

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO:

- STATE TECHNIQUES, HEALTH BENEFITS, APPLICATIONS, PRECAUTIONS AND CONTRAINDICATIONS OF UNDER MENTIONED YOGIC PRACTICES
- TO DEMONSTRATE AND INSTRUCT UNDERMENTIONED YOGIC PRACTICES.

BLOCK – 1	HYMNS AND SATKARMA
UNIT – 1	HYMNS: RECITATION OF SELECTED KARIKAS OF SAMKHYA KARIKA; RECITATION OF DURGASTKAMA
UNIT – 2	SATKARMA: NAULI (NAULI CHALANA)
BLOCK – 2	YOGASANA
UNIT – 1	HASTAPADANGUSTHASANA, GARUDASANA, GARBHASANA, NAVASANA, KURMASANA, RAJKAPOTASANA , KARNA PEEDASANA, BAKASANA, PADANGUSTHASANA, MAYURASANA, SIRSHASANA AND ITS VARIATIONS
BLOCK – 3	MUDRA, PRANAYAMA AND DHYANA
UNIT – 1	MUDRA: MAHA MUDRA, SIMHA MUDRA, VIPAREETKARNI MUDRA
UNIT – 2	PRANAYAMA: SURYA-BHEDANA AND CHANDRA-BHEDANA PRANAYAMA, UJJAYI PRANAYAMA AND BHASTRIKA PRANAYAMA, SHEETALI PRANAYAMA AND SITKARI PRANAYAMA,
UNIT – 3	DHYANA: AJAPA DHARANA (STAGE 6), YOGA NIDRA (STAGE 5),
BLOCK – 4	CONTINUOUS EVALUATION BY THE TEACHERS

BOOKS FOR REFERENCES

1. 3. SWAMI KUVALYANANDA:ASANA, KAIVALYADHAMA, LONAVLA, 1983
2. SWAMI SATYANANDA SARASWATI:ASANA, PRANAYAMA, BANDHA, MUDRA,BIHAR SCHOOL OF YOGA, MUNGER, 2005-06
3. IYENGAR, B.K.S.:LIGHT ON YOGA,HARPER COLLINS PUBLISHERS, 2009
4. SEN GUPTA RANJANA:B.K.S. IYENGAR YOGA, A DORLING KINDERSLEY LIMITED, 2001
5. TIWARI, O.P.: ASANA WHY AND HOW? KAIVALYADHAMA, LONAVLA, 2011
6. DESIKACHAR, DR. KAUSTHUB, THE HEART OF ASANA, - APRIL 1, 2012



COURSE DETAILS – 3

SUBJECT NAME – UNDERSTANDING OF NADI, PRANAS, CHAKRA & KUNDALINI

SUBJECT CODE – BSYSMN – 503

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

1. TO LEARN *BASICS OF PRANA, NADI & KUNDALINI*
2. TO KNOW *PHYSIOLOGICAL ASPECTS OF PRANA & KUNDALINI*
3. TO KNOW *ROLE OF NADI & KUNDALINI IN ASSOCIATION TO CHAKRAS*

BLOCK – 1	PRANA
UNIT – 1	CONCEPTS OF PRANA, ITS MEANING, DEFINITION, CLASSIFICATION AND THEIR ROLE IN HEALTH AND HEALING.
UNIT – 2	ETYMOLOGY AND UNDERSTANDING THE FLOW OF PRANA (LIFE-FORCE ENERGY). THE IMPORTANCE OF PRANA IN YOGA.
BLOCK – 2	CHAKRA
UNIT – 1	INTRODUCTION TO CHAKRAS : AJNA, MOOLADHARA, SWADHISTHANA, MANIPURA, ANAHATA, AND VISHUDDHI CHAKRAS – BINDU VISARGA – SAHASRARA AND SAMADHI.
UNIT – 2	UNDERSTANDING ABOUT THE NATURE AND FUNCTION OF THE CHAKRAS. THE OVERACTIVE STATE, BALANCED STATE & UNDERACTIVE STATE OF A CHAKRA.
BLOCK – 3	NAADI
UNIT – 1	CONCEPT OF NADIS ITS CLASSIFICATIONS, LOCATION AND THEIR ROLE IN HEALTH AND HEALING.
UNIT – 2	FUNCTIONS AND ACTIVITIES OF NADI. IMPORTANCE OF NADI IN PRANAYAMA.
BLOCK – 4	KUNDALINI

UNIT – 1	CONCEPTS OF KUNDALINI. FOUR FORMS OF AWAKENING – DESCENT OF KUNDALINI – THE EXPERIENCE OF KUNDALINI – THE PATH OF KRIYA YOGA
UNIT – 2	KUNDALINI YOGA PRACTICE: RULES AND PREPARATIONS – POSTURE – CHAKRA SADHANA.
BLOCK – 5	APPLICATION OF AURA, PRANA, NAADI AND CHAKRA
UNIT – 1	APPLICATION, OBSERVATION, DIAGNOSIS AND ANALYSIS OF AURA, PRANA, NADI & CHAKRA THROUGH VARIOUS YOGIC PRACTICES AND TOOLS (BIOWEL, KIRELIAN PHOTOGRAPHY, ETC).

REFERENCE:

- NADI TANTRA & PRANA: CCRYN PUBLICATION 2012
- SHIV SAMHITA: KAIVALYADHAMA PUBLICATION, 2015
- SHVARA YOGA: SWAMI MUKTIBODHANANDA, YOGA PUBLICATION TRUST, BIHAR SCHOOLS OF YOGA, MUNGER BIHAR

COURSE DETAILS – 4
SUBJECT NAME – INTERNSHIP
SUBJECT CODE – BSYSSE – 504

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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A BACHELOR'S INTERNSHIP IN YOGA PLAYS A CRUCIAL ROLE IN PROVIDING STUDENTS WITH PRACTICAL EXPERIENCE, DEEPENING THEIR UNDERSTANDING OF YOGA PRINCIPLES, AND PREPARING THEM FOR FUTURE CAREER OPPORTUNITIES. THIS INTERNSHIP PROGRAM WOULD HELP STUDENTS WITH; HANDS-ON EXPERIENCE, SKILL DEVELOPMENT, EXPOSURE TO DIFFERENT YOGA STYLES, PROFESSIONAL NETWORKING, FEEDBACK AND MENTORING, PERSONAL AND PROFESSIONAL GROWTH.