



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 Siddhi.
<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, Swastikasan, 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



UNIVERSITY OF PATANJALI \_\_\_\_\_

**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