

Department of Yoga Education



Choice Based Credit System (CBCS) Syllabus M.A. /M.Sc. in Yoga Science



2021-2023

Dr. Harisingh Gour Vishwavidyalaya Sagar (M.P.) 470003

Passed in Board of Studies (BoS) on 06.10.2021

Prof. Ganesh Shankar

Dr. Rani Dubey

Passed in School Board of Education (SoE) on 07.10.2021

Prof. Ganesh Shankar

Dr. Rani Dubey

Prof. K. Krishna Sharma

Dr. Chandrakanta Jain

Prof. A. D. Sharma

Dr. Chitti P Babu

Prof. Narayan Prakash

Dr Arun K. Sao

Prof. Diwakar Rajpoot

Dr Arun K. Sao

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

Introduction:

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Title of the Course: Master of Arts (M.A.)/ Master of Science (M.Sc.) in Yoga Science.

Duration of the Course:

- The course will be of two years duration, which will be divided into four semesters as two semesters in each academic year.

Objectives of the Course:

- The course will provide deeper insight into the curriculum of yoga sciences along with the therapeutic applications of yoga and alternative therapies.
- At the master level it is also intended that students should get familiar with the original texts of yoga.
- Promoting Positive Health in the student through yoga and enabling and imparting skill in them to practice and apply Yogic practices for health to general public and teach yoga for total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the traditional indian sciences specially yoga and spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of yoga and alternative therapies.

Dress Code:

- Blue lower & white T- shirt for practical class and white Kurta (Male) /Kurti (Female) for theory class are mandatory.

Medium of Instructions:

- Hindi/ English

Eligibility:

- Passed Graduation in any discipline. The candidate should be medically fit.

Structure of Program:**Semester – I**

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-121	Foundation of Yoga	04	01	0	05	20+20+60=100	75
YSC CC-122	Principles and Practices of Hatha Yoga	04	01	0	05	20+20+60=100	75
YSC CC-123	Yoga Practical	0	0	05	05	20+20+60=100	90
YSC EC-124	Eminent Indian Yogis	03	01	0	04	20+20+60=100	60
YSC EC -125	Project/Seminar/Workshop on Yoga	03	01	0	04	20+20+60=100	60
YSC EC -126	Teaching Methods/Pathology in Yoga	03	01	0	04	20+20+60=100	60
Total					19	500	

Semester - II

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-221	Patanjal Yoga Darshan	04	01	0	05	20+20+60=100	75
YSC CC-222	Human Anatomy Physiology & Yoga	04	01	0	05	20+20+60=100	75
YSC CC -223	Yoga Practical	0	0	05	05	20+20+60=100	90
YSC EC-224	Principles of Yoga in Bhagwad Gita & Upanishadas	03	01	0	04	20+20+60=100	60
YSC EC -225	Project/Seminar/Workshop on Yoga	03	01	0	04	20+20+60=100	60
YSC EC -226	Teaching Methods/Pathology in Yoga	03	01	0	04	20+20+60=100	60
YSC OE-227	Fundamentals of Yoga	02	0	0	02	20+20+60=100	30
YSC OE-228	Yoga & Holistic Health	02	0	0	02	20+20+60=100	30
Total					21	600	

Semester - III

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-321	Indian Philosophy	04	01	0	05	20+20+60=100	75
YSC CC-322	Holistic Health and Yoga Therapy	04	01	0	05	20+20+60=100	75
YSC CC-323	Yoga Practical	0	0	05	05	20+20+60=100	90
YSC EC-324	Research Methodology in Yoga	03	01	0	04	20+20+60=100	60
YSC EC -325	Project/Seminar/Workshop on Yoga	03	01	0	04	20+20+60=100	60
YSC EC -326	Teaching Methods/Pathology in Yoga	03	01	0	04	20+20+60=100	60
YSC OE-327	Fundamentals of Yoga	02	0	0	02	20+20+60=100	30
YSC OE-328	Yoga & Holistic Health	02	0	0	02	20+20+60=100	30
Total					21	600	

Semester - IV

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-421	Ayurveda, Swasthavritta & Diet	04	01	0	05	20+20+60=100	75
YSC CC-422	Yoga-Psychotherapy	04	01	0	05	20+20+60=100	75
YSC CC-423	Yoga Practical	0	0	05	05	20+20+60=100	90
YSC EC-424	Principles of Naturopathy	03	01	0	04	20+20+60=100	60
YSC EC -425	Project/Seminar/Workshop on Yoga	03	01	0	04	20+20+60=100	60
YSC EC -426	Teaching Methods/Pathology in Yoga	03	01	0	04	20+20+60=100	60
Total					19	500	

Scheme of Examination:

Seventy five percent (75%) attendances in theory and practical classes respectively will be necessary for a candidate to appear in the mid semester, internal assessment and end semester examination. The evaluation will be based on the following scheme:

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

- | | |
|------------------------------|------------|
| (a) Mid Semester Examination | : 20 Marks |
| (b) Internal Assessment | : 20 Marks |
| (c) End Semester Examination | : 60 Marks |

Scheme of Evaluation:**(A) Internal Assessment:****(a) Theory:**

- | | |
|--|------------|
| (i) Evaluation of assignment, presentation etc.: | 15 Marks |
| (ii) Attendance | : 05 Marks |

The marks of attendance shall be awarded as follows:

- | | |
|--------------------------|------------|
| (i) 75% and bellow | : 00 Mark |
| (ii) >75% and up to 80% | : 01 Mark |
| (iii) >80% and up to 85% | : 02 Marks |
| (iv) >85% and up to 90% | : 03 Marks |
| (v) >90% and up to 95% | : 04 Marks |
| (vi) >95% | : 05 Marks |

(b) Practical:

The Evaluation of practical shall be awarded as follows:

- | | |
|-----------------------------------|------------|
| (i) Yogic practices and Viva-voce | : 15 Marks |
| (ii) Attendance | : 05 Marks |

The marks of attendance shall be awarded as follows:

- | | |
|--------------------------|------------|
| (i) 75% and bellow | : 00 Mark |
| (ii) >75% and up to 80% | : 01 Mark |
| (iii) >80% and up to 85% | : 02 Marks |
| (iv) >85% and up to 90% | : 03 Marks |
| (v) >90% and up to 95% | : 04 Marks |
| (vi) >95% | : 05 Marks |

(B) End Semester Examination for Practical:

It will consist of 60 marks as follows:

- | | |
|-------------------------------------|------------|
| (i) Yogic practices | : 40 Marks |
| (ii) Practical notebook & Viva-voce | : 20 Marks |

(C) Evaluation of Project/Dissertation:

It will be base on periodic assessment of the progress of the project/dissertation and end semester examination as follow:

- | | |
|--|------------|
| (i) First periodic assessment of the progress after 08 weeks | : 20 Marks |
| (ii) Second periodic assessment of after 04 weeks | : 20 Marks |
| (iii) End semester examination will consist of: | |
| (a) Evaluation of project/dissertation report | : 50 Marks |
| (b) Viva-Voce of the project/dissertation report | : 10 Marks |

(D) Evaluation of Seminars/ Workshops:

- | | |
|--|------------|
| (i) Documentation for the Seminars/ Workshops | : 20 Marks |
| (ii) First presentation of the Seminars/ Workshops | : 20 Marks |
| (iii) End semester examination will consist of: | |
| (a) Presentation the Seminars/ Workshops | : 50 Marks |
| (b) Defense of the Presentation | : 10 Marks |

First Semester**YSC-CC-121- Foundation of Yoga (5 Credits 75 Hours)**

Unit-I Introduction:	12 Hours
<ul style="list-style-type: none"> • Yoga it's Meaning, Definition & objectives. • Historical background of yoga. • Relevance of Yoga in modern age and scope. • Misconceptions about yoga and their solutions. • Difference between yogic and non-yogic system of exercises. 	
Unit-II Yoga in different Texts I:	12 Hours
<ul style="list-style-type: none"> • Vedas • Upanishads • Shrimad Bhagvad Geeta • Epic (Mahakavya) • Smritis & Puranas 	
Unit-III Yoga in different Texts II:	12 Hours
<ul style="list-style-type: none"> • Yoga Vashishtha • Ayurveda • Budhism • Jainism 	
Unit-IV Types of Yoga I: its brief Introduction	12 Hours
<ul style="list-style-type: none"> • Karma yoga • Gyana yoga • Bhakti yoga 	
Unit-V Types of Yoga II: its brief Introduction	12 Hours
<ul style="list-style-type: none"> • Raja yoga • Mantra yoga • Tantra yoga 	

Essential Readings:

1. Vijnananand Saraswati - Yoga Vijyan, Yoga nketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, New Delhi, 2008
3. Swami Vivekanand - Jnana, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

Suggested Readings:

1. Prof. Ramharsh Singh – Yoga avm yoga chikitsa, Chaukhambha Sanskrit Pratishthan, Delhi-07
2. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
3. Stephen sturgess - The yoga book, Motilal banarsi das, New Delhi.
4. S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010
5. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard publisher, New Delhi 2010.

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YSC-CC-122- Principles & Practices of Hatha Yoga (5 Credits 75 Hours)
(Based on Hatha Yoga Pradipika and Gheranda Samhita)

Unit-I	Introduction:	12Hours
	<ul style="list-style-type: none"> ▪ Hatha yoga – Its definition & objectives. ▪ Origin & tradition of Hatha yoga. ▪ General introduction of Basic Hatha yogic texts (Siddha Sidhant Paddhati, Shiv Samhita, Vashishtha Samhita, Goraksha Shatak, Hatha Pradipika, Gherand Samhita, Hatha Ratnavali). 	
Unit-II	Essentials of Hatha yoga:	12 Hours
	<ul style="list-style-type: none"> ▪ Importance of Place. ▪ Environment & Season for Hatha sadhana. ▪ Aids & Obstructions to Hatha sadhana. ▪ Prohibited & conductive food in Hatha sadhana. ▪ Yama & Niyama 	
Unit-III	Meaning, Definition, Objectives, Techniques, Benefits and Cautions:	12 Hours
	<ul style="list-style-type: none"> ▪ Shatkarma ▪ Asanas ▪ Pranayama ▪ Mudra & Bandhas 	
Unit-IV	Meaning, Definition, Objectives, Types, Techniques, Process and Benefits:	12 Hours
	<ul style="list-style-type: none"> ▪ Dhyana ▪ Samadhi ▪ Naad & Nadanusandhan 	
Unit-V	Spiritual Energy:	12 Hours
	<ul style="list-style-type: none"> ▪ Prana & Nadi ▪ Panch Kosha ▪ Chakras ▪ Kundalini Shakti 	

Essential Readings:

1. Sw. Niranjananda - Gheranda Samhita, Bihar yoga bharti , Munger,1997.
2. Sw. Digamberji & M.L. Gharote- Gheranda Samhita, Kaivalyadham SMYM samiti, Lonavala, 1978.
3. Sw. Digamber ji & Raghunaath Shastri - Hatha Yoga Pradipika, Kaivalyadham SMYM samiti, Lonavala, 2006.
4. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga publication trust, Munger, 2000.
5. Shiv Samhita-
6. Vashishtha Samhita-
7. Siddha Siddhant Paddhati -
8. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust , Munger, 2006.

Suggested Readings:

1. Sw. Kuvalyanand & S.A. Shukla - Goraksha Shatakam, Kaivalyadham SMYM samiti, Lonavala, 2006.
2. M.L.Gharote - Hatha Ratnavali, Kaivalyadham SMYM samiti, Lonavala, 2009.
3. M.L.Gharote -Siddhasidhant Padhati, Kaivalyadham SMYM samiti, Lonavala, 2005.
4. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
5. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.

YSC-CC-123-Yoga Practical (5 Credits 90 Hours)

Yogic Practices		
S. N.	Subject	
01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part- 1, 2, 3, Marjariasan, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/Pragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Vecrasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.
05.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadaschirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.
08.	Relaxative/Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhrumri, Sheetali, Shitkari.
10.	Mudras /Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
11.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhauti, Vastradhauti, Dandadhauti, Shankha Frakshalan.
12.	Meditation	Soham Sadhana, Frana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.
13.	Karma yoga	Karma yoga is mandatory for all students on the last day of the week.

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Sw. Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas, Shantikunj, Haridwar, 1998.
5. AK Sao & A Sao - Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

YSC-EC-124- Eminent Indian Yogis (4 Credits 60 Hours)

UNIT I 12 Hours

Life sketch, Yogic Life and their contribution to Yoga:

- Maharshi Yagyavalakya
- Maharshi Patanjali
- Maharshi Ved Vyasa
- Matsyendra Nath

UNIT II 12 Hours

Life sketch, Yogic Life and their contribution to Yoga:

- Adi Shankracharya
- Gorakshanath
- Sant Jnaneshwar
- Swami Ramakrishna Paramhansa

UNIT III 12 Hours

Life sketch, Yogic Life and their contribution to Yoga:

:

- Yogiraj Shyama Charan Lahidi
- Swami Vishuddhanand
- Maharshi Dayanand Saraswati
- Swami Vivekanand

UNIT IV 12 Hours

Life sketch, Yogic Life and their contribution to Yoga:

- Maharshi Raman
- Shri Aurobindo
- Swami Shivanand
- Paramhansa Yoganand

UNIT V 12 Hours

Life sketch, Yogic Life and their contribution to Yoga:

- Swami Satyanand
- Swami Kuvalyananda
- Acharya Shri Ram Sharma
- Maharshi Mahesh Yogi

Essential Readings:

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
3. Kalyan(Bhakt Ank) - Gita press Gorakhpur.
4. Kalyan(Sant Ank)- Gita press Gorakhpur.

Suggested Readings:

1. Kalyan(Yogank) - Gita press Gorakhpur, 2002.
2. Kalyan(Yoga Tatwank)- Gita press Gorakhpur, 1991.

M.A. /M.Sc. IN YOGA SCIENCE

YSC-EC-125 - Project/Seminar/Workshop on Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- A Project related to Yoga
- A seminar on Power Presentation
- Workshop on any Aspect of Yoga

YSC-EC-126- Teaching Methods/Pathology in Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- 5 Teaching Lessons/ Seminar/Project
- One Theory Lesson on the selected topic.
- 5 Pathological tests-their technique and methods.

Essential Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.
5. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
6. Pt. Shri Ram Sharma- Pragyia Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998

Suggested Readings:

1. Asana why and how - Tiwari, O.P., (Pub: Kaivalyadhama, Lonavla)
2. Yogic Pranayama- Joshi K.S.: (Pub: Orient Paperback, New Delhi, 1990)

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

Second Semester**YSC-CC-221 - Patanjali Yoga Darshan (5 Credits 75 Hours)**

Unit-I	15 Hours
<ul style="list-style-type: none"> ▪ Introduction of Patanjali Yoga Sutra ▪ Definition of Yoga according to Patanjali Yoga Sutra ▪ Chitta & Chitta Vrittis ▪ Panch Klesh 	
Unit-II	15 Hours
<ul style="list-style-type: none"> ▪ Yoga Antaraya ▪ Chitta Prasadann ▪ Abhyasa & Vairagya ▪ Kriya Yoga 	
Unit-III	15 Hours
<ul style="list-style-type: none"> ▪ Steps of Astanga Yoga ▪ Yama & Benefits of Yama siddhi ▪ Niyama & Benefits of Niyama siddhi ▪ Nature of Drasta & Drishya 	
Unit-IV	15 Hours
<ul style="list-style-type: none"> ▪ Concept of Samyama ▪ Samapatti & Samadhi & its types ▪ Concept of Ishwar ▪ Dharmmedh Samadhi 	
Unit-V	15 Hours
<ul style="list-style-type: none"> ▪ Concept & kind of Vibhuti ▪ Vivekkhyati ▪ Kinds of Karma ▪ Kaivalya 	

Essential Readings:

1. Sw. Omanand - Patanjali Yoga Pradeep, Geeta Press Gorakhpur.
2. Hari Krishnadas Goyandaka-Patanjaliyoga Darshana, Geeta Press Gorakhpur, 2007.
3. Sw. Satyananda Saraswati - Four Chapters on Freedom, Yoga publication trust, Munger, Bihar, 2001.
4. P.V.Karambelkar-Patanjal Yoga Sutra, Kaivalyadham SMYM samiti, Lonavala, 2011.
5. Sriram Sharma Acharya - Sankhya Darshan aur Yoga Darshan, Akhand Jyoti Mathura, 1998.

Suggested Readings:

1. Sriram Sharma Acharya- Sadhana Paddhatiyon Ka Gyan Aur Vigyan, Akhand Jyoti Mathura, 1998.
2. Mahashi Vyas – Vyas Bhashya (Yoga Sutra), Chaukhambha Sanskrit Sansthan, Varanasi.

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YSC-CC-222- Human Anatomy Physiology & Yoga (5 Credits 75 Hours)

15 Hours

- Unit-I Introduction:**
- Human Body- Concept and its Importance in Yoga
 - Definition of Anatomy and Physiology.
 - Cell: Structure & Function
 - Tissues: Types, Structure & Function.
- 15 Hours
- Unit-II Nervous System & Endocrinal System:**
- Nervous System: General information, Different parts, its structure, function & effect of yoga practices.
 - Endocrinal system: General information, Different Glands of Endocrinal system, its structure, function & effect of yoga practices.
- 15 Hours
- Unit-III Musculo-skeletal System:**
- Skeletal System: General information, Different type of bone, its structure, function & effect of yoga practices.
 - Muscular System: General information, Different type of Muscle, its structure, function & effect of yoga practices.
- 15 Hours
- Unit-IV Digestive and excretory System:**
- Digestive system: General information, Different parts, structure, function & effect of yoga practices.
 - Excretory system: General information, Different parts, structure, function & effect of yoga practices.
- 15 Hours
- Unit-V Respiratory & Cardio- Vascular System:**
- Respiratory System: General information, Different parts, structure, function & effect of yoga practices.
 - Circulatory system: General information, Different parts, its structure, function & effect of yoga practices.

Essential Readings:

1. Shirley Teles - A Glimpses of the Human Body, Sw. Vivekanand yoga prakashan, Bangalore.
2. M.M. Gore - Anatomy and Physiology of yogic Practices, Motilal banarsidass, New Delhi, 2007.
3. Ross & Wilson - Human Anatomy and Physiology in Health & Illness, Churchill Livingstone; 2010

Suggested Readings:

1. Dr. Rakesh Dixit-Sharir Rachana Evam Kriya Vijnan, Bhasha Bhavan, Mathura, 2005.
2. Inderveer Singh-Anatomy and Physiology for Nurses, Jaypee brothers publisher, 2008.

YSC-CC-223-Yoga Practical (5 Credits 90 Hours)

S. N.	Subject	Yogic Practices
01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part-1, 2, 3, Marjariasan, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/ Pragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushhti, Murdhasana.
05.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadashirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.
08.	Relaxative/ Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhramri, Sheetali, Shitkari.
10.	Mudras /Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
11.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhuti, Vastradhuti, Dandadhuti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Frana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.
13.	Karma yoga	Karma yoga is mandatory for all students on the last day of the week.

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

M.A. /M.Sc. IN YOGA SCIENCE

YSC-EC-224- Principles of Yoga in Bhagwad Gita & Upanishads (4 Credits 60 Hours)

12 Hours

UNIT I

- Introduction of Geeta
- Historical Background of Bhagwad Gita
- Concept of yoga in Geeta
- Characteristics of a Yogi

12 Hours

UNIT II

- Philosophical foundation of Geeta (Aatma, Srishti, Ishwar, Moksha)
- General introduction of various commentaries on bhagwad Gita; Shankar Bhashya, Ramanuj Bhashya, Gyaneshwari Geeta, Geeta Rahasya

12 Hours

Unit III

- Principles of Karma Yoga in Bhagwad Gita
- Principles of Gyan Yoga in Bhagwad Gita
- Principles of Bhakti Yoga in Bhagwad Gita

12 Hours

Unit IV

- Meaning & definition of Upanishad.
- Introduction of Basic Upanishads (Isha, Ken, Katha, Prashna, Manduka Mandukya, Atreya, Taitariya, Chhandogya, Brihदारanyaka, Shwetashwatar).
- Importance of Upanishad.
- Impact of Upanishad on Indian & Western thinkers.

12 Hours

Unit V

Yogic facts in-

- Nada-bindu(types of Nada & Nadanusandhana)
- Dhyana-bindu (Importance of Dhyana & its Nature)
- Yoga- Tattwopanishad
- Yoga- Shikhopnishad
- Yoga- Kundalyopanishad
- Yoga Chudamani Upanishad
- Yoga Rajopanishad

Essential Readings:

1. Radhakrishnan - The Bhagavadgita, Harper Element, 2015.
2. Shankar Gita Bhashya, Geeta Press Gorakhpur.
3. Swami Adidevananda - Sri Ramanuja Gita Bhasya, Advait ashram, Culcutta, 2009.
4. Sant Jnaneshwar - Jnaneshwari Geeta, Indian Press Ltd., Prayag, 1924.
5. Bal Gangadhar Tilak - Geeta Rahasy, Ram Chandra Balvant Tilak, Pune, 1933.
6. Sriram Sharma Acharya – Upanisad-Brahma, Jnana, Sadhana Khand , Akhand Jyoti Mathura, 1998.
7. Ishadinaupanishada - Gita press Gorakhpur.

Suggested Readings:

1. Ramsukhdas - Geeta Darpan, Geeta Press Gorakhpur.
2. Kalyan(Upanishadank)- Gita press Gorakhpur, 1991.

YSC-EC-225 - Project/Seminar/Workshop on Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- A Project related to Yoga
- A seminar on Power Presentation
- Workshop on any Aspect of Yoga

YSC-EC-226- Teaching Methods/Pathology in Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- 5 Teaching Lessons/ Seminar/Project.
- One Theory Lesson on the selected topic.
- 5 Pathological tests-their technique and methods.

Essential Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.
5. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
6. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998

Suggested Readings:

1. Asana why and how - Tiwari, O.P., (Pub: Kaivalyadhama, Lonavla)
2. Yogic Pranayama- Joshi K.S.: (Pub: Orient Paperback, New Delhi, 1990)

M.A. /M.Sc. IN YOGA SCIENCE

YSC-OE-227 - Fundamentals of Yoga (2 Credits 30 Hours)
(For students of other departments)

Unit-I

- Meaning, definitions and importance of Yoga.
- Misconceptions about yoga and their solutions.
- Essentials of yoga practices –Prayer, Yogic Diet, Ideal place, discipline, dress, bathing, time and Sequence for yogic practices.

6 Hours

Unit-II

- Meaning, Definitions and importance of human health. Factors affecting health.
- Difference between yogic and non-yogic system of exercises.
- Characteristics and importance Yogic System of exercise.

6 Hours

Unit-III

Introduction to Yogic Practices:

- Asanas,
- Pranayamas,
- Mudras & Bandhas,
- Shuddhi Kriyas,
- Relaxation and Meditation

6 Hours

Unit-IV

Types and various schools of yoga:

- Meaning, characteristics and methods of Hathayoga,
- Meaning, characteristics and methods of Rajayoga,
- Meaning, characteristics and methods of Karmyoga,
- Meaning, characteristics and methods of Bhaktiyoga,
- Meaning, characteristics and methods of Gyanayoga.

6 Hours

Unit V

Eminent Yogis: Life Sketch & their Contribution for Yoga

- Maharshi Patanjali
- Gorkhanath
- Shankaracharya
- Swami Vivekanand
- Maharshi Arvind

6 Hours

Essential Readings:

1. Vijnananand Saraswati - Yog Vijyan, Yoga nketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi. 2013
5. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
6. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
7. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

Suggested Readings:

1. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
2. S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010
3. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard publisher, New Delhi 2010.

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

YSC-OE- 228- Yoga & Holistic Health (2 Credits 30 Hours)

Unit –I		6 Hour
	<ul style="list-style-type: none"> • Meaning and Definition of Health & Disease • Concept of Holistic Health • Yogic Principle of Healthy Living • Factors affecting Health. 	
Unit-II		6 Hour
	<ul style="list-style-type: none"> • Meaning, Definition & Objectives of Yoga • Need & Significance of Yoga • Role of Yoga for Physical, Mental and Spiritual Health. • Characteristics of Effective Yogi 	
Unit-III		6 Hour
	<ul style="list-style-type: none"> • Raja Yoga • Hatha Yoga • Bhakti Yoga • GyanaYoga • Karma Yoga 	
Unit-III	Brief Introductions of Hatha Yogic Practices -I	6 Hour
	<ul style="list-style-type: none"> • Shatkarma • SuryaNamaskar & Pragyia Yoga • Asana 	
Unit- V	Brief Introductions of Hatha Yogic Practices -II	6 Hour
	<ul style="list-style-type: none"> • Pranayama • Mudra-Bandha • Dhyana & Yoga Nidra 	

Essential Readings:

1. Dr. Arun K. Sao & Dr. Akhileshwar Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.
2. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
3. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
4. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
5. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.

Suggested Readings:

1. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985
2. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
3. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
4. Sriram Sharma Acharya- Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
5. Sriram Sharma Acharya- Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998.
6. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
7. Sriram Sharma Acharya- Chetan, Super Chetan avm Achetan Man, Akhand Jyoti Mathura, 1998

Third Semester**YSC CC-321-Indian Philosophy (5 Credits 75 Hours)**

Unit-I	<ul style="list-style-type: none"> • Introduction: Meaning, definition and objectives of Philosophy. • General Introduction & Classification of Indian Philosophies. • Characteristics of Indian Philosophy. 	15 Hours
Unit-II	<ul style="list-style-type: none"> • The Charvaka Philosophy - General Introduction & Metaphysics • Buddhist Philosophy - General Introduction & Metaphysics (The Four Noble Truths) • The Jain Philosophy - General Introduction & Metaphysics (Anekantvad, Syadvad, Theory of Jiva, Bondage and Liberation) 	15 Hours
Unit-III	<ul style="list-style-type: none"> • The Nyaya Philosophy - General Introduction & Theology, Proof's for the Existence of God) • The Vaisheshika Philosophy – General Introduction & The Theory of Atomism • The Mimansa Philosophy: General Introduction & Law of Karma. 	15 Hours
Unit-IV	<ul style="list-style-type: none"> • The Sankhya Philosophy - General Introduction, Theory of Causation - Satkaryavada, Prakriti and Purusha, Theory of Evolution, Bandage and Liberation. • The Yoga Philosophy – General Introduction, Chitta, Chitta-Bhumi & the Eight fold path of Yoga, Samadhi, Vibhutiyan & Existence of God. 	15 Hours
Unit-V	<ul style="list-style-type: none"> • The Philosophy of Vedant: General Introduction • The Advaita Vedant of Shankaracharya: General Introduction & Metaphysics. (Shankara's theory of World, Maya, Brahma, God, Soul, Bondage & Liberation-Gyana Yoga) 	15 Hours

Essential Readings:

1. Harendra Prasad Sinha - Bhartiya Darshan, Motilal Banarasidas, Pub. Pvt. Ltd. 2016
2. Baldev Upadhyay - Bhartiya Darshan, Chaukhambha Prakashan, 2007
3. Chandradhar Sharma - A Critical Survey of Indian Philosophy, Motilal Banarsidass, Delhi
4. Radhakrishnan Bhartiya Darshan, Rajpal & Sons, 2014

Suggested Readings:

1. Ramnath Sharma - Bhartiya Darshan ke Mooltatva
2. Karela Werne - Yoga and Indian Philosophy, Motilal Banarsidass, Delhi, 1979
3. Radhakrishnan - Indian Philosophy, George Allen and Unwin, London, 1971
4. Swami Prabhavananda -Spiritual Heritage of India
5. S.N Dasgupt, Hindu Mysticism, Motilal Banarsidass, Delhi 1927
6. Chandradhar Sharma - A Critical Survey of Indian Philosophy, Motilal Banarsidass, delhi

YSC-CC-322- Holistic Health and Yoga Therapy (5 Credits 75 Hours)

Unit-I	<ul style="list-style-type: none"> ▪ Meaning & Definition of Health & Disease ▪ Importance of Health in Human life ▪ Concept of Holistic Health ▪ Factors affecting Health. 	15 Hours
Unit-II	<ul style="list-style-type: none"> ▪ Therapy- meaning and classification. ▪ Concept of Yoga Therapy. ▪ Principles and Constituents of Yoga Therapy. ▪ Limitations of Yoga Therapy ▪ Yogic Principles of healthy living. 	15 Hours
Unit-III	<p><u>Yogic management of following diseases:</u></p> <ul style="list-style-type: none"> ▪ Indigestion ▪ Hyper acidity ▪ Constipation ▪ Arthritis ▪ Spondylitis 	15 Hours
Unit-IV	<p><u>Yogic management of following diseases:</u></p> <ul style="list-style-type: none"> ▪ High & low Blood Pressure. ▪ Diabetes ▪ Asthma ▪ Obesity 	15 Hours
Unit-V	<p><u>Yogic management of following diseases:</u></p> <ul style="list-style-type: none"> ▪ Stress ▪ Insomnia ▪ Depression ▪ Anxiety 	15 Hours

Essential Readings:

1. Dr. Arun K. Sao & Dr. Akhileshwar Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.
2. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
3. Sw. Satyananda Saraswati - Yogic Management of Common, Yoga publication trust, Munger, Bihar, 2002
4. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
5. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
6. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
7. Sri Ram Sharma Acharya- Asan Franayama se Adhi Vyadhi Nivaran, Brahmvarchas shodha sansthan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. Ganesh Shankar-Classical And Modern Approaches to Yoga, Pratibha Prakashan, New Delhi
2. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.
3. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
4. Sriram Sharma Acharya- Sadhana Paddhatiyo ka Gyan Vigyan, Akhand Jyoti Mathura 1998.
5. K.S. Joshi-Speaking Of Yoga & Nature Cure Therapy, Sterling Publishers Private Ltd.

YSC-CC-323-Yoga Practical (5 Credits 90 Hours)

S. N.	Subject	Yogic Practices
01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part- 1, 2, 3, Marjariasan, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/ Pragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushhti, Murdhasana.
05.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrhasana, Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadashirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.
08.	Relaxative/ Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhrumri, Sheetal, Shitkari.
10.	Mudras /Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
11.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhauti, Vastradhauti, Dandadhauti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.
13.	Karma yoga	Karma yoga is mandatory for all students on the last day of the week.

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

YSC-EC-324- Research Methodology in Yoga (4 Credits 60 Hour)

Unit-I	Introduction of Research, Problem & Hypothesis:	12 Hours
	<ul style="list-style-type: none"> ▪ Meaning, Definition, Nature & Types of Research. ▪ Need & Importance of Research in Yoga. ▪ Research Problem- its meaning and Characteristics. ▪ Meaning, Nature & Types of Hypothesis. 	
Unit-II	Introduction of Variable and Sampling:	12 Hours
	<ul style="list-style-type: none"> ▪ Meaning & Nature of Variable ▪ Types of Variable ▪ Meaning, Nature and Types of sampling. 	
Unit-III	Scientific methods:	12 Hours
	<ul style="list-style-type: none"> ▪ Observational ▪ Experimental ▪ Co-relational 	
Unit-IV	Research Design:	12 Hours
	<ul style="list-style-type: none"> ▪ Meaning and Characteristics of a Research Design. ▪ Types of Research Design ▪ Research Report Writing. 	
Unit-V	Introduction of Statistics & its Application:	12 Hours
	<ul style="list-style-type: none"> ▪ Introduction of Statistics & its Application. ▪ Graphical representation of Research data ▪ Measures of Central Tendency: Mean, Median & Mode. ▪ Measures of Variability – Quartile deviation (QD) and Standard deviation (SD). 	

Essential Readings:

1. Dr. Arun Kumar Singh- Manovigyan, samajshastra avm shiksha me shodh vidhiya, Motilal Banarasidas, Delhi
2. Mohmad Suleman- Shodh Pranali, Motilal banarasidas, Delhi,2005
3. C R Kothari- Research Methodology: Methods and Techniques, New Age Internation Publication, 2014.

Suggested Readings:

1. Fred. N. Kerlinger- Foundation of Behavioural Research, Cengage Learning; 4 edition, 1999
2. S. M. Mohsin- Research Method in Behavioural Research, Orient blackswan, 1986
3. Henry E. Garatte - Statistics in Psychology & Education, Paragon International Publishers, 2005

M.A. /M.Sc. IN YOGA SCIENCE

YSC-EC-325 - Project/Seminar/Workshop on Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- A Project related to Yoga
- A seminar on Power Presentation
- Workshop on any Aspect of Yoga

YSC-EC-326- Teaching Methods/Pathology in Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- 5 Teaching Lessons/ Seminar/Project--Asana,Pranayama, Mudra & Bandha
- One Theory Lesson on the selected topic.
- 5 Pathological tests-their technique and methods.

Essential Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.
5. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
6. Pt. Shri Ram Sharma- Pragma Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998

Suggested Readings:

1. Asana why and how - Tiwari, O.P., (Pub: Kaivalyadhama, Lonavla)
2. Yogic Pranayama- Joshi K.S.: (Pub: Orient Paperback, New Delhi, 1990)
3. Guidelines for Yogic Practices- Gharote, M.L., Medha Publication, Lonavla,1982

YSC-OE-327- Fundamentals of Yoga (2 Credits 30 Hours)
(For students of other departments)

Unit-I	6 Hours
<ul style="list-style-type: none"> • Meaning, definitions and importance of Yoga. • Misconceptions about yoga and their solutions. • Essentials of yoga practices –Prayer, Yogic Diet, Ideal place, discipline, dress, bathing, time and Sequence for yogic practices. 	
Unit-II	6 Hours
<ul style="list-style-type: none"> • Meaning, Definitions and importance of human health. Factors affecting health. • Difference between yogic and non-yogic system of exercises. • Characteristics and importance Yogic System of exercise. 	
Unit-III	6 Hours
<p>Introduction to Yogic Practices:</p> <ul style="list-style-type: none"> • Asanas, • Pranayamas, • Mudras & Bandhas, • Shuddhi Kriyas, • Relaxation and Meditation 	
Unit-IV	6 Hours
<p>Types and various schools of yoga:</p> <ul style="list-style-type: none"> • Meaning, characteristics and methods of Hathayoga, • Meaning, characteristics and methods of Rajayoga, • Meaning, characteristics and methods of Karmyoga, • Meaning, characteristics and methods of Bhaktiyoga, • Meaning, characteristics and methods of Gyanayoga. 	
Unit V	6 Hours
<p>Eminent Yogis: Life Sketch & their Contribution for Yoga</p> <ul style="list-style-type: none"> • Maharshi Patanjali • Gorkhanath • Shankaracharya • Swami Vivekanand • Maharshi Arvind 	

Essential Readings:

1. Vijnananand Saraswati - Yog Vijyan, Yoga nketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi. 2013
5. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
6. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
7. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

Suggested Readings:

1. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
2. S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010
3. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard publisher, New Delhi 2010.

M.A. /M.Sc. IN YOGA SCIENCE

YSC-OE-328-Yoga & Holistic Health (2 Credits 30 Hours)
(For students of other departments)

Unit -I		6 Hour
	<ul style="list-style-type: none"> • Meaning and Definition of Health & Disease • Concept of Holistic Health • Yogic Principle of Healthy Living • Factors affecting Health. 	6 Hour
Unit-II		6 Hour
	<ul style="list-style-type: none"> • Meaning, Definition & Objectives of Yoga • Need & Significance of Yoga • Role of Yoga for Physical, Mental and Spiritual Health. • Characteristics of Effective Yogi 	6 Hour
Unit-III		
	<ul style="list-style-type: none"> • Raja Yoga • Hatha Yoga • Bhakti Yoga • GyanaYoga • Karma Yoga 	
Unit-III	Brief Introductions of Hatha Yogic Practices -I	6 Hour
	<ul style="list-style-type: none"> • Shatkarma • SuryaNamaskar & Pragyia Yoga • Asana 	
Unit- V	Brief Introductions of Hatha Yogic Practices -II	6 Hour
	<ul style="list-style-type: none"> • Pranayama • Mudra-Bandha • Dhyana & Yoga Nidra 	

Essential Readings:

1. Dr. Arun K. Sao & Dr. Akhileshwar Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.
2. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
3. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
4. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
5. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.

Suggested Readings:

1. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985
2. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
3. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
4. Sriram Sharma Acharya- Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
5. Sriram Sharma Acharya- Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998.
6. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
7. Sriram Sharma Acharya- Chetan, Super Chetan avm Achetan Man, Akhand Jyoti Mathura, 1998

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

Fourth Semester**YSC-CC-421- Ayurveda, Swasthavritta & Diet****(5 Credits 75 Hours)**

Unit-I	<ul style="list-style-type: none"> • Meaning and definition of Ayu and Ayurveda • Aims and objectives of Ayurveda • Basic principles of Ayurveda and significance • Fundamental principle of Kriya sharir. 	15 Hours
Unit-II	General Introduction <ul style="list-style-type: none"> • Tridosha- Vata, Pitta and Kapha • Sapta Dhatu • Mala • Agni 	15 Hours
Unit-III	<ul style="list-style-type: none"> • Meaning and definition of Swasthavritta • Dincharya • Ratricharya • Ritucharya • Sadvritta 	15 Hours
Unit-IV	<ul style="list-style-type: none"> • Meaning and definition of Diet • Ancient & Modern classification • Quality of diet • Contents of diet for daily use 	15 Hours
Unit-V	<ul style="list-style-type: none"> • Balance Diet • Components of Diet- Carbohydrate, Protein, Fat, Vitamin, Minerals, Water • Advantage of vegetarian Diet • Disadvantage of Non-vegetarian Diet 	15 Hours

Essential Readings:

1. Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
2. Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.
3. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

Suggested Readings:

1. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
2. Dr. Henry Lindlhai- Philosophy of Nature Cure, CCRYN, New Delhi, 2012.
3. Dr. Henry Lindlhai- The practice of Nature Cure, CCRYN, New Delhi, 2012.
4. Dr. Rakesh Jindal- Praktitik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.

M.A. /M.Sc. IN YOGA SCIENCE

YSC-CC-422- Yoga-Psychotherapy (5 Credits 75 Hours)

15 Hours

UNIT I**Introduction: Mental Health**

- Meaning & Definition of Mental Health
- Importance of Mental Health
- Role of Yoga in Mental Health
- Classification of Mental Disorders

UNIT-II**Mind & Consciousness**

- Mind – Its Meaning , Definition, Origin and Functions
- Stages of Mind (Psychological & Yogic View)- Unconscious , Sub-Conscious, Conscious and Super-Conscious
- Mind – Body Relation

15 Hours

UNIT III**Introduction: Yoga-Psychotherapy**

- Meaning, Definition & Objectives of Psychotherapy.
- The Process of Psychotherapy.
- Concept of Yogic-Psychotherapy
- Need & Significance of Yogic-Psychotherapy.
- Characteristics of Effective Yogic-Psychotherapist.

15 Hours

UNIT IV**Types of Psychotherapy**

- Psychodynamic therapy (Freudian Psychoanalysis)
- Cognitive therapy (Beck's Cognitive Therapy)
- Behaviour therapy (Techniques of Behaviour therapy- Exposure tech., Aversion tech., Modelling)

15 Hours

UNIT V**Yogic Approach to Mental Health**

- Maharshi Patanjali's Approach to Mental Health
- Hatha Yogic Approach to Mental Health
- Ayurvedic Approach to Mental Health
- Geeta's Approach to Mental Health

Essential Readings:

1. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
2. Dr. Arun K. Sao & Dr. Akhileshwar Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.
3. Arun Kumar Singh-Uchcharat Asamanya Manovigyan, Motilal Banarasi Das Delhi, 2007
4. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
5. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
6. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.

Suggested Readings:

1. Stephen Palmer-Introduction to Counselling and Psychotherapy: The Essential Guide, Sage Publication, Inc, California, 2005.
2. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
3. Sriram Sharma Acharya- Chetan, Super Chetan avm Achetan Man, Akhand Jyoti Mathura, 1998.
4. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
5. Sriram Sharma - Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
6. Sriram Sharma - Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998.

DEPARTMENT OF YOGA EDUCATION, DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR (MP)

YSC-CC-423-Yoga Practical (5 Credits 90 Hours)

S. N.	Subject	Yogic Practices
01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/ Pragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.
05.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarnadhanurasana, Bhadrasana. Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadasirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.
08.	Relaxative/ Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhramri, Shectali, Shitkari.
10.	Mudras /Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
11.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhauti, Vastradhauti, Dandadhauti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.
13.	Karma yoga	Karma yoga is mandatory for all students on the last day of the week.

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

M.A. /M.Sc. IN YOGA SCIENCE

YSC-EC-424- Principles of Naturopathy (4 Credits 60 Hours)

UNIT I	Introduction:	12 Hours
	<ul style="list-style-type: none"> • Brief history of Naturopathy. • Meaning & Definition of Naturopathy. • Principles of Naturopathy. • Basic elements of Naturopathy. 	
UNIT II	Principles & Methods of:	12 Hours
	<ul style="list-style-type: none"> • Mud Therapy • Hydro Therapy • Sun Therapy 	
UNIT III	Principles & Methods of:	12 Hours
	<ul style="list-style-type: none"> • Massage Therapy • Diet Therapy • Fasting 	
UNIT IV	Treatment of various disorders by Naturopathy I:	12 Hours
	<ul style="list-style-type: none"> • Common Cough & Cold, • Fever • Constipation • Spondylitis • Arthritis. 	
UNIT V	Treatment of various disorders by Naturopathy II:	12 Hours
	<ul style="list-style-type: none"> • Asthma • Insomnia • Hypertension • Diabetes • Obesity • Stress. 	

Essential Readings:

1. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
2. H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House.
3. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
4. Dr. Rakesh Jindal- Prakritik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.
5. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

Suggested Readings:

1. Dr. Henry Lindlhai- Philosophy of Nature Cure, CCRYN, New Delhi, 2012.
2. J.H. Kellog- Art of Massage, SOS Free Stock publication.

YSC-EC-425 - Project/Seminar/Workshop on Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- A Project related to Yoga
- A seminar on Power Presentation
- Workshop on any Aspect of Yoga

YSC-EC-426- Teaching Methods/Pathology in Yoga (4 Credits 60 Hours)

Every student will be given the following and has to be completed in given time.

- 5 Teaching Lessons/ Seminar/Project-Asana, Pranayama, Mudra & Bandha
- One Theory Lesson on the selected topic.
- 5 Pathological tests-their technique and methods.

Essential Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.
5. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
6. Pt. Shri Ram Sharma- Pragma Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998

Suggested Readings:

1. Asana why and how - Tiwari, O.P., (Pub: Kaivalyadhama, Lonavla)
2. Yogic Pranayama- Joshi K.S.: (Pub: Orient Paperback, New Delhi, 1990)

