

# Department of Yoga Education



(2021-2024)

## Syllabus B.A. (Yoga Science)

(Six Semester Program)

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

Passed in Board of Studies (BoS) on 06.10.2021

Prof. Ganesh Shankar  
Dr. Rani Dubey

Prof. K. Krishna Sharma  
Dr. Chandrakanta Jain

Prof. Narayan Prakash  
Dr Arun K. Sao

Passed in School Board of Education (SoE) on 07.10.2021

Prof. Ganesh Shankar  
Dr. Rani Dubey

Prof. A. D. Sharma  
Dr. Chitti P Babu

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:** Bachelor of Arts (B.A.) in Yogic Science.

**Duration of the Course:**

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

**Objectives of the Course:**

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga and alternative therapies
- At the Bachelor 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.

**Dress Code:**

- Blue lower & white T- Shirt for Practical class is Mandatory.

**Structure of Program:****Semester - I**

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-111	Foundation of Yoga	4	0	0	4	20+20+60=100	60
YSC CC-112	Yoga Practical	0	0	2	2	20+20+60=100	60
<b>Total</b>					6	200	

**Semester - II**

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-211	Fundamentals of Human Biology and Yoga	4	0	0	4	20+20+60=100	60
YSC CC-212	Yoga Practical	0	0	2	2	20+20+60=100	60
<b>Total</b>					6	200	

**Semester - III**

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-311	Principles of Hatha Yoga	4	0	0	4	20+20+60=100	60
YSC CC-312	Yoga Practical	0	0	2	2	20+20+60=100	60
YSC SE-313	Health & Yoga Therapy	2	0	0	2	20+20+60=100	30
<b>Total</b>					8	300	

**Semester - IV**

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-411	Patanjal Yoga	4	0	0	4	20+20+60=100	60
YSC CC-412	Yoga Practical	0	0	2	2	20+20+60=100	60
YSC SE-413	Yoga & Mental Health	2	0	0	2	20+20+60=100	30
<b>Total</b>					8	300	

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## B.A. IN YOGA SCIENCE

Semester – V

Course	Title of the Paper	L	T	P	C	Marks	Hours
		4	0	0	4	20+20+60=100	60
YSC EC-511	Eminent Yogis	0	0	2	2	20+20+60=100	60
YSC EC-512	Yoga Practical	2	0	0	2	20+20+60=100	30
YSC GE-513	Basics of Yoga	2	0	0	2	20+20+60=100	30
YSC SE-514	Alternative Therapy					300	
<b>Total</b>					8		

Semester – VI

Course	Title of the Paper	L	T	P	C	Marks	Hours
		4	0	0	4	20+20+60=100	60
YSC EC-611	Naturopathy : Principles & Techniques	0	0	2	2	20+20+60=100	60
YSC EC-612	Yoga Practical	2	0	0	2	20+20+60=100	30
YSC GE-613	Yoga & Holistic Health	2	0	0	2	20+20+60=100	30
YSC SE-614	Ayurveda & Swasthivritta					300	
<b>Total</b>					8		

**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:

- (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 below : 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 below : 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 and Practical notebook: 50 Marks
- (ii) Viva-voce : 10 Marks

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**First Semester****YSC-CC-111- Foundation of Yoga (4 Credits 60 Hours)**

<b>Unit-I</b>	12 Hours
Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga.	
<b>Unit-II</b>	12 Hours
Yoga in different text -Ved, Upnishad, Geeta, Ayurveda, Patanjali yoga sutra, Tantra.	
<b>Unit-III</b>	12 Hours
Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga.	
<b>Unit-IV</b>	12 Hours
Essentials of yoga practices –Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner.	
<b>Unit-V</b>	12 Hours
Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.	

**Essential Readings:**

1. Vijnananand Saraswati - Yog Vijyan, Yoga niketan 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.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. 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.

## YSC-CC-112 -Yoga Practical (2 Credits 60 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/Pra gya 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, 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, 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 Avatara, Panch Kosha, Dhyana Yoga Nidra.

**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- Pragy 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.

## Second Semester

### YSC-CC-211- Fundamentals of Human Biology & Yoga (4 Credits 60 Hours)

#### Unit-I Introduction:

12 Hours

- Human Body- Meaning and its Importance in Yoga
- Definition of Anatomy and Physiology
- Cell: Structure & Function

#### Unit-II General information, Different parts, Structure, Function and Effect of yogic practices. 12 Hours

- Tissues: Types, Structure & Function.
- Musculo-Skeletal System

#### Unit-III General information, Different parts, Structure, Function and Effect of yogic practices. 12 Hours

- Digestive system
- Excretory system:

#### Unit-IV General information, Different parts, Structure, Function and Effect of yogic practices. 12 Hours

- Respiratory System
- Circulatory system

#### Unit-V General information, Different parts, Structure, Function and Effect of yogic practices. 12 Hours

- Nervous System
- Endocrinal system

#### 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-212 -Yoga Practical (2 Credits 60 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/Pra gya 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, 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, 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.

**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- Pragyia 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.

## Third Semester

### YSC-CC-311- Principles of Hatha Yoga (4 Credits 60 Hours)

<b>Unit-I</b>	12 Hours
<ul style="list-style-type: none"> <li>• Hatha Yoga – Its definition &amp; objectives, Origin &amp; tradition of Hatha yoga.</li> <li>• Importance of place, Environment &amp; Season for Hatha sadhana.</li> <li>• Sadhak &amp; Badhak Tattwa, Mitahar.</li> </ul>	
<b>Unit-II</b>	12 Hours
<ul style="list-style-type: none"> <li>• Definition, meaning, objective and classification of Asana.</li> <li>• Description of Asana of Hatha Pradipika &amp; Ghrend Samhita.</li> </ul>	
<b>Unit – III</b>	12 Hours
<ul style="list-style-type: none"> <li>• Definition, meaning, objectives and classification of Pranayama.</li> <li>• Description of Pranayamas of Hatha Pradipika &amp; Ghrend Samhita.</li> </ul>	
<b>Unit – IV</b>	12 Hours
<ul style="list-style-type: none"> <li>• Definition, meaning, objective and classification of Mudra &amp; Bandha.</li> <li>• Description of Mudras, Bandhas of Hatha Pradipika &amp; Ghrend Samhita.</li> </ul>	
<b>Unit – V</b>	12 Hours
<ul style="list-style-type: none"> <li>• Definition, meaning, objectives and classification of Shuddhi Kiryas.</li> <li>• Description of Shuddhi Kriyas of Hatha Pradipika &amp; Ghrend Samhita.</li> </ul>	

#### Essential Readings:

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

#### 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. Sw. Kuvalyanand & S.A. Shukla - Goraksha Shatakam, Kaivalyadham SMYM samiti, Lonavala, 2006.
4. M.L.Gharote - Hatha Ratnavali, Kaivalyadham SMYM samiti, Lonavala, 2009.
5. M.L.Gharote -Siddhasidhant Padhati, Kaivalyadham SMYM samiti, Lonavala, 2005.



## YSC-CC-312 -Yoga Practical (2 Credits 60 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, 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, Bhrmri, 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, Vamandhanti, Vastradhanti, Dandadhanti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.

**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.

**YSC-SE-313-Health & Yoga Therapy (2 Credits 30 Hours)**

**Unit-I**

- Meaning of definition of Health & Disease
- Importance of Health in Human life
- Components of Health

**Unit-II**

- General introduction of Hygiene
- Meaning & definition of Diet
- Components of diet: Carbohydrate, Protein, Fat, Minerals, Vitamins & Water

**Unit-III**

Yogic management of following diseases:

- Indigestion
- Constipation
- High & low Blood Pressure.

**Unit-IV**

Yogic management of following diseases:

- Arthritis
- Diabetes
- Asthma

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 Avn Yoga, Radha Pub. New Delhi, 2013.
3. Sw. Satyananda Saraswati - Yogic Management of Common, Yoga publication trust, Munger, Bihar, 2002
4. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
5. Sri Ram Sharma Acharya- Asan Pranayama se Adhi Vyadhi Nivaran, Brahmvarchas shodha sansthan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
2. Ganesh Shankar-Classical And Modern Approaches to Yoga, Pratibha Prakashan, New Delhi
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.

## Fourth Semester

YSC-CC - 411-Patanjal Yoga (4 Credits 60 Hours)

### UNIT I

- Introduction of Patanjala Yoga Sutra and classification in four padas/Chapters.
- Meaning and definition of Yoga, Meaning of Chitta and its various states.

12 Hours

### UNIT II

- Chitta vrittis
- Panch kleshas
- Concept of Ishwar.

12 Hours

### UNIT III

- Chitta Vikshepa
- Chitta Prasadana
- Abhyasa and Vairagya

12 Hours

### UNIT IV

- Kriya yoga,
- Ashtanga yoga.
- Concept & types of Samyama.

12 Hours

### UNIT V

- Concept and kind of Vibhuties/Siddhi.
- Samadhi-Samprajnata and Asamprajnata.

### Essential Readings:

1. Sw. Omanand - Patanjala Yoga Pradeep, Geeta Press Gorakhpur.
2. Hari Krishnadas Goyandaka-Patanjalayoga 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, Kaivalyadhama 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.

## YSC-CC-412 -Yoga Practical (2 Credits 60 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/Pra gya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Vccrasana, 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, 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, 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, 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.

**Essential Readings:**

1. O.F. 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- Fragya 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.

YSC-SE-413- Yoga & Mental Health (2 Credits 30 Hours)

- Unit-I Introduction**
- Meaning & Definition of Mental Health
  - Importance of Mental Health
  - Role of Yoga in Mental Health
- Unit-II Mind & Consciousness**
- Mind – Its Meaning , Definition and Functions
  - Stages of Mind- Unconscious , Sub-Conscious, Conscious
  - Mind – Body Relation
- Unit-III Introduction: Yoga-Psychotherapy**
- Meaning, Definition & Objectives of Psychotherapy.
  - Need & Significance of Yogic-Psychotherapy.
  - Characteristics of Effective Yogic-Psychotherapist.
- Unit-IV Yogic Approach to Mental Health**
- Maharshi Patanjali's Approach to Mental Health
  - Hath Yogic Approach to Mental Health
  - Geeta's Approach to Mental Health

**Essential Readings:**

1. Arun Kumar Singh-Uchchatar Asamanya Manovigyan, Motilal Banarasi Das Delhi, 2007
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. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.
5. Ganesh Shankar-Psychotherapy & Yoga Traditions, Satyam publication, New Delhi.

**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 - Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
5. Sriram Sharma - Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998.

**Fifth Semester****YSC-EC-511- Indian Yogis (4 Credits 60 Hours)**

<b>UNIT I</b>		
<b>Life sketch and their contribution to Yoga:</b>		<b>12 Hour</b>
<ul style="list-style-type: none"> <li>• Maharshi Patanjali</li> <li>• Maharshi Yagyavalakya</li> </ul>		
<b>UNIT II</b>		
<b>Life sketch and their contribution to Yoga:</b>		<b>12 Hour</b>
<ul style="list-style-type: none"> <li>• Maharshi Ved Vyasa</li> <li>• Yogi Gorakshanath</li> </ul>		
<b>UNIT III</b>		
<b>Life sketch and their contribution to Yoga:</b>		<b>12 Hour</b>
<ul style="list-style-type: none"> <li>• Adi Shankracharya</li> <li>• Ramakrishna Paramhansa</li> </ul>		
<b>UNIT IV</b>		
<b>Life sketch and their contribution to Yoga:</b>		<b>12 Hour</b>
<ul style="list-style-type: none"> <li>• Swami Vivekanand</li> <li>• Maharshi Raman</li> </ul>		
<b>UNIT V</b>		
<b>Life sketch and their contribution to Yoga:</b>		<b>12 Hour</b>
<ul style="list-style-type: none"> <li>• Sri Aurobindo</li> <li>• Swami Shivanand</li> <li>• Swami Kuvalyananda</li> </ul>		

**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.

## YSC-EC-512 -Yoga Practical (2 Credits 60 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/Pra gya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veeerasana, 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, Bhadradasana. 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, 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 Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.

**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- Pragma 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.

## YSC-GE-513- Basics of Yoga (2 Credits 30 Hours)

Unit – I	Basic Concept of Yoga <ul style="list-style-type: none"> <li>• Yoga its Meaning &amp; Definition</li> <li>• Scope &amp; Significance of Yoga</li> <li>• Introduction of Patanjali Yoga Sutra</li> </ul>	6 Hour
Unit – II	Discipline & Obstacles in Yoga <ul style="list-style-type: none"> <li>• Disciplines in Yogic Practices</li> <li>• Place, Timing &amp; Diet for Yoga Practitioner</li> <li>• Obstacles in the Path of Yoga Practice</li> </ul>	6 Hour
Unit – III	Brief Introductions <ul style="list-style-type: none"> <li>• Bhakti Yoga</li> <li>• GyanaYoga</li> <li>• Karma Yoga</li> <li>• Raja Yoga</li> <li>• Hatha Yoga</li> </ul>	6 Hour
Unit – IV	Brief Introductions of Hatha Yogic Practices -I <ul style="list-style-type: none"> <li>• Shatkarma</li> <li>• SuryaNamaskar &amp; Pragyia Yoga</li> <li>• Asana</li> </ul>	6 Hour
Unit- V	Brief Introductions of Hatha Yogic Practices -II <ul style="list-style-type: none"> <li>• Pranayama</li> <li>• Mudra-Bandha</li> <li>• Dhyana &amp; Yoga Nidra</li> </ul>	6 Hour

**Essential Readings:**

1. Vijnananand Saraswati - Yog Vijyan, Yoga niketan 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.



B.A. IN YOGA SCIENCE

## YSC-SE-514- Alternative Therapy (2 Credits 30 Hours)

06 Hours

## Unit-I

Concept of Alternative therapy, Areas and Limits of Alternative Therapy, Importance of Alternative Therapy, Role of Alternative Therapy in Health Protection.

06 Hours

## Unit-II

Meaning of Acupressure, History and Principles of Acupressure and Methods, Acupressure Equipment, Benefits of Acupressure, Introduction of Various Points, Equivalence- Asymmetry in Acupressure and Suzok.

06 Hours

## Unit-III

Prana Therapy - Meaning of Prana, Introduction, History and Principles to Prana Therapy, Energy Center, Various methods of Prana Therapy.

06 Hours

## Unit-IV

Magnet Therapy - Meaning and Nature, area, limitations and principle, different uses of magnet, method of magnet therapy and effect of magnet on various diseases.

06 Hours

## Unit-V

Yajna Therapy - General Introduction Wide range of yagyas , Yajnopathy is a strong alternative treatment method, Yajnopathy and disease treatment, Yajna therapy and its relation with Yoga therapy.

**Essential Readings:**

1. Dr Chaudhry & Singh – Magnate Therapy; Acupressure Health care system; 2017
2. Dr. Pinky Bhanot & Ravikant Khare, Yoga & Ayurveda, Satyam Publishing House, New Delhi; 2011
3. Dr Attar Sing - Accupressure, Accupressure Health centre, Varanasi, 2009.
4. Dr. Pranav Pandya – Yagya Chikitsa, Brahmvarchas Prakashan, Haridwar (UK); 2014

**Suggested Readings:**

1. Brahmabarchas. (2003). Nidan Chikitsa. Haridwar, India: Ved Mata Gayatri Trust.
2. Peeters, J. (2008). Reflexology. Bath BAIHE, UK: Paragon.
3. Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
4. Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
5. Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.
6. Sui, M. C. K. (2005). Advanced pranic healing. Banglore, India: World India Pranic Healing Foundation-India.
7. Sui, M. C. K. (2005). Pranic Psychotherapy (2nd ed.). Banglore, India: World India Pranic Healing Foundation-
8. Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
9. Sharma, S. (2013). Nirog Jeevan Ke Mahatopurna Sutra (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
10. Sharma, S. (2013). Pran Chikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
11. Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri Vedmata Gayatri Trust.
12. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

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

## Sixth Semester

### YSC-EC-61 I - Naturopathy: Principles & Techniques (4 Credits 60 Hours)

Unit-I	<b>Introduction:</b> <ul style="list-style-type: none"> <li>▪ Brief history of Naturopathy.</li> <li>▪ Meaning &amp; Definition of Naturopathy.</li> <li>▪ Principles of Naturopathy.</li> <li>▪ Basic elements of Naturopathy.</li> </ul>	12 Hour
Unit-II	<b>Hydrotherapy:</b> <ul style="list-style-type: none"> <li>▪ General Principles of Hydrotherapy</li> <li>▪ Importance of water</li> <li>▪ Properties of water</li> <li>▪ Different uses of water in therapy.</li> </ul>	12 Hour
Unit-III	<b>Mud Therapy &amp; Other Therapies:</b> <ul style="list-style-type: none"> <li>▪ Mud Therapy: Properties of mud, Types of mud, Preparation of mud for therapy &amp; Different uses of mud for therapy.</li> <li>▪ Sun therapy: Importance of sun rays &amp; Different uses of sun rays.</li> </ul>	12 Hour
Unit-IV	<b>Diet:</b> <ul style="list-style-type: none"> <li>▪ Meaning and definition of Diet</li> <li>▪ Ancient &amp; Modern classification</li> <li>▪ Balance Diet</li> <li>▪ Components of Diet- Carbohydrate, Protein, Fat, Vitamin, Minerals, Water</li> </ul>	12 Hour
Unit-V	<b>Fasting:</b> <ul style="list-style-type: none"> <li>▪ Meaning &amp; Importance of Fasting</li> <li>▪ Rules for fasting</li> <li>▪ Types of fasting and their benefits</li> </ul>	12 Hour

#### 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 Ayurvedigyan, 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. Kellogg- Art of Massage, SOS Free Stock publication.

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

## YSC-EC-612 -Yoga Practical (2 Credits 60 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/Pra gya 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, 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, Matsyendraasana, 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, Vamandhauti, Vastradhauti, Dandadhauti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyan, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.

**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- Pragma 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.

## YSC-GE- 613- Yoga &amp; Holistic Health (2 Credits 30 Hours)

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

**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