

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY

CIRCULAR NO. SU/Fine Art/M.A. Yoga/Syll./45/2017

It is hereby notified for information to all concerned that, on the recommendation of the Head, Department of Fine Art, the Academic Council at its meeting held on 24-01-2017 has accepted the **“New Curriculum of M.A. in Yoga” Semester-I to IV Choice Based Credit and Grading System under the Faculty of Fine Art.**

This is effective from the **Academic Year 2017-2018** and onwards.

This syllabus is also available on the University website www.bamu.ac.in

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus, ★
Aurangabad-431 004. ★
REF.NO. SU/M.A. YOGA/ 2017/ 7618-25 ★
A.C. Item No.15 ★
Date:- 23-02-2017. ★


Director,
Board of College and
University Development.

Copy forwarded with compliments to :-

1] The Head, Department of Fine Art,
Dr. Babasaheb Ambedkar Marathwada University.

Copy to :-

- 1] The Controller of Examinations,
- 2] The Section Officer, [M.A. Unit],
- 3] The Section Officer, [Eligibility Unit],
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The In-Charge, E-Suvidha Kendra, [Professional Unit], Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
- 7] The Record Keeper.

N.B. : All are informed that to download a copy of curriculum from the above website.

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**D.R. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
AURANGABAD.**



**Curriculum under Choice Based Credit &
Grading System**

M.A. YOGA [MASTER OF YOGA]

Semester- I to IV

Run at University Dept.

Academic Year 2017-18 & onwards

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

M. A. in Yoga

O.958 Eligibility

01. Graduate in Yoga from recognize University

OR

02. Any graduate with Yoga subject

OR

03. Any graduate in any faculty from recognized University with Diploma in Yoga or Certificate course in Yoga from recognized University/ Institution

OR

04. Any graduate in any faculty from Recognize University

And

A Candidate who will pass CET for this M.A. IN YOGA course .

R. 2106 Intake Capacity: 30 Candidates per Year.

Fees: Rs 15000/- (Rs Fifteen Thousand only) per year as a Tution fees & other fees will have to pay separately as university norms.

R. 2107 Passing Rules: As per UGC & BCUD latter No- SU/CBCGS/2016/199-243

Dated 07-05-2016 CBCGS & 10 Point latter grade system

adopted by Dr. Babasaheb Ambedkar Marathwada University

Aurangabad.

Entrance Test Syllabus for M.A. in Yoga.

CET will be conducted for 100 Marks (Theory 50 Marks & Practical 50 Marks)

Theory

1. Basic Concept of Yoga, its Definitions, Need & importance.
2. Effect of Asanas & Pranayam health.
3. Knowledge of basic Asanas.
4. Basic knowledge of Ashtang Yoga & Yoga sutra.
5. Basic Information of Anatomy & Physiology of Human Body
6. Ancient and Modern Yogis.

Practical.

1. SuryaNamaskar,
2. Basic Asanas from different positions.
3. Breathing technique & Pranayama.

M. A. in Yoga

Semester - I

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
I	Foundation Course	Course - 01	History of Yoga - I	04	60-02	03	20	80	100
		Course - 02	Philosophy & Psychology - I	04	60-02	03	20	80	100
	Core Course	Course - 03	Anatomy & Physiology - I	02+02=04	30+60=90	02+02=04	50	50	100
		Course - 04	Basic Asanas & Breathing Techniques	04	120	02+02=04	20	80	100
	Elective Course	Course - 05	Ancient Yoga / Modern Yoga	02+02=04	30+60=90	02+02=04	50	50	100
	Compulsory Course	Course - 06	Indian Constitution	02	30	02	20	30	50
		Course - 07	Research Methodology	02	30	02	50	50	100
TOTAL				24	480		230	420	650

Semester - II

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
II	Foundation Course	Course - 08	History of Yoga - II	04	60-02	03	20	80	100
		Course - 09	Philosophy & Psychology - II	04	60-02	03	20	80	100
	Core Course	Course - 10	Anatomy & Physiology - II	02+02=04	30+60=90	02+02=04	50	50	100
		Course - 11	Advance Asanas & Pranayama	04	120	02+02=04	20	80	100
	Elective Course	Course - 12	Yoga Therapy I/ Yoga Therapy II	02+02=04	30+60=90	02+02=04	50	50	100
	Compulsory Course	Course - 13	Review Writing & Synopsis Writing	04	60-02	02	50	50	100
TOTAL				24	480		210	390	600

Semester – III

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
III	Foundation Course	Course – 14	Diet and Nutrition	04	60	03	20	80	100
	Core Course	Course – 15	Advance Asanas & Pranayama	06	150	03+03=06	40	160	200
	Compulsory Course	Course – 16	Meditation & Stress Management	03+03=06	60+90=150	03+03=06	100	100	200
	Elective Course	Course – 17	Service Course	04	60	03	--	--	100
TOTAL				20	420		160	340	600

Semester – IV

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
IV	Foundation Course	Course – 18	Classic text of Yoga	04	60	03	20	80	100
	Core Course	Course – 19	Applied Yoga	06	150	03	40	160	200
		Course – 20	Yoga and Allied Sciences	03+03=06	60+90=150	03+03=06	100	100	200
	Compulsory Course	Course – 21	Dissertation	08	60	01	---	---	100
			Viva-Voce				---	---	50
TOTAL				20	420				650

Semester - I

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
I	Foundation Course	Course - 01	History of Yoga - I	04	60-02	03	20	80	100
		Course - 02	Philosophy & Psychology - I	04	60-02	03	20	80	100
	Core Course	Course - 03	Anatomy & Physiology - I	02+02=04	30+60=90	02+02=04	50	50	100
		Course - 04	Basic Asanas & Breathing Techniques	04	120	02+02=04	20	80	100
	Elective Course	Course - 05	Ancient Yoga / Modern Yoga	02+02=04	30+60=90	02+02=04	50	50	100
	Compulsory Course	Course - 06	Indian Constitution	02	30	02	20	30	50
		Course - 07	Research Methodology	02	30	02	50	50	100
TOTAL				24	480		230	420	650

Semester – I

Foundation Course – 01(Theory): History of Yoga – I

(Internal 20 + External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Prevedic History of Yoga – Vedic period, Upnishadas, Epic Period (Bhagavad Gita), Buddha and Jaina Period	20
II	Modern Era (Raj Yoga, Nada yoga, Swar Yoga/ Mantra Yoga); Chaturanga Yoga; Saptang Yoga	20
III	Patanjali Yoga Sutra: First Pada (Prathama Pada)	20
IV	Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Prtyahar, Dharana, Dhayana, Samadhi)	20
	Internal	20
References		
Hatha Yoga Pradipika	-	Kaivalyadhama, Lonavala
Bhartiya Manasshatra	-	Dr.Kolhatkar, Prasad Prakashan, Pune
Yog Shastrache Shikshan	-	Dr.Nivedita Saraf, Chinmay Prakashan, Aurangabad
Patanjal Yogsutra	-	Chaukhamba Prakashan, Varanasi
Bhagwad Geeta	-	Geeta Press, Gorakhpur
Upnishad	-	Chokhamba Prakashan, Varanasi

Foundation Course – 02 (Theory): Philosophy and Psychology of Yoga – I

(Internal 20 + External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Introduction of Nine Darshana: Aastik 6 - Nyaya, Vaisheshik, Samkhy, Yoga, Purva Mimansa, Uttar Mimansa Naastik 3 - Charvaka, Buddha, Jain	20
II	Tradition of Yoga; Study of Indian text on Yoga The concept of Jeev, Jagatt according to nine Darshana	20
III	Yoga and Traditional Psychology: The concept of Pramana according to nine Darshana	20
IV	Yoga and Modern Psychology: Definition of Indian & Western psychology	20
	Internal	20
	References	
	Bhartiya Tatwadnyan - Shrinivas Dikshit	
	Sharir Vidnyan & Yogabhyas - Dr.M.M.Gore, Kaivalya Dham	
	Drushtharth Shariram - P.G.Athawale, Pune	
	Sharir Kriya - P.G.Athawale, Pune	

Core Course – 03 (Theory & Practical): Anatomy and Physiology – I

(Internal 50P + External 50T) (2T+2P = 4 Credits – 30T+60P=90 Hours)

UNIT	CONTENT		MARKS
	Theory (50 Marks)	Practical (50 Marks)	
I	Respiratory System	Respiratory system related Asana	12.5
II	Cardiovascular System	Cardiovascular System related Asana	12.5
III	Digestive System	Digestive System related Asana	12.5
IV	Skeletal System	Skeletal System related Asana	12.5
	External Theory Exam		50
	References		
	Any book related to Anatomy and Physiology		
	Light on Yoga by B. K. S. Iyengar		

Core Course – 04 (Practical): Basic Yogasanas and Breathing Techniques

(Internal 20 Projects + External 80P) (4P Credits – 120P Hours)

SR. NO.	CONTENTS	MARKS
1	Suksha Wyayam	10
2	Suryanamskara	10
3	Standing Aasanas: Vrukshasana; Tadasana; Trikonasana; Konasana; Veerbhadrasana; hastanpadasana	10
4	Sitting Aasanas: Sukhasana; swastikasana; padmasana; paschhimotanasan; goumukhasana; Vajrasana, Siddhasana	10
5	Supine Lying Position Aasanas: Ardh halasana; Vipareet Karni; Sarvangasana; Halasana; Naukasana; karna peedhasana; Matsyasana; Shavasana	10
6	Prone Lying Position: Shalbhasana; Bhujangasana Variations; Makarasana; Dhanurasana	10
7	Breathing Techniques: Types of Breathing (Clavicular, Chest, Abdominal, Yogic); Dirgh Shavasana – Purak, Rechak, Hands in & out Breathing, shwana shwasan	10
8	Mudra: Chinmudra, Dnyanmudra, Yonimudra, Bhairav Mudra, Hridaya Mudra	10
	Internal Project	20
	References:	
	Aasana Pranayama Mudra Bandha –Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar)	
	Prana, Pranayama, Pranvidya,-Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar)	

Elective Course – 05 (Theory & Practical): Ancient Yoga (or) Modern Yoga

(Internal 50P + External 50T) (2T+2P = 4 Credits – 30T+60P=90 Hours)

Modern Thinkers on yoga – 30 T Compulsory

UNIT	ANCIENT YOGA (A)	MARKS	MODERN YOGA (B)
I	Definitions of Yoga according to Bhagwat Geeta & Patanjalee: Introduction of Patanjali Yoga Sutra	12.5	History & Introduction of Power Yoga
II	Introductions at Hatha Pradipika	12.5	Structure – Nature & Scope of Power Yoga
III	Introduction of Gheranda Samhita	12.5	History & Introduction of Aerobics
IV	Introduction of Yoga Upanishad	12.5	Nature & scope of Aerobic
Practical	5 Asana from Hatha Pradipika 2 Pranayam From Hatha Pradipika 5 Asana from Gheranda Samhita 2 Pranayam from Gheranda Samhita	50	Basic series of Asanas on Music
	External Theory Exam	50	
	References:		
	Gherand samhita: Swami Niranjananand Saarswati YPT, Munger Bihar		
	Pantajal Yog : P V Wartak Shobhana Vartak, Pune		
	Hatha Pradipika ; Sawmi Niranjananda Saraswati YPT Munger Bihar		
	Any book related to Power Yoga and Aerobics		

Compulsory Course – 06 (Theory): Indian Constitution
(Internal 20T + External 30T) (2T Credits – 30T Hours)

Existing Common Syllabus:

INTRODUCTION TO THE INDIAN CONSTITUTIONS

(Subject Code : IC 001) 2 Credits

Unit I: History of Making of the Indian constitution 04 Hrs.

- 1.1 History
- 1.2 Drafting committee, (Composition & Working)

Unit II: Philosophy of the Indian constitutions 06 Hrs.

- 2.1 Preamble
- 2.2 Salient Features

Unit III: Contours of Constitutional Rights & Duties 12 Hrs.

- 3.1 Fundamental Rights
 - Right to Equality
 - Right to Freedom
 - Right against Exploitation
 - Right to Freedom of Religion
 - Cultural and Educational Rights
 - Right to Constitutional Remedies

3.2 Directive principles of State Policy

3.3 Fundamental Duties

Unit IV: Organs of Governance 08 Hrs.

4.1 Parliament

- Composition
- Qualifications and Disqualifications
- Powers and Functions

4.2 Executive

- President
- Governor
- Council of Ministers

4.3 Judiciary

- Appointment and Transfer of Judges
- Qualification
- Powers and Functions

References :-

01. The Constitution of India ,1950 (Bare Act.) Government Publication
02. Dr. S.N. Busi, Dr. B.R. Ambedkar framing of Indian constitution, 1st Edition 2015.
03. M.P.Jain, Indian Constitution Law,7th Edn., Lexis Nexis,2014.
04. D.D. Basu, Introduction to the constitution of India Lexis Nexis,2015.
05. M.P. Jain Outlines of Indian Legal and Constitutional History , Lexis Nexis,2014.
06. ग्रॅनव्हिल ऑस्टीनए भारतीय राज्यघटना राष्ट्रवाची कोनशीलाए डायमंड प्रकाशन, पुणे ,२०१३
07. डॉ. भा.ल. भोळे, भारताचे शासन आणि राजकारण , विद्या प्रकाशन, नागपुर

Compulsory Course – 07 (Theory): Research Methodology
(Internal 50T + External 50T) (2T Credits – 30T Hours)

Existing Common Syllabus: Objective of the Subject-

- To learn media research
- Understand the techniques of qualitative and quantitative research

Contents –

Research: Definitions, Methods, Selection & Formulation of Research Problem, Hypothesis, Sampling, Research Designs, Processing & Analysis of data, Statistical Analysis, Findings, Report Writing

Survey: Meaning, Concept, Utility, Planning, Organizing & Conducting survey, Public Opinion Survey, Readership Survey

Data: Meaning, Kinds - Demographic, Socio - Economic, Socio - Psychological data
Tools of Data Collection: Questionnaire, Schedule, Interview, Case study, Observation, Content Analysis etc

Media Research: Measuring Impact, Evaluation, Monitoring, and Feedback

Market Research: Principles of Market Research, Theories of Segmentation & Positioning, Pre-Testing, Post -Testing

SUGGESTED READINGS:

1. Social Research S R Vajpayee
2. Doing Your Research Project Judith Bell
3. Research Methodology - Methods & C R Kothari Techniques
4. Research Methodology in Social Sandhu & Singh Sciences
5. [Communication & Research V P Michael for Management](#)
6. Research in Mass Media S R Sharma & Anil Chaturvedi
7. Research - How to Plan, Clifford Hawkings & Speak & Write About it Macro Sorgi

Semester – II

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
II	Foundation Course	Course - 08	History of Yoga - II	04	60-02	03	20	80	100
		Course - 09	Philosophy & Psychology - II	04	60-02	03	20	80	100
	Core Course	Course - 10	Anatomy & Physiology - II	02+02=04	30+60=90	02+02=04	50	50	100
		Course - 11	Advance Yogasanas & Pranayama	04	120	02+02=04	20	80	100
	Elective Course	Course - 12	Yoga Therapy I/ Yoga Therapy II	02+02=04	30+60=90	02+02=04	50	50	100
	Compulsory Course	Course - 13	Review Writing & Synopsis Writing	01	15	02	50	50	100
TOTAL				21			210	390	600

Semester – II

Foundation Course – 08 (Theory): History of Yoga – II

(Internal 20 + External 80T) (4T Credits – 60 T Hours)

UNIT	CONTENT	MARKS
I	Yoga and other Religions: Sikhism; Christianity; Parsi; Islam; Buddha; Jaina	20
II	Yoga in Eastern and Western Countries – Adaptation & following of Indian Yoga by Western countries; by Eastern countries; Iyengar Yoga in Western Countries	20
III	Yoga & Allied Arts; Dance, Drama, Music, Sports, Visual Arts and other Performing Arts	20
IV	Yoga Prachar and Prasar (Publicity and Development) – Patanjali to 21 st Century Roll of following Institute in Yoga Prachar & Prasar: 1) Bihari School of Yoga, Munger 2) Iyengar – Institute 3) Kaivalyadham, Lonvala, Pune 4) Patanjali Yoga Peeth, Haridwar 5) Swami Vivekanand Yog Anusandhan Sanstha, Bangaluru	20
	Internal	20
References		

Foundation Course – 09 (Theory): Philosophy and Psychology of Yoga – II
(Internal 20 + External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Principles of Nine Darshan	20
II	What Is The Mind? Mind control through Pranayama	20
III	Importance of a Congenial Atmosphere The Play of the Gunas The Role of the Guru in Vital Education (System of Guru Parampara) The Psychology of Yoga Vis-A-Vis the Psychology Of Vedanta	20
IV	According to Patanjalee Yogasutra. (i) Pramana – proof or valid cognition, (ii) Viparyaya – illusion or invalid cognition, (iii) Vikalpa – objectless verbal cognition, (iv) Nidra – sleep or absence of all distinct cognitions, and (v) Smriti – memory or recollection of past cognitions.	20
	Internal	20
References		
Yog Yevam Mansik Swasthya: Ranjitsing Bhogal, Kaivalyadham, Lonawala Guru Tatwa: Swami Shiwananda Saraswati, The Divine Life Society, Haridwar Yog Shastrache Shikshan - Dr.Nivedita Saraf, Chinmay Prakashan, Aurangabad		

Core Course – 10 (Theory & Practical): Anatomy and Physiology – II
(Internal 50P + External 50T) (2T+2P = 4 Credits – 30T+60P=90 Hours)

UNIT	CONTENT		MARKS
	Theory (50 Marks)	Practical (50 Marks)	
I	Muscular System	Muscular System related Aasanas	12.5
II	Nervous System	Nervous System related Aasanas	12.5
III	Endocrine System	Endocrine System related Aasanas	12.5
IV	Reproductive System	Reproductive System related Aasanas	12.5
	External Theory Exam		50
References			
Any book related to Anatomy and Physiology Light on Yoga by B. K. S. Iyengar Rog Aur Yog : Swami Satyanand Sarswati, YPT Munger, Bihar			

Core Course – 11 (Practical): Advance Asanas and Pranayama
(Internal 20 Marks Project + External 80 P) (4 P Credits – 120 P Hours)

SR. NO.	CONTENTS	MARKS
1	Standing Asanas: Padhastasana; Natrajasana; Garudasana;	05
2	Sitting Asanas: Parvatasana; Janushirsana; Ardhamatsyendrasana; Supta Vajrasana; Mandukasana; Ugrasana	10
3	Supine Lying Asanas: Pawan muktasana (Ardha/ Purna); Setubandhasana; Matsyasana; Ardachakarasana	10
4	Prone Lying Asanas: Makarasana; Niralambasana; Shalbhasana; Nauksana; Advance Dhanurasana	10
5	Balancing Asanas: Kukutasana; Titibhasana; Garudasana, Ek Padasana	10
6	Pranayama: Nadishodhan Pranayama, Suryabhedana; Chandrabhedana; Shitali; Sitakari; Bhramari;	10
7	Shuddhi Kriyas: Kapalbhati; Jalneti; Trataka; Vaman;	10
8	Mudra: Unmani Mudra, Prana Mudra, Veeparit Karni, Yoga Mudra, Kaki Mudra, Shambhavi Mudra	10
9	Meditation : (1) Shwasana Dhyana; (2) Awayava Dhyana; (3) Antar Mouna	05
	Internal Project	20
	References	
	Aasana Pranayama Mudra Bandha - Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar) Prana, Pranayama, Pranvidya,-Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar)	

Elective Course – 12 (Theory & Practical): Yoga Therapy – I (or) Yoga Therapy – II

(Internal 50P + External 50T) (2T+2P = 4 Credits – 30T+60P=90 Hours)

UNIT	YOGA THERAPY (I)		MARKS	YOGA THERAPY (II)	
	Theory	Practical		Theory	Practical
I	Factors affecting digestion; concept of yogic diet and regular diet	Aasanas related to constipation, acidity, indigestion, Diabetes mellitus	12.5	Health as per WHO; Yoga and Ayurveda	Suryanamaskar
II	Ailments related to respiratory system with therapy	Aasanas related to asthma, cold and cough	12.5	Yoga therapy for mental depression; mental stress; frustration; insomnia and various tensions and stress	Meditation, Breathing techniques, Yognidra
III	Problems related to circulatory system, blood vessels, factors affecting blood pressure and cardiac diseases with therapy; diseases related to joints, skeletal muscles	Aasanas related to hypertension and arthritis	12.5	Obesity Management through Pranayama and Shuddhi Kriyas	Related aasanas for obesity and Vaman, Agnisar, Jalneti, Bhastrika Prayanama, Suryabhedana
IV	Diseases related to urogenital and neuro-endocrine system	Related aasanas and pranayama	12.5	Yoga rehabilitation of Addicts	Asana, Pranayama, Meditation for Rehabilitation of addicts
	Internal Practical		50		
	External Theory Exam		50		

References:
Samasya Pet ki Samadhan Yog ka: Swami Satyananda Saraswati , YPT Munger Bihar Rog Aur Yog : Swami Satyanand Sarswati, YPT Munger, Bihar

Compulsory Course – 13 (Theory): Review Writing and Dissertation Synopsis Writing

(Internal 50 Review Writing + External 50 Synopsis Writing) (01T Credits – 15T Hours)

As per university rules

Semester – III

Sem.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
III	Foundation Course	Course – 14	Diet and Nutrition	04	60	03	20	80	100
	Core Course	Course – 15	Advance Asanas & Pranayama	06	150	03+03=06	40	160	200
	Compulsory Course	Course – 16	Meditation & Stress Management	03+03=06	60+90=150	03+03=06	100	100	200
	Elective Course	Course – 17	Service Course	04	60	03	--	--	100
TOTAL				20	420		160	340	600

Semester – III

Foundation Course – 14 (Theory): Diet and Nutrition

(Internal 20 + External 80T) (4T Credits – 60 T Hours)

UNIT	CONTENT	MARKS
I	Introduction to nutrition – food groups; foods and toxins; nutrition in health; nutrition deficiency diseases	20
II	Ideal diet according to Ayurveda	20
III	Yogic diet according to Hatha Pradipika – Mita aahar and nishiddha aahar according to Gherand Sanhita	20
IV	Modern and yogic concept of diet according to RDA of age/ profession/ gender etc.	20
	Internal	20
<u>References</u>		

Core Course – 15 (Practical): Advance Asana & Pranayama
(Internal Project 40 + External 160P) (6P Credits – 150 Hours)

SR. NO.	CONTENTS	MARKS
1	Asanas: Mayurasana, Shirshasana, Chakrasana, Baddha Padmasana, Watayanasana, Ardhapadma Paschimottanasana.	30
2	Bandha: Jalandhar Bandha, Uddiyan Bandha, Mool Bandha	30
3	Pranayama with bandhas: Bhastrika, Kapalbhata, Ujjai with all three Bandha	30
4	Shat Kriyas: Sutraneti, Vesan neti, Vastra Dhauti, Nauli (Madhya, Wama, Dakshina)	30
5	Meditation: Various types and techniques of Meditation.	40
	Internal Project	40
	<u>References:</u> Aasana Pranayama Mudra Bandha -Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar) Prana, Pranayama, Pranvidya,-Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar)	

Compulsory Course – 16 (Theory & Practical): Meditation and Stress Management

(Internal 100P + External 100T) (03T+03P = 06 Credits – 45+90=135 Hours)

UNIT	CONTENT		MARKS
	Theory (100 Marks)	Practical (100 Marks)	
I	Stress and types of stress	Practical: Relaxation Asanas: Shavasana; 10 minutes instructions on yoga nidra; breathing techniques	25
II	Stress Induced diseases		25
III	Concept of Patanjali Meditation		25
IV	Meditational techniques according to Hatha Yoga		25
	External Theory Exam		100
	<u>References</u> Any book related to Anatomy and Physiology Light on Yoga by B. K. S. Iyengar Yoga Nidra: Swami Satyananda Saraswati, YPT Munger, Bihar		

Elective Course – 17 (Theory & Practical): Service Course

(Internal & External as per the Department rules) (4 Credits – 60 Hours)

(50 Theory and 50 Practical)

UNIT	CONTENT	
	Theory (50 Marks)	Practical (50 Marks)
I	Yoga meaning & History of Yoga, Definition of Yoga Misconceptions of Yoga meaning of Hatha & Raja Yoga (Ashtang) Basic Anatomy & Physiology of Human body.	SukshmaVyayama: Loosening Exercises Suryanamaskara Asanaa
		Standing: Tadasana, Tiryak Tada sana, kati chakrusana Trikonasana, Ek Pada Pranamasana.
		Sitting Position: Sukhasana, Vajrasana, Padmasana, Swastikasana, Marjari, Asana, Shashankasana, Chakki, Chalanasana, Namaskarasana
		Prone Position: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
		Supine Position: Utthan Padasana, Supta Pavan, Muktasana, Kandharasana, Supta Udarakashanasana, Viprit Karni Asana, Shawasana.
		Pranayama: Sectional Breathing, Nadishodhan, Suryabhedan, Shitali, Sitkari, Bhamari, Kapal Bhati.
		Meditation: Omkar Japa, Breath Awareness, Avayava Dhyana.
References		
Yog Shastrache Shikshan - Dr.Nivedita Saraf, Chinmay Prakashan, Aurangabad Aasana Pranayama Mudra Bandha -Swami Satyanand Saraswati, Yoga Publication Trust, Munger (Bihar)		

Semester – IV

m.	Course	Ref. No.	Subject Title	Credit	No. of hours per sem./ Minimum Assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
IV	Foundation Course	Course – 18	Classic text of Yoga	04	60	03	20	80	100
	Core Course	Course – 19	Applied Yoga	06	150	03	40	160	200
		Course – 20	Yoga and Allied Sciences	03+03 =06	60+90 =150	03+03= 06	100	100	200
	Compulsory Course	Course – 21	Dissertation	08	60	01	---	---	100
Viva-Voce						---	---	50	
TOTAL				20	420				650

Semester – IV

Foundation Course – 18 (Theory): Classic Text of Yoga

(Internal 20 + External 80T) (4T Credits – 60 T Hours)

UNIT	CONTENT	MARKS
I	Yoga Vashistra: Upshama Prakarana Chapter 78, 90; Nirwana Prakarana Chapter 25	20
II	Yoga Upanishad: Amritnada Upnishada, Yogatatwa Upnishada, Tejobindu Upnishada	20
III	Bhagwat Geeta: 3 rd Adhyaya – Karma Yoga	20
IV	Dnyaneshwari: 4 th Adhyaya – Dnyana Yoga	20
	Internal	20
<u>References</u>		
Yoga Vashistra Yoga Upanishad Bhagwat Geeta Dnyaneshwari		

Core Course – 19 (Practical): Applied Yoga

(Internal Project 40 + External 160P) (6P Credits – 180 Hours)

UNIT	CONTENT	MARKS
I	Yoga for corporate sectors; Yoga for industrial workers	40
II	Yoga for sports persons; Yoga for senior citizen	40
III	Yoga for Women; Yoga for children	40
IV	Yoga for rehabilitation of criminals; Yoga for special needs – Divyang	40
	Internal	40
<u>References</u>		

Core Course – 20 (Theory & Practical): Yoga and Allied Sciences

(Internal 100P + External 100T) (03T + 03P = 6 Credits – 45T+ 90P = 135 Hours)

UNIT	THEORY	MARKS	PRACTICAL
I	Yoga and Massage Manipulation Techniques	25	Massage techniques related to therapy
II	Yoga and Naturopathy	25	Mud Bath, Steam Bath, Sauna Bath, Shirodhara, Hydrotherapy, Magnet Therapy
III	Yoga and acupressure	25	Techniques of acupressure and acupuncture
IV	Yoga and Hypnotism	25	Tratak – Jyoti and Bindu
External		100	
<u>Reference</u>			

Compulsory Course – 21 (Theory & Practical): Dissertation Part – II and Viva- Voce

(Internal - Dissertation Preparation 100 + External - Viva-Voce 50)

(08 Credits – 120 Hours)

As per the rules of university Minimum 8000 words to Maximum 12000 Words

Compulsory Course – 21 (Theory & Practical): Dissertation Part – II and Viva- Voce

(Internal - Dissertation Preparation 100 + External - Viva-Voce 50)

(08 Credits – 120 Hours)

As per the rules of university Minimum 8000 words to Maximum 12000 Words