

Minutes of the Meeting of School Board of Educational (SES)

Date: 19-09-2022

Time: 02.00 P.M

Venue: Patanjali Bhawan, School of Educational Studies, Dr.H.S.Gour Vishwavidyalaya, Sagar (M.P.)

Members Present:

1. Prof. A.P. Tripathi *19.9.22*
2. Prof. Asmita Gajbhiye *19.9.22*
3. Prof. S.P Singh *Virtually joined. ABSENT.*
4. Prof. B.R. Kukreti *Virtually joined*
5. Prof. D.S. Baghel *ABSENT*
6. Dr. Arun Kumar Sao *19.9.22*
7. Dr. Sanjay Sharma *19.9.22*
8. Dr. Preeti Wadhvani *19.9.22*
9. Dr. Rashmi Jain *19.9.22*
10. Prof. Ganesh Shankar (DEAN & Chairman) *19.09.2022*

At the outset, Dr. Arun Kumar Sao-Asst. Professor- Yoga Education introduced and welcomed the members of newly constituted esteemed school board of Educational Studies.

Thereafter the agenda items were taken up for discussion:

Agenda No.1: To consider the Minutes of Board of Studies in Education held in the Department of Education on 09-09-2022

Resolution:

The board after due discussion resolved to approve the Minutes of Board of Studies in Education held in the department of Education on 09-09-2022.

Agenda No.2: To consider the Minutes of Board of Studies in Yoga Education held in the Department of Yoga Education on 15-09-2022

Resolution:

The board after due discussion resolved to approve the Minutes of Board of Studies in Yoga Education held in the department of Yoga Education on 15-09-2022.

Agenda No.3: To consider the Minutes of Board of Studies in Adult Education held in the department of Adult Education on 17-09-2022

Resolution:

The board after due discussion resolved to approve the Minutes of Board of Studies in Adult Education held in the department of Adult Education on 17-09-2022

The Meeting ended with the thanks from & to the Chair.

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| 1. Prof. A.P. Tripathi <i>19.9.22</i> | 2. Prof. Asmita Gajbhiye <i>19.9.2022</i> | 3. Prof. S.P Singh <i>ABSENT</i> |
| 4. Prof. B.R.Kukreti <i>- online</i> | 5. Prof. D.S. Baghel <i>- ABSENT</i> | 6. Dr. Arun Kumar Sao <i>19.9.2022</i> |
| 7. Dr. Sanjay Sharma <i>19/9/22</i> | 8. Dr. Preeti Wadhvani <i>19/9/22</i> | 9. Dr. Rashmi Jain <i>19.09.2022</i> |
| 10. Prof. Ganesh Shankar (DEAN & Chairman) | | |

Minutes of the Meeting of BoS in Yoga Education

Date: 15-09-2022

Time: 02.00 P.M

Venue: Patanjali Bhawan, Department of Yoga Education, Dr.H.S.Gour Vishwavidyalaya, Sagar (M.P.)

Members Present:

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. J.P. Sharma

5. Dr. Sanjeev Patra

6. Prof. Ganesh Shankar (H.O.D. & Chairman)

Virtually attended

Virtually attended.

At the outset, Dr.Arun Kumar Sao-Asst. Professor- Yoga Education introduced and welcomed the newly constituted esteemed board of studies members in Yoga Education.

Thereafter the agenda items were taken up for discussion:

Agenda No.1 : To consider the Curriculum Framework of B.A. /B.Sc. (Yogic Science) prepared by the department of Yoga Education based on National Education Policy- 2020 for the first two semesters for the session 2022-23.

Resolution:

The board after due discussion resolved to approve the curriculum framework of B.A./B.Sc. (Yogic Science) prepared by the department of Yoga Education based on National Education Policy-2020

Agenda No.2 : To consider the Curriculum Framework of M.A. /M.Sc. (Yogic Science) prepared by the department of Yoga Education based on National Education Policy- 2020 for the first two semesters for the session 2022-23.

Resolution:

The board after due discussion resolved to approve the curriculum framework of M.A./M.Sc. (Yogic Science) prepared by the department of Yoga Education based on National Education Policy-2020

The Meeting ended with the thanks from & to the Chair.

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

Virtually Attended
4. Dr. J.P. Sharma

Virtually Attended.
5. Dr. Sanjeev Patra

6. Prof. Ganesh Shankar (H.O.D. & Chairman)

Department of Yoga Education

School of Educational Studies



Curriculum Framework

B.A./B.Sc. (Yogic Science)

(Based on National Education Policy- 2020)

Doctor Harisingh Gour Vishwavidyalaya

(A Central University)

Sagar (M.P.) 470003

Approved in the Meeting of BoS in Yoga Education:

Date of BoS Meeting: 15-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. J. P. Sharma

5. Dr. Sanjeev Patra

6. Prof. Ganesh Shankar (HOD & Chairman)

Approved in the Meeting of School Board in SES:

Date of SB Meeting: 19-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. Sanjay Sharma

5. Dr. Preeti Vadhvani

6. Dr. Rashmi Jain

7. Prof. S. P. Singh

8. Prof. B. R. Kukreti

9. Prof. D. S. Baghel

10. Prof. Ganesh Shankar (DEAN & Chairman)

Approved in the Meeting of Academic Council on 22.09.2022

About the Department

India's first University level Yoga Department was established in 1959 at Dr. Harisingh Gour Vishwavidyalaya, Sagar. The first Head of Department was Dr. K. S. Joshi. Dr. Harisingh Gour Vishwavidyalaya is the only University of India which has first introduced Yoga as an optional subject at the Graduate Degree level in 1959. Besides Yogic Science as an optional subject for the Graduate students, two Diploma courses in Yogic Science were also started i.e. Junior & Senior Diploma in Yoga. In 1974, the Senior Diploma course in Yoga was replaced by Post Graduate Diploma in Yogic Science. Subsequently, research scholars in Yoga were also registered. Till now several research scholars have been awarded Ph.D. in Yogic Science and some research scholars are registered for Ph.D. in Yoga. Due to initiatives of the UGC, the Department started M.A. in Yoga from session 2001-2002. Students are admitted through National Entrance Test Exam. As per UGC guidelines, the Department of Yogic Science also started M.Sc. in Yogic Science from the session 2002-2003.

Curriculum Framework based on National Education Policy-2020

NEP-2020 has conceptualized the idea to develop an all round competent individual for making the nation self-reliant and global leader. In the same spirit, we at Department of Yoga Education have developed a curriculum framework to encompass the goals of NEP 2020. At this end, we have incorporated a choice of subject/disciplines of study, creating academic pathways having constructive combinations of disciplines for study with multiple entry and exit points, as well as focus on experiential learning for students by introducing multidisciplinary and skill enhancement courses and actual Hands on training in the recent and trending aspects of Yoga.

Under Graduate Curriculum Framework for Bachelor of Yogic Science

1. Name of the Programme :

- Bachelor of Arts (B.A.)/Science (B.Sc.) in Yogic Science.

2. About the Programme:

- Bachelor of Arts/Science in Yogic Science has been designed to impart Yoga Education and significance of corrective exercises for fostering a healthy natural life. During this course, the students will be taught the Yogic concepts which will lead towards developing their skills, self-realization and setting goals in life. It will also help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will develop leadership qualities in the students along with their personality development.

3. Objectives of the Programme:

- The course will provide deeper insight into the curriculum of Yogic Science 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 skills so that they apply Yoga for achieving Holistic Health. It will also enable them to teach Yoga for total personality development and spiritual evolution.

4. Programme Learning Outcomes :

- It will popularize yoga and corrective education among the masses.
- It will make people aware of the therapeutic and preventive values of Yoga.
- It will bring peace and harmony in the society at large by introducing the yogic way of life.
- It will create competent professional Yoga trainers and therapists of high calibre to make the society free from stress and lifestyle related diseases.
- It will promote health awareness towards holistic approach of Health.

5. Dress Code:

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

6. Medium of Instructions:

- Hindi/ English

7. Eligibility:

- Passed 10+2. The candidate should be medically fit.

8. Structure of the Programme:

Level: 5 Semester I			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	YSC-DSM-111	Fundamental Concepts of Yoga	4
	YSC-DSM-112	Yoga Practicum	2
Discipline Specific Major-2	Other Department		6
Multi-Disciplinary Major-3	YSC-MDM-113	Yoga Practicum	6
Ability Enhancement Course (AEC)	YSC-AEC-114	Mainstreams of Yoga	2
Skill Enhancement Course (SEC)	YSC-SEC-115	Shrimad Bhagvad Gita & Holistic Living	2

Semester II			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	YSC-DSM-211	Principles of Hatha Yoga	4
	YSC-DSM-212	Yoga Practicum	2
Discipline Specific Major-2	Other Department		6
Multi-Disciplinary Major-3	YSC-MDM-213	Yoga Practicum	6
Ability Enhancement Course (AEC)	YSC-AEC-214	Concept of Yoga in Principal Upanishads	2
Skill Enhancement Course (SEC)	YSC-SEC-215	Pranayama & Meditation for Healing	2

9. Exit: Certificate in Yogic Science

10. Teaching Learning Approach:

Mainly this programme will be transacted through the following pedagogic approach-

- Lecture/ Seminar format
- Demonstration/ Practical Yoga
- Readings/written assignments and Field Projects
- Group discussions/tutorial
- Community visit/ visit to renowned Yoga Institutions
- Project work
- Field Visit/Survey/Dissertation

11. Assessment

The learner in the programme will be assessed throughout the duration of the programme in a formative and summative evaluations i.e. Mid (I & II) and End Semester Examinations. To be eligible to appear in End Semester Examination, a student must appear in Mid Semester Examinations along with 75 per cent attendance in classroom processes.

First Semester

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. I	YSC-DSM- 111	Fundamental Concepts of Yoga	3	1		4	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To understand the Concept of Yoga and its Historical Development • To understand the relevance of Yoga in modern age and its scope • To explain the Concept of Yoga in different texts • To gain an insight on the misconceptions about Yoga and their solutions • To attain knowledge about the Eminent Modern Yogis • To understand the difference between Yogic and non-yogic system of exercises						

UNIT	TOPIC	No. of Lecture
1	General Introduction of Yoga: Yoga it's Origin, Meaning, Definition & Objectives, Historical Development 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.	12 Hours
2	Concept of Yoga in Different Texts I: Vedas & Upanishads, Epic (Ramayana & Mahabharat), Puranas	12 Hours
3	Concept of Yoga in Different Texts II: Ayurveda, Yoga Darshan & Sankhya Darshan, Buddhism & Jainism	12 Hours
4	Yoga in Modern Times: Yogic Traditions of: Swami Vivekananda, Shri Aurobindo, Maharshi Ramana and Maharshi Dayanand Saraswati	12 Hours
5	Yoga in Contemporary Times: Brief Introduction of Yogis & their Contribution for the Development and Promotion of Yoga: Shri Shyamacharan Lahidi, Swami Shivananda Saraswati, Swami Rama, Maharshi Mahesh Yogi, Pt. Shri Ram Sharma Acharya	12 Hours

Essential Readings:

1. Vijnananand Saraswati - Yoga Vigyan, Yoga Niketan 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 Avam 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 Banarasidas, New Delhi.
4. S.P. Singh - History of Yoga-PHISFC Center for Studies of Civilization Ist Edn. 2010
5. S.P.Singh & Yogi Mukesh - Foundation of Yoga, Standard publisher, New Delhi 2010.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. I	YSC-DSM- 112	Yoga Practicum			2	2	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: •To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and meditation •To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices •To describe the underlying mechanisms of Yoga practices •To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health •To develop a spirit of devotion and inculcate human values						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Prayers <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana. <u>Surya Namaskar & Pragyayoga:</u> With Mantras & Breathing pattern.	12 Hours
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying:</u> Pawanmuktasana, Sarvangasana, Matsyasana, Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadasashirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.	12 Hours
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetali, Shitkari. <u>Mudra & Bandha:</u> Jalandhara Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.	12 Hours

4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhanti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhanti, Dandadhanti, Shankha Prakshalan.	12 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma Yoga is mandatory for all students on the last day of every week.	12 Hours

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- Pragyabhiyan Ka Yoga Vyayam, Brahmavarchas, Shantikunj, Haridwar, 1998.
5. A.K. 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 Kuvalayanand- Pranayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. I	YSC-MDM- 113	Yoga Practicum			2	2	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and meditation • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices • To describe the underlying mechanisms of Yoga practices • To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health • To develop a spirit of devotion and inculcate human values						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Prayers <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.	12 Hours

	<u>Surya Namaskar & Pragyayoga:</u> With Mantras & Breathing pattern.	
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying:</u> Pawanmuktasana, Sarvangasana, Matsyasana, Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadashtasana, Vatayanasana, Natarajasana, Kapohtasana, Shirshapadangusthasana.	12 Hours
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetal, Shitkari. <u>Mudra & Bandha:</u> Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.	12 Hours
4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhanti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhanti, Dandadhanti, Shankha Prakshalan.	12 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma Yoga is mandatory for all students on the last day of every week.	12 Hours

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- Pragyabhiyan Ka Yoga Vyayam, Brahmavarchas, Shantikunj, Haridwar, 1998.
5. A.K. 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- Pranayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. I	YSC-AEC- 114	Mainstreams of Yoga	2			2	IA (Mid)-40 EA (End Sem.)- 60	30
Course Learning Objectives & Outcomes :		At the end of course, students will be able to: • Understand the four paths/streams of yoga with an in-depth understanding. • Have an in-depth understanding about their similarities and dissimilarities. • Understand the principles & types of Yoga and conceptualize each stream • Understand the concept of Chitta • Gain an insight about the importance of mantras and develop an understanding about spiritual aspect of life						

UNIT	TOPIC	No. of Lecture
1	General Introduction of JnanaYoga: Philosophical foundation of Jnana Yoga, Jnana Yoga Sadhana Chatustaya, Stages of Jnana Yoga practice (Shravan, Manana, Nidhidhyasana), States of Consciousness.	06 Hours
2	General Introduction of Bhakti Yoga Philosophical foundation of Bhakti Yoga, Bhakti: Meaning & Definition, Type of Devotion & Devotee, Qualities of a bhakti, Navadha Bhakti.	06 Hours
3	General Introduction of Karma Yoga The concept and meaning of Karma Yoga, Philosophical foundation of Karmayoga, Concept of Nishkama Karma, and Prerequisites for Sthitaprajna state, Sthitaprajna Lakshana, The Law of Karma.	06 Hours
4	General Introduction of Raja Yoga Concepts and principles of Raja Yoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)	06 Hours
5	General Introduction of Mantra Yoga Concepts and Principles of Mantra Yoga; The pronunciation, chanting, knowledge, benefits of Sanskrit chants, Hymns, Bhajans, Satsang and the uplifting meaning of the chants helping to calm the activities of the mind, Mantra chanting and their effect on the Nadi, Chakras & Body System	06 Hours

Essential Readings:

1. Vijnananand Saraswati - Yoga Vigyan, Yoga Niketan 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.

Suggested Readings:

1. Prof. Ramharsh Singh – Yoga Avam 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 Banarasidas, New Delhi.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. I	YSC-SEC- 115	Shrimad Bhagvad Gita & Holistic Living	2			2	IA (Mid)-40 EA (End Sem.)- 60	30
Course Learning Objectives & Outcomes :		At the end of course, students will be able to: • Understand the significance of Shrimad Bhagavad Gita and its essence. This will help to imbibe the qualities and disseminate their spiritual knowledge for developing harmony in the society, Serve the poor tribal people and ensure Yogakshem for the mankind. • Understand the concept of Atman, Paramatman, and Sthitaprajna. • Have a deep understanding between the qualities of Karma and Bhakti Yogi. • Understand the concept of Ahara, its role in healthy living.						

UNIT	TOPIC	No. of Lecture
1	Significance of Shrimad Bhagavad Gita as Synthesis of Yoga: Introduction to Shrimad Bhagavadgita; Shrimad Bhagavadgita: a Synthesis of Yoga; Definitions of Yoga in Shrimad Bhagavadgita and their relevance	06 Hours
2	Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Shrimad Bhagavad Gita Concept of Samkhya Yoga in Shrimad Bhagavadgita; Concept of Sthita Prajna, its stages and characteristics, Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristics in Shrimad Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Shrimad Bhagavadgita	06 Hours
3	Karma Yoga and Bhakti yoga in Shrimad Bhagavadgita Concept of Karma Yoga in Bhagavadgita, Swadharma, Concept of Bhakti, Types of Bhakta (Chap.7)Nature of Bhakti (Chap.12), Concept of Shraddha and its relevance as described in Shrimad Bhagavad Gita, Synthesis of Karmayoga, Bhaktiyoga and Jnanayoga in Bhagavad Geeta.	06 Hours
4	Concept of Dhyana Yoga and Role of Shri Bhagavadgita in Mental & Spiritual Health Nature of Personality, Role of Shrimad Bhagvdgita in personality development (With special reference to Dhyana yoga); Different techniques of Yoga for personality development and Healthy Living. Role of Shrimad Bhagavadgita in Mental & Spiritual Health.	06 Hours
5	Concept of Ahara and Role of Shrimad Bhagavadgita in Healthy Living Role of Shrimad Bhagavadgita in daily life; Concept and classification of Ahara (Sativik, Rajsik and Tamsik Ahara) as described in Bhagavadgita. Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Shrimad Bhagavadgita; Theory of Adjustment in healthy living as described in Shrimad Bhagavadgita.	06 Hours

Essential Readings:

1. Radhakrishnan - The Bhagavadgita, Harper Element, 2015.
2. Shankar Gita Bhashya, Geeta Press, Gorakhpur.
3. Swami Adidevananda - Shri Ramanuja Gita Bhasya, Advait Ashram, Culcutta, 2009.
4. Sant Jnaneshwar - Jnaneswari Geeta, Indian Press Ltd., Prayag, 1924.
5. Bal Gangadhar Tilak - Geeta Rahasya, Ram Chandra Balvant Tilak, Pune, 1933.
6. Swami Gambhiranand - Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha, Madras

7. Swami Gambhiranand - Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, 2003
8. Swami Ramsukhadas - Shrimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
9. Swami Ranganathananda - Bagavadgita, Advaita Ashrama Sub- Dept-5 Delhi Entally Road Kolkata

Suggested Readings:

1. Swami Shrikantananda - Gita Darshana, Indian Institute of Human Excellence, Hyderabad
2. Swami Tapasyananda - Shrimadbhgavadgita, Sri Ramkrishna Matha, Madras
3. Swami Abhidananda Bhagvatgita - the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda - Universal Message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Essential e-Resources

Second Semester

B.A./ B.Sc. (Yogic Science)

Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. II	YSC-DSM- 211	Principles of Hatha Yoga	3	1		4	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To attain knowledge about the concept of Hatha yoga and its basic texts • To get an in-depth knowledge about the prerequisites of Hatha Yoga Practices & the principles of Hatha Yoga • To get introduced to various Yoga practices described in Hatha Pradipika & Gheranda Samhita. • To gain knowledge about the benefits of yoga practices for an all round development of human personality • To attain knowledge about the Hatha yogic human body system						

UNIT	TOPIC	No. of Lecture
1	General Introduction of Hatha Yoga: 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, Yogabeej).	12 Hours
2	Essentials of Hatha yoga: Importance of Place, Environment & Season for Hatha sadhana, Aids & Obstructions to Hatha sadhana, Mitahar, Prohibited & conducive food in Hatha sadhana, Yama & Niyama	12 Hours
3	Meaning, Definition, Objectives, Techniques, Benefits and Cautions: Shatkarma and Asanas	12 Hours
4	Meaning, Definition, Objectives, Techniques, Benefits and Cautions: Pranayama and Mudra & Bandhas	12 Hours
5	Meaning, Definition, Objectives, Types, Techniques, Process and Benefits: Dhyana, Samadhi, Naad & Nadanusandhan	12 Hours

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
4. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga Publication Trust, Munger, 2000.
5. Shiv Samhita- Kaivalyadham SMYM Samiti, Lonavala
6. Vashishtha Samhita- Kaivalyadham SMYM Samiti, Lonavala
7. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga Publcation Trust, Munger

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.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. II	YSC-DSM- 212	Yoga Practicum			2	2	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: •To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and meditation •To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices •To describe the underlying mechanisms of Yoga practices •To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health •To develop a spirit of devotion and inculcate human values						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Prayers <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana. <u>Surya Namaskar & Pragyayoga:</u> With Mantras & Breathing pattern.	12 Hours
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying:</u> Pawanmuktasana, Sarvangasana, Matsyasana, Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadasashirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.	12 Hours
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetali, Shitkari. <u>Mudra & Bandha:</u> Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.	12 Hours

4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhanti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhanti, Dandadhanti, Shankha Prakshalan.	12 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma yoga is mandatory for all students on the last day of the week.	12 Hours

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- Pragyabhiyan ka Yoga Vyayam, Brahmavarchas, Shantikunj, Haridwar, 1998.
5. A.K. 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- Pranayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. II	YSC-MDM- 213	Yoga Practicum			2	2	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able: •To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and meditation •To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices •To describe the underlying mechanisms of Yoga practices •To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health •To develop a spirit of devotion and inculcate human values						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Prayers <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.	12 Hours

	<u>Surya Namaskar/ Pragyayoga:</u> With Mantras & Breathing pattern.	
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarnadhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying:</u> Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadashtasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.	12 Hours
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetal, Shitkari. <u>Mudra & Bandha:</u> Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.	12 Hours
4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhauti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhauti, Dandadhauti, Shankha Prakshalan.	12 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyan, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma Yoga is mandatory for all students on the last day of the week.	12 Hours

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 - Asan, Pranayama, Mudra, Bandha, Yoga Publication Trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragyabhiyan ka Yoga Vyayam, Brahmavarchas, Shantikunj, Haridwar, 1998.
5. A.K. 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.

Essential e-Resources

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. II	YSC-AEC- 214	Pranayama & Meditation for Healing	2			2	IA (Mid)-40 EA (End Sem.)- 60	30
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To know about the Pranayama & Healing • To know about the different breathing practices. • To give knowledge about meditation and its types. • To throw light on the Meditation Practices and Healing. • To theoretical and Practical knowledge of Pranayama and Meditation. This will enable the student to serve the society at large.						

UNIT	TOPIC	No. of Lecture
1	Breathing Practices & Healing: Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen Thoracic & Clavicular Breathing, Abdomen Thoracic Breathing, Abdomen Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Science of breathing.	06 Hours
2	Pranayama & Healing: Pranayama – Meaning and Definition, Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Rechka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its Importance in Healthy living & Yoga Sadhana. Pranayama practices in Hatha yoga pradēpika and Gherand Samhita, their techniques, benefits and precautions.	06 Hours
3	Meditation Practices & Healing: Meditation – Meaning and Definition, Mechanism of Meditation, their techniques, Psycho-Physiological benefits and precautions.	06 Hours
4	Types of Meditation I: Healing at the Physical Level: Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction Technique (Kabatzin), Healing at the Prana Level: Vipasana Meditation; Preksha Meditation	06 Hours
5	Types of Meditation II: Healing at the Mental level: Mind Sound Resonance Technique (S-VYASA); Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation Healing at the Conscious level: Yoga Nidra (BSY)	06 Hours

Essential Readings:

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
4. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

Suggested Readings:

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger,
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive Description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi

Essential e-Resources:

B.A./ B.Sc. (Yogic Science)								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L5 Sem. II	YSC-SEC- 215	Concept of Yoga in Principal Upanishadas	2			2	IA (Mid)-40 EA (End Sem.)- 60	30
Course Learning Objectives & Outcomes :		At the end of course, students will be able to: • Understand the significance of Principal Upanishads and its essence. This will help to imbibe the qualities and disseminate their spiritual knowledge for developing harmony in the society. • Understand the concept of Yoga and Brahma Vidya. • Have a deep understanding between the qualities of Tatvavetta of Brahmagyani. • Understand the concept of Yogic Way of Life & its role in healthy living. • Develop a sense, of Indian System of Traditional Spiritual Life						

UNIT	TOPIC	No. of Lecture
1	Brief Introduction of Ten Principal Upanishads I: Meaning & definition of Upanishad; Importance of Upanishad. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.	06 Hours
2	Brief Introduction of Ten Principal Upanishads II: Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions.	06 Hours
3	Brief Introduction of Ten Principal Upanishads III: Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahmanvidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti. Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.	06 Hours
4	Brief Introduction of Ten Principal Upanishads IV: Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taaittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli.	06 Hours
5	Brief Introduction of Ten Principal Upanishads V: Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman	06 Hours

Essential Readings:

1. शांती, केशवलाल आचार्यऽऽपनिषदसंचयनम्-थम, तृतीय एवं तृतीय खण्ड, चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली, 2015.
2. शमाप्रदीप आचार्यऽऽशमाभगवती देवी, 108 उपनिषदः-थम-खण्ड, तृतीय-साधनाखण्ड एवं तृतीयः-द्वितीय-खण्ड, युगनिर्माणा योजना ंट, गायत्री तपोभूमि, मथुरा, 2010.

3. भारती, परमहंस ँवामी अनंत, योगउपनिषद् संद् ह (योगभाकरभाष्य)-थम एवं त्तीय भाग, चौखंभा ओएयटालिया, ढली, 2015.
4. ढालंकार, सुभाष, योग उपनिषद्: (20 योग उपनिषद्का मूल, ढालंकृता हदया या एवं ोकानु मणका)-थम एवं त्तीय भाग, तिभा ँकाशन, ढली, 2018.
5. वेदालंकार, रघुवीर, उपनिषद्मयोगढा, के. सी. ँकाशन, ढली, 1991.

Suggested Readings:

1. Sastri, Pandit A. Mahadeva] lkekU;osnkUrksifu'kn~% ¼The Samanaya Vedanta Upanisad-s) The Adyar Library and Research Centre, Madras, 1987.
2. Sastri, Pandit A. Mahadeva, THE YOGA UPANISAD-S, The Adyar Library And Research Centre, Madras,
3. Sastri, Pandit A. Mahadeva, The Sakta Upnisad-s, The Adyar Library And Research Centre, Madras,
4. Ayyangar, T.R. Shrinivasa, THE YOGA UPANISAD-S The Adyar Library And Research Centre, Madras,
5. Borth, Surjya Kamal, Epistemology in the Principal Upanisads, Vidyanidhi Prakashan, Delhi, 2014.

Essential e-Resources:

Department of Yoga Education

School of Educational Studies



Curriculum Framework

M.A./M.Sc. in Yogic Science

(Based on National Education Policy- 2020)

Doctor Harisingh Gour Vishwavidyalaya

(A Central University)

Sagar (M.P.) 470003

Approved in the Meeting of BoS in Yoga Education:

Date of BoS Meeting: 15-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. J. P. Sharma

5. Dr. Sanjeev Patra

6. Prof. Ganesh Shankar (HOD & Chairman)

Approved in the Meeting of School Board in SES:

Date of SB Meeting: 19-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. Sanjay Sharma

5. Dr. Preeti Vadhvani

6. Dr. Rashmi Jain

7. Prof. S. P. Singh

8. Prof. B. R. Kukreti

9. Prof. D. S. Baghel

10. Prof. Ganesh Shankar (DEAN & Chairman)

Approved in the Meeting of Academic Council on 22.09.2022

About the Department

India's first University level Yoga Department was established in 1959 at Dr. Harisingh Gour Vishwavidyalaya, Sagar. The first Head of Department was Dr. K. S. Joshi. Dr. Harisingh Gour Vishwavidyalaya is the only University of India which has first introduced Yoga as an optional subject at the Graduate Degree level in 1959. Besides Yogic Science as an optional subject for the Graduate students, two Diploma courses in Yogic Science were also started i.e. Junior & Senior Diploma in Yoga. In 1974, the Senior Diploma course in Yoga was replaced by Post Graduate Diploma in Yogic Science. Subsequently, research scholars in Yoga were also registered. Till now several research scholars have been awarded Ph.D. in Yogic Science and some research scholars are registered for Ph.D. in Yoga. Due to initiatives of the UGC, the Department started M.A. in Yoga from session 2001-2002. Students are admitted through National Entrance Test Exam. As per UGC guidelines, the Department of Yogic Science also started M.Sc. in Yogic Science from the session 2002-2003.

Curriculum Framework based on National Education Policy-2020

NEP-2020 has conceptualized the idea to develop an all round competent individual for making the nation self-reliant and global leader. In the same spirit, we at Department of Yoga Education have developed a curriculum framework to encompass the goals of NEP 2020. At this end, we have incorporated a choice of subject/disciplines of study, creating academic pathways having constructive combinations of disciplines for study with multiple entry and exit points, as well as focus on **experiential learning** for students by introducing **multidisciplinary and skill enhancement courses** and actual Hands on training in the recent and trending aspects of Yoga.

Post Graduate Curriculum Framework for M.A. /M.Sc. in Yogic Science.

1. Name of the Programme :

- M.A. / M.Sc. in Yogic Science.

2. About the Programme:

- M.A/ M.Sc. in Yogic Science have been designed to impart Yoga education and significance of corrective exercises for fostering a healthy natural life. During this course, the students will be taught the Yogic concepts which will lead towards developing their skills, in self-realization and setting goals in life. It will help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will develop leadership qualities in the students along with their personality development.

3. Objectives of the Programme:

- The course will provide deeper insight into the curriculum of Yoga Science 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 skills so that they apply Yoga for achieving Holistic Health. It will also enable them to teach Yoga for total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in the student regarding traditional Indian Sciences specially Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they are able to undertake advance theoretical and applied researches in the field of Yoga and Alternative therapies.

4. Programme Learning Outcomes :

- It will popularize yoga and corrective education among the masses.
- It will make people aware of the therapeutic and preventive values of Yoga.
- It will bring peace and harmony in the society at large by introducing the yogic way of life.
- It will create competent professional yoga trainers and therapists of high calibre, to make the society free from stress and lifestyle related diseases.
- It will promote health awareness towards Holistic approach of Health.

5. Dress Code:

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

6. Medium of Instructions:

- Hindi/ English

7. Eligibility:

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

8. Structure of the Programme:

Level: 8 Semester I			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major- 1	YSC-DSM-121	Foundations of Yoga	6
Discipline Specific Major- 2	YSC-DSM-122	Hatha Yoga : Principles & Practices	3
	YSC-DSM-123	Eminent Indian Yogis	3
Multi-Disciplinary Major-3	YSC-MDM-124	Yoga Practicum	6
Skill Enhancement Course (SEC)	YSC-SEC-125	Essence of Shrimad Bhagvad Gita	4

Semester II			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major- 1	YSC-DSM-221	Human Anatomy Physiology & Yoga	6
Discipline Specific Major- 2	YSC-DSM-222	Patanjal Yoga	3
	YSC-DSM-223	Applied Yoga	3
Multi-Disciplinary Major-3	YSC-MDM-224	Yoga Practicum	6
Skill Enhancement Course (SEC)	YSC-SEC-225	Essence of Upanishadas	4

9. Exit:PG Diploma in Yogic Science**10. Teaching Learning Approach:**

Mainly this programme will transact the under given pedagogic approach-

- Lecture/ Seminar format
- Demonstration/Practical Yoga
- Readings/written assignments and Field Projects
- Group discussions/tutorial
- Community visit/Visit to Renowned Yoga Institutions
- Project work
- Field Visit/Survey/Dissertation

11. Assessment

The learner in the programme will be assessed throughout the duration of the programme in a formative and summative evaluations i.e. Mid (I&II) and End Semester Examinations. To be eligible to appear in End Semester Examination a student must appear in Mid Semester Examinations along with 75 per cent attendance in classroom processes

First Semester

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. I	YSC-DSM-121	Foundations of Yoga	4	2		6	IA (Mid)-40 EA (End Sem.)- 60	90
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To develop a strong foundation in Indian Yogic Science • To gain an insight on misconceptions about Yoga and their solutions • To understand the Concept of Yoga and its Historical development • To understand about the insights of Indian Philosophy • To understand the relevance of Yoga in modern age and its scope • To explain the concept of Yoga in different Texts & Traditions • To attain knowledge about the different Schools of Yoga						

UNIT	TOPIC	No. of Lecture
1	General Introduction to Yoga and Indian Philosophy: Brief Introduction to Origin of Yoga, Psychological aspects leading to origin of Yoga, History & Development of Yoga; Etymology and Definitions of Yoga, Aim & Objectives of Yoga, Misconceptions about Yoga, Principles of Yoga and Yogic practices for healthy living; Relevance of Yoga in modern age & scope. Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bhartiya Darshana), Branches of Indian Philosophy (Astika and Nastika Darshanans); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee & Purushartha Chatushtaya.	18 Hours
2	Foundations of Yoga and Yoga Traditions- I General introduction to Vedas & Upanishads, Yoga in Pre-Vedic and Vedic period, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-Darshanans, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta.	18 Hours
3	Foundations of Yoga and Yoga Traditions – II General introduction to Epics, Yoga in Ramayana & Mahabharat; Introduction to Smritis & Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Shrimad Bhagwad Purana, Yoga in Yoga Vashishtha, Yoga in Narada Bhakti Sutra, Yoga in Ayurveda, General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva & Shakti, Yoga in Shakta Tantra, Hatha Yoga Traditions.	18 Hours
4	Foundations of Yoga and Yoga Traditions - III General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina Darshana; Introduction to Buddhism: Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangikamarga or Noble-eight-fold-path.	18 Hours
5	Concept and Implications of Important Schools of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Rajayoga & Mantra yoga.	18 Hours

Essential Readings:

1. Vijnananand Saraswati - Yoga Vigyan, Yoga Niketan 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 Avam 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 Banarsidas, New Delhi.
4. S.P. Singh-History of Yoga-PHISPC Center for Studies of Civilization Ist edn. 2010
5. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard Publisher, New Delhi 2010.

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. I	YSC-DSM-122	Hatha Yoga: Principles & Practices	2	1		3	IA (Mid)-40 EA (End Sem.)- 60	45
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To attain knowledge about the Concept of Hatha yoga and its basic text • To get an in-depth knowledge about the prerequisites of Hatha Yoga, the principles of Hatha Yoga and essential Hatha Yoga texts • To get introduced to various Yoga practices described in Hatha Pradipika & Gheranda Samhita. • To attain knowledge about the Hatha Yogic Human Body System. • To gain knowledge about the benefits of yoga practices for an all round development of human personality						

UNIT	TOPIC	No. of Lecture
1	Hatha Yoga: Its Philosophy, Practices, Essentials Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, The Origin of Hatha Yoga, Hatha Yogic parampara (Brief introduction to Great Hatha Yogi's of Natha Cult and their contributions to Yoga), Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, Concept of Mitahara, Pathya & Apathya, Obstacles (Badhak) & Helps (Sadhak) in Hatha Yoga as in Hatha Yoga Pradipika; Environment & Season for Hatha sadhana, Relationship between Hatha Yoga & RajaYoga.	09 Hours
2	Introduction to Hathayogic Texts & their Implications Introduction to Basic Hatha Yogic Texts: their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita/Shatak, Shiva Samhita, Vashishtha Samhita, Yogabija, Hatha Ratnavali, Hatha Pradeepika, Gheranda Samhita, Applications of Hatha Yogic Practices as elementary practices of Raj Yoga and Holistic Health Promotion, Disease Prevention, Rejuvenation, Healing and Age Reversal.	09 Hours
3	Hatha Yoga Practices: Shodhana-Kriyas & Asanas Shodhana-Kriyas in Hatha Yoga Pradépika & Gheranda Samhita & their techniques, benefits & precautions; Role of Shodhana-kriyas in Yoga Sadhana & their importance in Modern day life Asana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions & importance.	09 Hours

4	Hatha Yogic Practices: Pranayama, Bandhas & Mudras Pranayama: The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama & its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha Yoga Pradipika and Gheranda Samhita, their techniques, benefits and precautions Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.	09 Hours
5	Principles of Hatha Yoga: Pratyahara, Dharana, Dhyana, Nadanusandhana & Kundalini Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha Pradipika & Gherand Samhita & Hatha Siddhi Lakshanam Concept of Kand, Nadi, Swar, Chakra and Granthi; Panch Kosha, Unmani avastha, Nadanusandhan; Kundalini Yoga: Meaning and Nature of Kundalini, Kundalini Prabodhan (jagran) and Shatchakra Bhedan.	09 Hours

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,
4. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga Publication Trust, Munger, 2000.
5. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga Publication Trust, Munger
6. Shiv Samhita- SMYM Samiti, Lonavala
7. Vashishtha Samhita- SMYM Samiti, Lonavala

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.

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. I	YSC-DSM-123	Eminent Indian Yogis	2	1		3	IA (Mid)-40 EA (End Sem.)- 60	45
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To describe life sketches of the Indian Yogis. • To describe contributions of Eminent Yogi's in the field of Yoga. • To know about the life character of Yogis which will awaken the motivation to adopt yogic life style						

UNIT	TOPIC	No. of Lecture
1	Life Sketch, Yogic Life and their contribution for the development and promotion of Yoga. Maharshi Yagyavalkya, Maharshi Patanjali, Maharshi Ved Vyasa, Maharshi Matsyendranath	09 Hours
2	Life Sketch, Yogic Life and their contribution for the development and promotion of Yoga. Adi Shankaracharya, Maharshi Gorakshnath, Sant Jnaneshwar, Swami Ramkrishna Paramhans	09 Hours
3	Life Sketch, Yogic Life and their contribution for the development and promotion of Yoga. Shri Shyamacharan Lahidi, Swami Vivekananda, Maharshi Aurobindo, Maharshi Ramana	09 Hours
4	Life Sketch, Yogic Life and their contribution for the development and promotion of Yoga. Maharshi Dayanand Saraswati, Swami Shivanada Saraswati, Shri T. Krishnamacharya, Swami Satyanand	09 Hours
5	Life Sketch, Yogic Life and their contribution for the development and promotion of Yoga. Swami Kuvalayanand, Pt. Shri Ram Sharma Acharya, Swami Rama, Maharshi Mahesh Yogi	09 Hours

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.

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. I	YSC-MDM- 124	Yoga Practicum		2	4	6	IA (Mid)-40 EA (End Sem.)- 60	90
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To perform all the selected Mantra, Asana, Pranayama, Mudra, Bandha, Shatkarma & Meditation • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices • To describe the underlying mechanisms of Yoga practices • To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health • To again Knowledge about the benefit of Yoga Practices for an all round development of human personality						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Yogic Prayers (Selected by Department) <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana. <u>Surya Namaskar & Pragyayoga:</u> With Mantras & Breathing pattern.	18 Hours
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarnadhanurasana, Bhadrasana. Shashankasana. <u>Cultural Lying:</u> Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendrasana, Ekpadaschirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.	18 Hours
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetal, Shitkari. <u>Mudra & Bandha:</u> Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahma mudra, Shanmukhi mudra.	18 Hours

4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhanti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhanti, Dandadhanti, Shankha Prakshalan.	18 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karmayoga:</u> Karma yoga is mandatory for all students on the last day of the week.	18 Hours

Essential Readings:

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga Publication Trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragma Abhiyan ka Yoga Vyayam, Brahmvarchas, Shantikunj, Haridwar, 1998.
5. A.K. Sao & A.Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.

Suggested Readings:

1. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
2. O.P. Tiwari - Asana Why and How, Kaivalyadham SMYM Samiti, Lonavala, 2012.
3. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
4. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi, 2012.
5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala, 1993.
6. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.
7. K.S. Joshi – Yogic Pranayama, Orient Paperbacks, New Delhi.

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. I	YSC-SEC-125	Essence of Shrimad Bhagvad Gita	3	1		4	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of course, students will be able to: • Understand the significance of Bhagavad Gita and its essence. He will be able to use his spiritual knowledge for developing harmony in the society, Serve the poor, tribal people and ensure Yogkshem for the mankind. • Understand the concept of Atman, Paramatman, and Sthitaprajna. • Have a deep understanding between the qualities of a Jnana, Karma and Bhakti yogi. • Understand the concept of Ahara its role in healthy living.						

UNIT	TOPIC	No. of Lecture
1	Significance of Shrimad Bhagavad Gita as Synthesis of Yoga: Introduction to Shrimad Bhagavadgita; Synthesis of Yoga; Definitions of Yoga in Shrimad Bhagavadgita and their relevance; Shrimad Bhagavadgita and traditional commentaries (Shankar Bhashya, Ramanuj Bhashya, Gyaneshwari Geeta, Geeta Rahasya)	15 Hours
2	Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Shrimad Bhagavad Gita Concept of Samkhya Yoga in Shrimad Bhagavadgita; Concept of Sthita Prajna, its stages and characteristics of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristics in Shrimad Bhagavadgita; Concept of Jnana and Jnana Yoga, Origin of the world as described in Shrimad Bhagavadgita	15 Hours
3	Karma Yoga and Bhakti yoga in Shrimad Bhagavadgita Concept of Karma & Karma Yoga in Bhagavadgita, Swadharma, Concept of Bhakti, Types of Bhakta (Chap.7), Nature of Bhakti (Chap.12), Concept of Shraddha and its relevance in as described in Shrimad Bhagavad Gita, Synthesis of Karmayoga, Bhaktiyoga and Jnanayoga in Bhagavad Gita.	15 Hours
4	Concept of Dhyana Yoga and Role of Shrimad Bhagavadgita in Mental & Spiritual Health Nature of Personality types of personality, Role of Shrimad Bhagavadgita in personality development (With special reference to Dhyana yoga); Different techniques of Yoga for personality development and Healthy Living. Role of Shrimad Bhagavadgita in Mental & Spritual Health.	15 Hours
5	Concept of Ahara and Role of Shrimad Bhagavadgita in Healthy Living Role of Shrimad Bhagavadgita in daily life; Concept and classification of Ahara (Satvik, Rajsik and Tamsik Ahara) as described in Bhagavadgita. Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Shrimad Bhagavadgita; Theory of Adjustment in healthy living as described in Shrimad Bhagavadgita,	15 Hours

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 Rahasya, Ram Chandra Balvant Tilak, Pune, 1933.
6. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
7. Swami Gambhiranand; Bhagavadgita with the commentary of Sankaracharya, Advaita Ashrama, 2003
8. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press, Gorakhpur
9. Swami Ranganathananda ; Bhagavadgita, Advaita Ashrama Sub- Dept-5 Delhi Entally Road, Kolkata

Suggested Readings:

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda, Srimadbhagavadgita Sri Ramkrishna Matha, Madras
3. Swami Abhidananda, Bhagvatgita, The Divine Message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal Message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000

Essential e-Resources

Second Semester

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. II	YSC-DSM-221	Human Anatomy, Physiology & Yoga	4	2		6	IA (Mid)-40 EA (End Sem.)- 60	90
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To describe inclusive knowledge of the gross structure and development of human body. • To provide a basis for enhancing the knowledge of body's structure and function. • To get familiarized with the structure of the different systems in the human body. • To illustrate Anatomy and Physiology of various systems. • To describe effect of Yogic Practices on various body system.						

UNIT	TOPIC	No. of Lecture
1	Human Body, Cell, Tissue and Skeletal System Concept & Importance of Human body; Cells & Tissues of the human body, types, structure & functions of the cells; types, structure & functions of tissues (epithelial, connective, muscle, & nervous), Meaning of anatomical terms (median plane, directional terms & regional terms). Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.	18 Hours
2	Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Yogic effect on Muscular System. Respiratory System: Concept, Gross Anatomy & Physiology & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Lungs Capacity, Yogic effect on Respiratory System.	18 Hours
3	Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system. Urinary System Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerules, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on Urinary System.	18 Hours
4	Digestive System Anatomy-Gross and Histological, Anatomy and Function of-Stomach, Liver, and Pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on Digestive System	18 Hours

	Lymphatic System and Immune System Lymphoid organ-Bone marrow, Thymus, Spleen, Lymph node, Composition and function of Lymph, Immunity, Types of Immunity-Innate immunity and acquired immunity, Antigen and Antibody, Hypersensitivity, Autoimmunity.	
5	Nervous System Gross anatomy of Nervous System; Structure, types and properties of neurons and nerves; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) – Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on Nervous System Glandular System: Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland, Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary and Testes; Yogic effect on Endocrine System	18 Hours

Essential Readings:

1. Shirley Teles - A Glimpse of the Human Body, Sw. Vivekanand Yoga Prakashan, Bangalore.
2. M.M. Gore - Anatomy and Physiology of Yogic Practices, Motilal Banarasidas, 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 Brother's Publisher, 2008.
3. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Motilal Banarasidas, Delhi
4. Frawley, D. & Kozak, S. S. (2006). Yoga for Your Type. India: New Age Books, New Delhi,
5. Gupta, A.P. (2011). Human Anatomy and Pshysiology.: Sumit Prakashan, Agra, India
6. Guyton, A.C. & Hall, J.E. (2006). Text book of Medical Physiology (11th ed.). Pennsy vania: Elseveir.
7. Kaminoff, L. (2007). Yoga Anatomy, Champaign: Human Kinetics
8. Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.

Essential e-Resources

M.A./M.Sc. in Yogic Science

Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. II	YSC-DSM- 222	Patanjal Yoga	2	1		3	IA (Mid)-40 EA (End Sem.)- 60	45
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To develop a strong foundation in Indian Yogic science • To describe Patanjali's contribution to the field of Yoga • To get well verse with the Yogic principles and it's meaning mentioned in Patanjali Yoga Sutra • To understand Human's Psychology as explained by Patanjali • To impart knowledge about the Eight limbs of Yoga						

UNIT	TOPIC	No. of Lecture
1	Introduction to Yoga Darshana of Patanjali: Brief Introduction to Maharshi Patanjali, Patanjali Yoga Sutra & their commentaries; Concept of Mana, Buddhi, Ahamkar and Chitta; Concept of Chitta Bhoomis (Kshipta, Mudh, Vikshipta, Ekagra, Nirudha),	09 Hours
2	Samadhi Pada: Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Concept of Samprajnata; Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types of Samadhi (Samprajnata and Asamprajnata Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Asmita); Types of Asamprajnata Samadhi (Bhava pratyaya and Upaya pratyaya).	09 Hours
3	Sadhan Pada: Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Asmita, Raga, Dwesh, Abhinivesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishya, Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Yama-Niyama; Concept of Vitarka & Mahavratas; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.	09 Hours
4	Vibhuti Pada: Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Vivek Khyati, Kaivalya.	09 Hours
5	Kaivalya Pada: Satvapurushtanyakhyati, Kaivalya Nirvachana; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana. Dharmamegha Samadhi	09 Hours

Essential Readings:

1. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000.
2. Woods, J.H.: The Yoga System of Patanjali M.L.B.D., Delhi, 1988
3. Sw. Omanand - Patanjali Yoga Pradeep, Geeta Press, Gorakhpur.
4. Hari Krishnadas Goyandaka-Patanjalyoga Darshana, Geeta Press Gorakhpur, 2007.
5. Sw. Satyananda Saraswati - Four Chapters on Freedom, Yoga Publication Trust, Munger, Bihar, 2001.
6. P.V.Karambelkar-Patanjal Yoga Sutra, Kaivalyadham SMYM Samiti, Lonavala, 2011.
7. Shriram Sharma Acharya - Sankhya Darshan Aur Yoga Darshan, Akhand Jyoti, Mathura, 1998.

Suggested Readings:

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

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. II	YSC-DSM-223	Applied Yoga	2	1		3	IA (Mid)-40 EA (End Sem.)~ 60	45
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To give an overview of the applications of yoga • To teach the concept of Yoga and Psychology • To teach the role of Yoga in Personality Development • To teach the concept of Yoga and Stress Management • To teach the interrelation between Yoga and sports • Have an overview of the applications of Yoga. After attaining knowledge about applied aspects of Yoga, the students will manage stress at individual level and will be master of stress management at the level of society also.						

UNIT	TOPIC	No. of Lecture
1	Application of Yoga For Personality Development: Physical level: Shat Kriyas (Detoxifying), Asans (Strength), Mudras (Steadiness), Pranayama (Lightness), Dhyana (Perception); Vital Level: Pranayama; Mental level: Personal Discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana; Emotional level: Ishwara Pranidhana (Surrendering to the Supreme); Spiritual level: Practice of Higher states of Meditation (Super consciousness states), Kriyayoga	09 Hours
2	Application of Yoga For Stress Management: Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Stress Management through Patanjali Yoga and Bhagavad Gita.	09 Hours
3	Application of Yoga for Health care of different groups: Children and their problem & Yoga Practices, Adolescence and their problem & Yoga Practices, Women and their problem & Yoga Practices, General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management	09 Hours
4	Application of Yoga for Sports: Ideal performance and Peak performance for Sportmen; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; Vital Level: Pranayama (Lung capacity), Emotional capacity: Emotional balance through emotional culture (surrender to the Divine); Mental capacity: Practice of Karma Yoga and Meditation, Spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana	09 Hours
5	Application of Yoga for Corporate Sector, Army & Tourism: The Importance of Yoga for the employees of Industrial and Commercial institutions, Yogic methods for stress and time management of employees. Health Prevention and stress & Depression management of military force, paramilitary force, and police force etc., Concept of Yogic tourism. Role of Yoga in the development of Tourism, Possibility of development of Yoga Centres, Special Yoga practices for Pilgrims.	09 Hours

Essential Readings:

1. Nagendra, H R & Nagarathna: New Perspective of Stress Management, SVYP, 2010
2. Nagendra, H R & Nagarathna: Personality Development Series, SVYP, 2012

Suggested Readings:

1. Basavaraddi, I V: Yoga: Teachers Manual for School Children, MDNIY, New Delhi. 2010
2. Basavaraddi, I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev, H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A Complete Illustrated Guide to Yoga, UBS Publishers Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga Therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. II	YSC-MDM- 224	Yoga Practicum		2	4	6	IA (Mid)-40 EA (End Sem.)- 60	90
Course Learning Objectives & Outcomes :		At the end of course, students will be able: • To perform all the selected Mantra, Asana, Pranayama, Mudra, Bandha, Shatkarma & Meditation • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices • To describe the underlying mechanisms of Yoga practices • To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health • To again Knowledge about the benefit of Yoga Practices for an all round development of human personality						

UNIT	TOPIC	No. of Lecture
1	<u>Prayers</u> All Mantra & Prayers (Selected by Department) <u>Starting Practice</u> Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana. <u>Surya Namaskar/ Pragyayoga:</u> With Mantras & Breathing pattern.	18 Hours
2	<u>Cultural Standing:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting:</u> Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarnadhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying:</u>	18 Hours

	Pawanmuktasana, Sarvangasana, Matsyasana, Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen). <u>Cultural Advance:</u> Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadashtirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.	
3	<u>Pranayama:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetali, Shitkari. <u>Mudra & Bandha:</u> Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.	18 Hours
4	<u>Meditative/ Relaxative Asana:</u> Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarma:</u> Neti-Jala and Sutra, Vamandhanti, Kapalabhati, Nauli, Agnisara, Trataka, Vastradhanti, Dandadhanti, Shankha Prakshalan.	18 Hours
5	<u>Meditation:</u> Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti Avataran, Panch Kosha Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma Yoga is mandatory for all students on the last day of every week.	18 Hours

Essential Readings:

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami 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. A.K. Sao & A.Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.

Suggested Readings:

1. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
2. O.P. Tiwari - Asana Why and How, Kaivalyadham SMYM Samiti, Lonavala, 2012.
3. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
4. B.K.S. Iyengar - Light on Pranayama, Harper Collins publisher, New Delhi, 2012.
5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala, 1993.
6. Swami Kuvlayanand- Pranayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.

Essential e-Resources

M.A./M.Sc. in Yogic Science								
Level & Semester	Course Code	Title of the Course	Credit				Marks	Lectures/ Hrs.
			L	T	P	C		
L8 Sem. II	YSC-SEC-225	Essence of Upanishadas	3	1		2	IA (Mid)-40 EA (End Sem.)- 60	60
Course Learning Objectives & Outcomes :		At the end of the course, students will be able: • To discuss Upanishads as basic philosophical and theoretical foundations of Yoga. • To a deeper understanding to Yogic concepts mentioned in them. • To relate and implement Upanishadic Values in everyday activities and motivate others to follow Yogic style of living. • To develop a Spiritual Understanding of Thy Self • To Create an awareness about the rich Cultural & Spiritual Heritage of India						

UNIT	TOPIC	No. of Lecture
1	Brief Introduction of Principal Upanishads I: Meaning & definition of Upanishad; Importance of Upanishad. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the Truth; Moral of Yaksha Upakhyana. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The Six Main questions	15 Hours
2	Brief Introduction of Ten Principal Upanishads II: Mundaka Upanishad: Two approaches to Brahma Vidya- Para and Aparā; The greatness of Brahman; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti. Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara. Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli.	15 Hours
3	Brief Introduction of Ten Principal Upanishads III: Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman Swetaswataropanishad: (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of Pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajnana, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.	15 Hours
4	Brief Introduction of Selected Yoga Upanishads I: Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization. Yogachudamani Upanishad: The description of the Six Limbs of Yoga, their results and sequence Trishikhibrahmanopanishad: description of Ashtangayoga, Karmayoga and Jnanayoga. Yogatattva Upanishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, Diet and Dincharya, primary symptoms of yoga siddhis and precautions.	15 Hours

5	Brief Introduction of Selected Yoga Upanishads II: Dhyanbindoopanishad: Importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav Meditation, Shadangyoga, Atmadarshan through Nadanusandhan. Nadabindoopanishad: Hansavidya: description of various limbs of Omkar, 12 matras of Omkar and its results of their application with Pranas, Types of Nada, nature of Nadanusandhan sadhana, state of Manolaya. Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, Nine chakras, procedures of Dhyana and its results.	15 Hours
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Essential Readings:

1. शास्त्री, केशवलाल आचार्य, उपनिषत्संचयनम्-प्रथम, द्वितीय एवं तृतीय खण्ड, चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली, 2015.
2. शर्मा, श्रीराम आचार्य, शर्मा, भगवती देवी, 108 उपनिषद्: प्रथम-ज्ञानखण्ड, द्वितीय-साधनाखण्ड एवं तृतीय:-ब्रह्मविद्याखण्ड, युग निर्माण योजना ट्रस्ट, गायत्री तपोभूमि, मथुरा, 2010.
3. भारती, परमहंस स्वामी अनंत, योगउपनिषद् संग्रह (योगप्रभाकरभाष्य)-प्रथम एवं द्वितीय भाग, चौखम्बा ओरियन्टलिया, दिल्ली, 2015.
4. विद्यालंकार, सुभाष, योग उपनिषद्: (20 योग उपनिषदों का मूल, विद्यालंकृता हिन्दी व्याख्या एवं श्लोकानुक्रमणिका)-प्रथम एवं द्वितीय भाग, प्रतिभा प्रकाशन, दिल्ली, 2018.
5. वेदालंकार, रघुवीर, उपनिषदों में योगविद्या, के. सी. प्रकाशन, दिल्ली, 1991.

Suggested Readings:

1. Sastri, Pandit A. Mahadeva, THE YOGA UPANISADS, The Adyar Library And Research Center, Madras,
2. Sastri, Pandit A. Mahadeva, The Sakta Upnisads, The Adyar Library And Research Center, Madras,
3. Ayyangar, T.R. Shrinivasa, THE YOGA UPANISAD-S The Adyar Library And Research Center, Madras,
4. Borth, Surjya Kamal, Epistemology in the Principal Upanisads, Vidyanidhi Prakashan, Delhi, 2014.

Essential e-Resources