

**S.S.JAIN SUBODH P.G. COLLEGE, JAIPUR**  
(AUTONOMOUS)

**FACULTY OF ARTS**



**PROGRAMME NAME: TWO YEAR POST GRADUATE PROGRAMME IN ARTS**

**SUBJECT/DISCIPLINE: YOGA**

**(Syllabus as per NEP-2020 and Choice Based Credit System)**

**MEDIUM OF INSTRUCTION: ENGLISH/HINDI**

**w.e.f. Academic Session 2024-2025**

**Department of Yoga**

**(Course Curriculum & Marking Scheme)**

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## S.S.JAIN SUBODH P.G. COLLEGE


(AUTONOMOUS)

### Preamble:

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breathe slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic Living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing. This course is meant for those who have basic knowledge of practical and theory of Yoga and who want to pursue higher studies in Yoga. This course gives a vision to a learner to understand various dimensions of Yoga. This course gives a different perspective to a learner and a practitioner of Yoga to understand philosophical, psychological, physiological, social, intellectual and scriptural dimensions of Yoga.

I. **Title of the Programme :** "M.A. Yoga "

II. **Duration:** The minimum duration of the programme will be two years (4semesters)



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**Eligibility:** The candidate should have completed Graduation Standard preferably with any discipline from a recognized board or equivalent. A candidate who has secured more than 55% or CGPA of 3.5 in the UGC Seven Point scale [36% or Pass marks for SC/ST/Non-creamy layer OBC/SBC] or equivalent in the Bachelor degree in Arts/ Science shall be eligible for admission to First Semester of a Master of Yoga Education course. For candidates from outside the state of Rajasthan 60% or CGPA of 4.0 in the UGC Seven Point Scale will be applicable irrespective of the category. The relaxation may be given to outstanding sports/yoga achievements.

- The extra weightage of 10% marks will be given to that applicant who is having one year regular diploma in Yoga Education / Yoga, from a recognized University or Institution, along with Graduation.
- The Applicant who is opted yoga as one of the optional subject at graduate level will also be given weightage of 10% marks, from recognized University or Institution.
- The extra weightage of 5% marks will be given to those applicants who is having regular certificate in Yog Education / Training / Yoga, along with Graduation from recognized University or Institution.

**III. SCHEME OF TEACHING & EXAMINATION:** Each Theory paper in End of Semester Examination (EoSE) will carry 70 marks. The EoSE will be of 3 hours duration.

- a) Each Theory paper in End of Semester Examination (EoSE) will carry 70 marks. The EoSE will be of 3 hours duration.
- b) Part 'A' of the theory paper will comprise of 05 Short Answer Questions of 10 marks, based on knowledge, understanding and applications of the topics/texts covered in the syllabus. Each question will carry two (02) marks.
- c) Part 'B' of the theory paper will comprise of four (04) questions from each unit with internal choice. The candidate has to attempt four (04) questions. Each question will carry fifteen (15) marks.
- d) The Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.
- e) Each semester will have Continuous Internal Assessment (CIA). Continuous Assessment will consist of two components, namely (1) Continuous Internal Assessment and (2) Assignment. The internal assessment component will comprise of assessment of students' performance in the test and on the basis of factors like attendance, classroom participation etc..

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## Semester Structure

**Course Structure:** M.A. YOGA (Semester Scheme) course will comprise of Four (4) Semesters. The Credit Courses have been classified as:

- Discipline Specific Core (DSC)
- Discipline Specific Core Practical (DSCP)

<b>S.S.JAIN SUBODH P.G. COLLEGE,JAIPUR</b>				
<b>(AUTONOMOUS)</b>				
<b>M.A. YOGA</b>				
<b>Credits Details</b>				
<b>SUBJECT CODE</b>	<b>COURSE TITLE/PAPER</b>	<b>COURSE TYPE</b>	<b>HRS/WEEK</b>	<b>CREDITS</b>
<b><u>M.A. SEM I</u></b>				
MAYO101	Foundation of yoga	DSC-1	4T	6
MAYO102	Yoga Therapy	DSC-2	4T	6
MAYO103	Mental Health & Yog –I	DSC-3	4T	6
MAYO104	Applied human anatomy & physiology	DSC-4	4T	6
MAYO151	Practice of yoga(practical -I)	DSCP-I	9P	12
<b><u>M.A. Sem II</u></b>				
MAYO 201	Patanjali Yoga	DSC-1	4T	6
MAYO 202	Applied Psychology	DSC-2	4T	6
MAYO 203	Mental Health & Yog –II	DSC-3	4T	6
MAYO 204	Samkhya, Shaiv, Jain and BauddhaYoga	DSC-4	4T	6
MAYO 251	Practice of yoga(practical-II)	DSCP-II	9P	12

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SUBJECT CODE	COURSE TITLE/PAPER	COURSE TYPE	HRS/ WEEK	CREDITS
<b><u>M.A. Sem III</u></b>				
MAYO 301	Hath Yoga	DSC-1	4T	6
MAYO 302	Naturopathy	DSC-2	4T	6
MAYO 303	Dietetics and Nutrition	DSC-3	4T	6
MAYO 304	Yogic Practices and Meditation	DSC-4	4T	6
MAYO 351	Practice of yoga(practical-III)	DSCP-III	9P	12
<b><u>M.A. Sem IV</u></b>				
MAYO 401	Yog Upanishad	DSC-1	4T	6
MAYO 402	Human Consciousness and Parapsychology	DSC-2	4T	6
MAYO 403	Research Methodology	DSC-3	4T	6
MAYO 404	Dissertation	DSC-4	4T	6
MAYO 451	Practice of yoga(practical-IV)	DSCP-IV	9P	12
		<b>Grand Total</b>	<b>100</b>	<b>144</b>

### PROGRAMME OUTCOMES

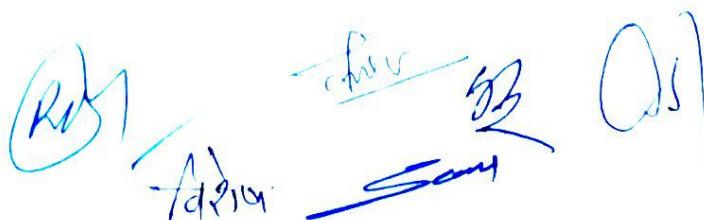
**PO1:** Domain knowledge: Students will have knowledge and applications in the field of Yoga therapy.

**PO2:** Biomedical impact and Corrective measures: Students will be able to predict the biomedical impact of yoga on the body and shall provide the corrective measures if something does not go in the desired manner.

**PO3:** Individual and teamwork: Students can function effectively as an individual, and as a member or leaders in diverse teams, and multidisciplinary settings.

**PO4:** Communication Skills: The student should have now been able to communicate (verbal and written) in the best possible manner to all the stakeholders (employees, employers, clients, etc).

**PO5:** Universal Adaptability: Students can now be adaptive to any universal location and condition.



**PO6: Ethics and Environment:** The student will act in such a manner so that it does not harm his own body and others who are practising it in his/her observation. At the same time learning different postures from nature.

**PO7: Life-long learning:** Recognize the need for and have the preparation and ability to engage in independent and life-long learning in the broadest context of fitness changes.

**PO8: Career Oriented learning:** Apply the knowledge of yogic practices for his career in the public, and private sectors as a teacher or Yogic practitioner

### PROGRAM SPECIFIC OUTCOMES

Able to apply the knowledge gained during the courses of the programme in practising and creating awareness of a healthy lifestyle concerning nutrition and fitness.

Able to apply the knowledge gained during the programme in providing the ailments to the needy.

Act in the formation and implementation of Health and fitness policy at the workplace so that the employees are fit and work to their fullest potential.

### COURSE OUTCOMES

1. To introduce yoga therapy with its principles, factors, impacts; and to prescribe yoga therapy for people with various lifestyle disorders.
2. To make the people aware of the therapeutic and preventive value of Yoga.
3. To bring peace and harmony in the society at large by introducing the Yogic way of life.
4. To create therapists of high calibre to make the society free from stress and lifestyle related diseases.

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**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**

**(AUTONOMOUS)**

**M.A. Yoga**

**Two Year Semester Scheme 2024-25**

**Semester – I**

**Foundation of Yoga (MAYO 101)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

**Credit : 6**

**Contact Hrs. : 4/Week**

**Learning Objectives**

1. To understand the basic concept of Yoga.
2. To understand the Yoga in different traditions..
3. To understand the different meditation systems and renowned *Yogacharyas*.

**Course Outcome:**

After Completing the course, the students will be able to learn about different traditions in Yoga, History and Nature of Yoga in various texts, the concept of different meditation system and yogacharyas etc.

**Unit-I (15 Hrs.)**

**Yoga:** Origin, History, meaning, Development, definition and types(*Gyan, Bhakti, Karma, Mantra, Laya & Raj Yoga*).Introduction of Shad darshan with special references to sankhya and yog darshan. yoga in narad bhakti sutra.

**Unit-II (10 Hrs.)**

**Introduction of Sanskrit Language – I:** General Introduction ,Basic Rules for recognition of Nouns and collection of samkrita words in Genders, Introduction and Types of sandhi ,karak, Pronouns and Verna.

**Unit-III (15 Hrs.)**

**Yoga in Different Traditions – II :**Introduction Tantra Yoga– Nature of Tantra, Origination and Types; components of Kundalini; Naad, Bindu and Kala; Naad Rahasya. Introductionto Jain Yoga – Philosophy of Yoga (Ashray, Samvar & Nirjara),types of meditation (Arth dhyan, Rodra dhyan, Dharm dhyan, Sukla dhyana) Introduction to Buddha Yoga – Philosophical basis.

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#### Unit-IV (20 Hrs.)

##### Different Meditation Systems & Yogacharyas :

**Different Meditation Systems:** Introduction to Transcendental, Vipassna, Savita dhyana Yoga Nidra, Jain Meditation and Sahaj Yoga.

**Yogacharyas:** Life philosophy and thoughts on Yoga of Swami Shivananda, Swami Satyanand Saraswati Maharshi Aurobindo, Swami Kuvalyanand, T. Krishnacharya and Swami Rama.

##### Reference Books

- 1 Yoga Tradition - Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
- 2 Byas Deb Ghosh (2007): Human anatomy for Students, Jaypee Brothers, New Delhi.
- 3 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 4 Hathpradipika by Svamaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 5 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla

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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – I**

**Yoga Therapy (MAYO 102)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
		Total marks of End of Semester		=	70 Marks
		C.I.A. (Internal Assessment) 2x15 Marks Each		=	30 Marks
		Maximum Marks		=	100 Marks
		Minimum Passing Marks		=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives**

1. To understand the basic concept of concept of yoga therapy.
2. To understand the rules and regulations to be followed in yoga therapy.
3. To understand Yogic management of common disorders.

**Course Outcomes:**

After completing the course, the students will be able to learn about concept of yoga therapy , it's rules and regulations and Yogic management of common disorders.

**UNIT-I: Concept of Yogic Therapy (10 Hrs.)**

1. Yoga Therapy : Meaning, scope, effectiveness and limitations
2. Principles Health: Preventive, Promotive, and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

**UNIT-II: Rules and Regulations to be followed in Yoga Therapy (15 Hrs.)**

1. Rules to be followed by the Therapist
2. Rules to be followed by Patient
3. Patient – Therapist relationship

**UNIT-III: Yogic Management of Common Disorders : I (15 Hrs.)**

1. Yogic management for Asthma, Constipation,
2. Yogic management for Hypertension, Hypotension & Heart disease.
3. Yogic management for Diabetes & Obesity.

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*B2*  
*Aditya*  
*Ravi*  
*Sudh*

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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – I**

**Mental Health & Yog –I (MAYO 103)**

Part-A	: 05 Short Question (Comp.)	5x2 Marks Each	= 10 Marks
Part-B	: 04 Question from each Unit with internal choice	4x15 Marks Each	= 60 Marks
	Total marks of End of Semester		= 70 Marks
	C.I.A. (Internal Assessment) 2x15 Marks Each		= 30 Marks
	Maximum Marks		= 100 Marks
	Minimum Passing Marks		= 40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives**

1. To understand the basic concept of Yoga for physical and mental health.
2. To understand the types of Pranayama and concept of meditation for mental health.
3. To understand the different classification of yoga

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different concepts of pranayama and meditation and thus apply these practices in real life.

**Unit-I (15 Hrs.)**

**Concept of Yoga:** Need and importance of Yoga, Need of Yoga for physical and mental health, Yogic principals for healthy living .Yoga for stress management.

**Unit II: (15 Hrs.)**

**Pranayama and meditation for mental health:** Concept of Pranayama, Pranayama and mental health,Types of pranayama (Bhastrika, Anulom Vilom, Bhramari, Cooling Breath, SuryaBhedan, Kapaal Bhati, Ujjayi, Yogic Breathing etc)

**Unit III: (15 Hrs.)**

**Classification of Yoga** Karma Yoga ,Gyana Yoga ,Bhakti Yoga ,Raj Yoga ,Hatha Yoga ,Need of yoga

**Unit IV: (15 Hrs.)**

**Concept of Meditation:** Advantages of Meditation, Meditation and Mental Health ,Practical/ Yoga Practice, Different Types of Yoga Practice



## Reference Books

- 1 Geherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 2 Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 3 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 4 Asana – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), .
- 5 Pranayam – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), 2005 (10ed.).
- 6 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – I**

**Applied Human Anatomy and Physiology (MAYO 104)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
		Total marks of End of Semester		=	70 Marks
		C.I.A. (Internal Assessment) 2x15 Marks Each		=	30 Marks
		Maximum Marks		=	100 Marks
		Minimum Passing Marks		=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives**

1. To give a basic understanding of the human anatomy and human physiology.
2. To give a deeper understanding of the human systems to explain underlying mechanism of changes in body due to Yoga practices.

**Course Outcomes:**

1. The student can understand the knowledge of human anatomy & physiology of Cell structure.
2. Various systems in the body like Skeletan system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction.

**Unit – I (15 Hrs).**

**Organization of Human Body: Cell & Tissues:** Basic Structure and Function of cell and tissue. Type of muscles, Structure of Muscles, Functions of Muscles, Effect of Yoga on Muscular system.

**Unit – II (10 Hrs.)**

**Musculo-Skeletan System:** Basic structure and Functions of Bones, General Organization of Skeletan System Joint – Structure and Types, Digestive- Excretory system – Anatomy and physiology of digestive system and Uredo genital system (Skin, Kidney, Formation of Urine; Male & Female Reproductive system)

**Unit –III (15 Hrs.)**

Cardio-Pulmonary System, Structure & functions of blood ,Structure & functions of heart and blood vessels, Structure & functions of respiratory system, Mechanism of Respiration



#### Unit – IV (20 Hrs.)

Neuro-Endocrine System ,Basic organization of Nervous system ,Structure and functions of brain and spinal cord, Structure and functions of endocrine glands ,Hormones and their mechanism of action . Immune system- Component, functions and process of Immunity.

#### Reference Books

1. The Human Machine - Bijlani, R.L. and Manchanda, S.K.; National Book Trust, New Delhi.
2. Basic Human Physiology-Normal Function and Mechanism of Disease - Guyton, A.C.; W.B. Saunders Comp., London.
3. Principles of Anatomy and Physiology - Tortora, G.J. and Anagnostokas, N.P.; Harper and Row Publishers, N.Y.
4. Human Body - Design, Function and Development - Zaveri, J.S., Today and tomorrow's Printer and Pub., Jaipur.
5. Byas Deb Ghosh (2007): Human anatomy for Students, Jaypee Brothers, New Delhi

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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – I**

**Practice of Yoga ( Practical I: MAYO 151**

**Credit : 6**  
**Contact Hrs. : 4/Week**

**MARKS: 200**  
**EXT: - 120\*\***  
**INT: - 80**

**NOTE:**

\*\* 80 Marks for Demonstration and 40 Marks for Viva-Voce .

**Learning Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
- 2) To demonstrate and instruct under mentioned yogic practices

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different asana's and there applications for healthy lifestyle.

**Asana (20 Marks)**

1. Tadasan- Standing
2. Ardhakaticakrasan -Standing
3. Garudasan- Standing
4. Vrikshasan -Standing
5. Hasttotanasan -Standing
6. Padhastasan- Standing
7. Trikon Asan -Standing 8. Padmasan- Sitting
9. Vajrasan – Sitting
10. Swastikasan – Sitting
11. Siddhasan- Sitting
12. Gomukhasan- Sitting
13. Bhadrasan- Sitting
14. Ardh Matsyendrasan- Sitting
15. Dhaanurasan- Prone

  
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16. Shalabhasan- Prone
17. Bhujangasan- Prone
18. Vakrasan- Prone
19. Uttanpadasan –Supine
20. Halasan-Supine
21. Vipritkarniasan –Supine
22. Sarvangasan-Supine
23. Matsyasan -Supine
24. Suptavajrasasan –Supine
25. Naukasan –Supine
26. Shavasana- Supine

**Pranayam-(10MARKS)**

1. Anuloma-Viloma Pranayam
2. Suryabhedhi Prayanam
3. Chandrabhedhi Prayanam
4. Ujjai Pranayama

**2.Suryanamaskar with Mantras (05MARKS)**

**Shudhi Kriva (20 MARKS)**

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

**Mudra & Bandh – (10 MARKS)**

- 1.Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

**Meditation- Pranav Meditation(10 MARKS)**

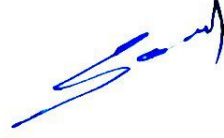
**Relaxation-(5 MARKS)**

1. Yog Nidra

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## Reference Books

1. Asana – Swami Kuvalayananda. Kaivalyadham S.M.Y.M samiti, Lonavala (India), .
2. Pranayam – Swami Kuvalayananda. Kaivalyadham S.M.Y.M samiti, Lonavala (India), 2005 (10ed.)
3. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.
4. Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
5. Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla





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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – II**

**Patanjali Yoga (MAYO 201)**

Part-A	: 05 Short Question (Comp.)	5x2 Marks Each	= 10 Marks
Part-B	: 04 Question from each Unit with internal choice	4x15 Marks Each	= 60 Marks
	Total marks of End of Semester		= 70 Marks
	C.I.A. (Internal Assessment) 2x15 Marks Each		= 30 Marks
	Maximum Marks		= 100 Marks
	Minimum Passing Marks		= 40 Marks

**Credit : 6**

**Contact Hrs. : 4/Week**

**Learning Objectives:**

Following the completion of this course, students shall be able to

1. Introduce Yoga darshan and its main principles.
2. Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

**Course Outcomes:**

After completing the course, the students will be able to apply different concepts of yoga, Samadhi, Ishvara, Kriya Yoga, Ashtanga and Karmas, etc.

**Unit I (15 Hrs.)**

**Introduction :** Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayyas), Chitta-prasadanam, Prakriti and its evolutes.

**Unit II (15 Hrs.)**

**SAMADHI PADA :**Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

**Unit III (15 Hrs.)**

**SADHANA PADA:**Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam. Drasthanirupanama, PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in ChittavrittinirodhopayaH.

**Unit IV(15 Hrs.)**

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**VIBHUTI & KAIVALYA PADA:** Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana.

**Reference Books**

1. Edwin E. Bryant's The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press, New York.
2. Anandmurti Gurumaa , Yoga Sutras of Patanjali. Goodreads.
3. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, MunshiramManoharlal Pvt. Ltd. New Delhi
4. Swami Omanandatirtha: Patanjala Yoga Pradcepa, Geeta Press, Gorakhpur,
5. 1994
6. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
- K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai)

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**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
**(AUTONOMOUS)**

**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – II**

**Applied Psychology (MAYO 202)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

**Credit : 6**

**Contact Hrs. : 4/Week**

**Learning Objectives:**

Following the completion of this course, students shall be able to

1. To understand the applied psychology and main theories of personality.
2. To understand the Psychological tests and their utility.
3. Find out the key elements of psychology in Yogic texts.
4. Incorporate the techniques of yoga & psychology together to cure mental problems.

**Course Outcomes:**

After completing the course, the students will be able to achieve a better understanding of body, mind and spirit, and leads towards complete fulfilment of a meaningful life.

**Unit-I (15 Hrs.)**

**Applied Psychology:** Meaning and definition of Applied Psychology. Fields and objectives of Applied Psychology. Importance of Preksha Meditation – Yoga in Applied Psychology

**Unit-II (15 Hrs.)**

**Perception and Cognition:** Perception: meaning and Definition, nature of perceptual process, laws of perceptual organization. Meaning and Definition & nature of thinking, types of thinking, thinking & imagination.



### Unit-III (15 Hrs.)

**Intelligence and Creativity:** Intelligence: meaning and nature of intelligence, theories of intelligence (Spearman, Thurston and Guilford); Creativity: meaning and nature, relationship between creativity & intelligence. Measuring intelligence: Binet test, Bhatia battery, Wechsler scales, Verbal test of intelligence and Passi Usha test of creativity.

### Unit-IV (15 Hrs.)

**Personality:** Personality: meaning, definition and four dimensions of cultural personality. Approaches of personality. Determinants of personality – biological and psychological.

### Reference Books

- 1 Psychology in Physiotherapy Practice – Malini Srivastava, Ahuja Publishing House, Delhi, 2009.
- 2 Introduction to Psychology – Hilgard, Atkinson and Atkinson, Oxford & IBH Publishing Co. Pvt. Ltd., New Delhi, 1975
- 3 Morgan, C.T. King, R.A. & Weiz, J.R., Schopler, J (1986). Introduction to General Psychology. New York : McGraw Hill..
- 4 Atkinson R.L., Atkinson, R.C. and Hilgard, F.R. (1990). Introduction to Psychology. N.Y. : Harcourt Brace.
- 5 Baron, R.A. (2003). Psychology : The Essential Science. New York : Allyn & Bacon.
- 6 Feldman, R. S (2009). Understanding Psychology. New Delhi : Tata McGraw Hill.
- 7 Ciccarelli, S.K. and Meyer, G.E. (2006). Psychology. New Delhi: Pearson.
- 8 Singh, Arun Kumar (2002). Adhunik Samanya Manovigyan. New Delhi: Motilal Banarsi Das.
- 9 Singh, R.N. (2014). Adhunik Samanya Manovigyan. Agra: Vinod Pustak Mandir



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – II**

**Mental health and Yog- II (MAYO 203)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
		Total marks of End of Semester		=	70 Marks
		C.I.A. (Internal Assessment) 2x15 Marks Each		=	30 Marks
		Maximum Marks		=	100 Marks
		Minimum Passing Marks		=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives**

1. To understand the basic concept of Yoga for physical and mental health.
2. To understand the types of Pranayama and concept of meditation for mental health.
3. To understand the different classification of yoga

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different concepts of pranayama and meditation and thus apply these practices in real life.

**Unit-1 (15 Hrs.)**

Definition of Mental Health by WHO. The current state of Mental Health of people, Factors determining mental health

**Unit-2 (15 Hrs.)**

Addiction and mental health - Current Addiction Problem, types of addiction, mental illness due to addiction. role of Yoga in emancipation from addiction.

**Unit-3 (10 Hrs.)**

Various mental disorders and their psychophysical effects. Personality disorder, Etiology, special symptoms. actions. stammering, Nail Biting, Tics, Urine disorder.

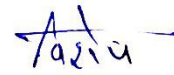
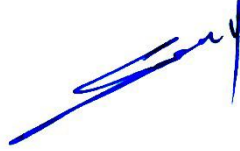


### Unit-4 (20 Hrs.)

Nervous heat anxiety, Fear and Anxiety, Psychiatric disorders- Causes, Symptoms and Prevention by yoga. Psychosomatic diseases- Types, causes and Prevention by Yoga.

#### Reference Books

1. Geherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
2. Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
3. Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
4. Asana – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), .
5. Pranayam – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), 2005 (10ed.) .
6. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2



**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – II**

**Samkhya, Shaiv, Jaina and Bauddha Yoga (MAYO 204)**

Part-A	: 05 Short Question (Comp.)	5x2 Marks Each	= 10 Marks
Part-B	: 04 Question from each Unit with internal choice	4x15 Marks Each	= 60 Marks
	Total marks of End of Semester		= 70 Marks
	C.I.A. (Internal Assessment) 2x15 Marks Each		= 30 Marks
	Maximum Marks		= 100 Marks
	Minimum Passing Marks		= 40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives:**

1. To understand the traditional yoga schools.
2. To understand fundamental principles of different yoga systems.

**Course Outcomes:**

After completing the course, the students will be able to learn the importance of different traditional yoga system.

**Unit-I(15 Hrs.)**

**Samkhya Yoga:** Meaning, Introduction and purpose of Samkhya Yoga; types of *Dukh*; *Tatva Mimansa-Purush. Prakriti and Srishthy Prakriya*; *Satkaryavad* and *Praman Mimansa*.

**Unit-II (15 Hrs.)**

**Shaiv Yoga:** Philosophical basis, traditional life style, types and steps of *sadhana*, needs of *sadhana*, abilities of *sadhak* and levels of *sadhana*.

**Unit-III (15 Hrs.)**

**Jain Yoga:** Philosophical basis, definitions of meditation in Jain texts, types of meditation in Jain texts and *Bhavana Yoga*.

**Unit-IV (15 Hrs.)**

**Bauddh Yoga:** Philosophical basis, *Arya Satya*, *Ashtangic Marg*, Transcendence, physical obstacles, object of meditation, nature of *sadhak* and favorable environment of *sadhana*.

## Reference Books

- 1 Yoga Tradition - Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
- 2 Geherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 3 Hathpradipika by Svatomaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 4 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 5 Asana – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), .
- 6 Pranayam – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), 2005 (10ed.) .
- 7 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – II**  
**Practice of Yoga (Practical II) (MAYO 251)**

**Credit : 6**  
**Contact Hrs. : 4/Week**

**MARKS: 200**  
**EXT: - 120\*\***  
**INT: - 80**

**NOTE:**

**\*\* 80 Marks for Demonstration and 40 Marks for Viva-Voce**

**Learning Objectives:**

Following the completion of the course, students shall be able to:

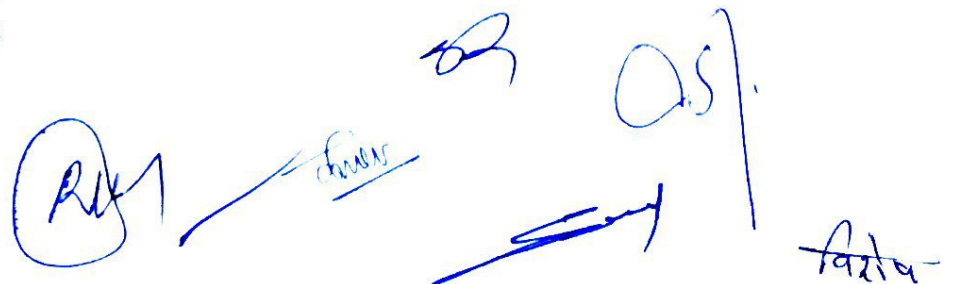
- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
- 2) To demonstrate and instruct under mentioned yogic practices

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different asana's and there applications for healthy lifestyle.

**ASANAS- (20 MARKS)**

1. Utkatasan- Standing
2. Konasan- Standing
3. Natrajasan- Standing
4. Konasan- Standing
5. Dolasana- Standing
6. Hastpadangushthasan- Standing
7. Paschimottanasan- Sitting
8. Vrishabhasan- Sitting
9. Kukkutasan- Sitting
10. Koormasan- Sitting
11. Vakasan- Sitting
12. Akarndhanurasan- Sitting
13. Baddh-Padmasan—Sitting



14. Shashankasan- Sitting
15. Ushtrasan- Sitting
16. Padangushthasan- Sitting
17. Chakrasan- Supine
18. Padma Sarvangasana- Supine
19. Parvatasan- Prone
20. Utthit-Padmasan- Prone

### Pranayam- (20MARKS)

1. Sheetali Pranayama
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

### Shatkarm (20 MARKS)

1. Agnisar Kriya
2. Sheetkram Kapalbhati
3. Sutraneti
4. Danda Dhouti

### Mudra & Bandh- (10 MARKS)

1. Shambhavi Mudra
2. Tadagi Mudra
3. Shanmukhi Mudra
4. Kaki Mudra

### Meditation- Preksha or Transcendental (10 MARKS)

### **Reference Books**

- 1 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 2 Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 3 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 4 Asana – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavala (India), .
- 5 Pranayam – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavala (India), 2005 (10ed.) .
- 6 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.

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**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – III**

**Hatha Yoga( MAYO 301)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives:**

1. To understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

**Course Outcomes:**

After the completion of this course, the students will be able to learn the vital role of Asanas, Pranayama, Bandha, Mudra and other practices in Hatha Texts.

**Unit I (15 Hrs.)**

**Introduction to Hatha Yoga Texts:** Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga. prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas

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### Unit II (20 Hrs.)

**Asanas in Hatha Texts:** Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and ontraindications of different Asanas;

### Unit III (15 Hrs.)


**Pranayama in Hatha Texts:**Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.

### Unit IV (10 Hrs.)

**Bandha, Mudra and other practices:**Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadasandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadasandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

### Reference Books

1. Geherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
2. Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
3. Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
4. Asana – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), .
5. Pranayam – Swami Kunalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), 2005 (10ed.) .
6. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.
7. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – III**

**Naturopathy (MAYO 302)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives:**

Following the completion of this course, students shall be able to

1. Understand the basic principles and streams of Naturopathy.
2. Have knowledge of different techniques used in Naturopathy to cure general ailments.

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of elements of naturopathy and of the natural healing powers of the body itself.

**Unit-I (15 Hrs.)**

**Introduction of Naturopathy:** Definition, History of naturopathy, Introduction of panchmahabhuta (five elements), Basis Principles of Naturopathy

**Unit-II (15 Hrs.)**

**Water element and Hydrotherapy:** Types of water, Application of water for treatment in different ways, Types of bath – Hip, tub, spine, steam, sitz and hand foot bath. Types of bandages/Anima

**Unit-III (15 Hrs.)**

**Air and Eather element & Their Therappy:** Elements of air and soil, Treatment by air and eather element: walk, air bath, swar vigyan, Massage and types of massage, Different types of exercise (walking and Breathing), Treatment



by ether element: relaxation and sleep .Fasting: definition, scientific fasting, methods of fasting and crisis management in fasting: Difference between fasting & starvation

#### Unit-IV (15 Hrs.)

**Sun and Earth Element & Their Therapy:**Introduction of solar system & Light,Types of Sun Bath; Preparation of Oil. Water and Food,Types of Hot water Baths,Qualities & types of earth,Applications of mud therapy

#### Reference Books

- 1 Aahar aur Poshahaar - Arya, S.D., Rajasthan Hindi Academy, Jaipur, 1986 (2<sup>nd</sup> edition).
- 2 Scientific Nature Cure – Hiralal, Gandhi Samarak Prkritik Chikitsa Parishad, New Delhi.
- 3 Yogic & Naturopathic Treatment for Common Aliments , Central Council for Research in Yoga & Naturopathy, New Delhi.
- 4 Science of Natural Life – Ganga Prasad Gaur and Rakesh Jindal, Arogya Sewa Prakashan, ModiNagar.
- 5 प्राकृतिक आयुर्विज्ञान – जिन्दल, राकेश, आरोग्य सेवा प्रकाशन, 1993 ।



# S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR

(AUTONOMOUS)

M.A. Yoga

Two Year Semester Scheme 2024-25

Semester – III

Dietetics and Nutrition (MAYO 303)

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
		Total marks of End of Semester		=	70 Marks
		C.I.A. (Internal Assessment) 2x15 Marks Each		=	30 Marks
		Maximum Marks		=	100 Marks
		Minimum Passing Marks		=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

## Learning Objectives:

Following the completion of this course, students shall be able to

1. Understand the concept of diet and the medical value of nutrition.
2. Advise appropriate diet to different age groups.
3. Know the benefits and caloric value of various food groups.
4. Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

## Course Outcomes:

After completing the course, the students will be able to learn about the role of Diet and nutrition in human health and there use in preventing and controlling diseases.

### Unit-I (15 Hrs.)

**Introduction of Nutrition:**Basics Concept and Dimensions of Food & Nutrition,Nutrients: types and characteristics,Sources and functions of nutrients (Macro & Micro Nutrients),Water and electrolyte balance

### Unit-II (15 Hrs.)

**Nutrition and Health:** Protein energy mal- nutrition. Health and nutritional care. Yogic Concepts of diet and its relevance in lifestyle management. Mitahara.



**Unit-III(15 Hrs.)**

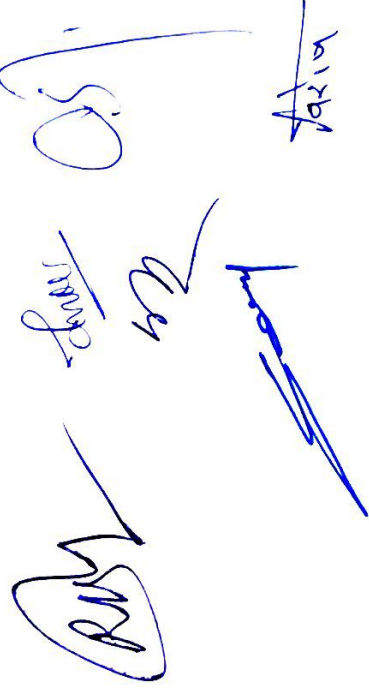
**Nutritional Requirements:** Nutrition in normal infants, Nutrition in children, Nutrition in adults, Nutrition in old age, Nutrition in pregnant and lactating worker

**Unit-IV(15 Hrs.)**

**Nutrition and Diet:** Nutrient intake and diet planning, Diet and therapeutic nutrition, Vegetarian vs. Non-vegetarian diet, Energy Requirement & Expenditure, Factors affecting BMR.

**Reference Books**

- 1 A Text book of Nutrition- Chintapalli Vidya; Discovery Publishing House, New Delhi.
- 2 Nutrition and Health Promotion- Bhavana Sabarwal; Commonwealth Publisher, New Delhi.
- 3 Teaching Health and Nutrition- R.I. Reddy; Commonwealth Publisher, New Delhi.
- 4 Advanced Text Book of Food and Nutrition (vol. I & II) - M. Swaminathan; Bangalore Printing & Publishing Co. Ltd., Bangalore.

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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – III**

**Yogic Practices and Meditation (MAYO304)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

**Credit : 6**  
**Contact Hrs. : 4/Week**

**Course Objectives:** This course will introduce students to the Scientific Approach of Yogic Practice and Relaxation Meditation technique in different Yoga Traditions..

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic Scientific concept of the Yoga Practice with review based.

CO2: Able to understand Relaxation and Meditation technique in different Yoga Tradition and Modern tradition.

**Unit 1**

Scientific survey / research based study of Yogic practices- Asana, Kriya, Pranayama, mudra, bandha and Relaxation & Meditation

**Unit 2**

Traditional meditation practices (Theory + practical); jain, Vipassana, Samath, Prekshadhyana, Om meditation

**Unit 3**

Modern techniques- DRT, IRT, QRT, MSRT

**Unit 4**

Relaxative techniques for well-being: Yoganidra (understanding sleep patterns), cyclic meditation, (Theory + Practical)



**Reference books:**

1. Acharya Mahaprajna, Preksha Dhyan: Theory and Practice, Jain Visva Bharati, Ladnun.
2. Gharote M. L, Selected papers of the 4th international conference on yoga research and value education, Kaivalyadhama, Lonavla.
3. Kuvalayananda Swami, Asana, Kaivalyadhama, Lonavla.
4. Kuvalayananda Swami, Pranayama, Kaivalyadhama, Lonavla.



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – III**

**Practice of Yoga (Practical III) MAYO 351**

**Credit : 6**  
**Contact Hrs. : 4/Week**

**MARKS: 200**  
**EXT: - 120\*\***  
**INT: - 80**

**NOTE:**

\*\* 80 Marks for Demonstration and 40 Marks for Viva-Voce .

**Learning Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
- 2) To demonstrate and instruct under mentioned yogic practices

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different asana's and there applications for healthy lifestyle.

**Asanas- (20 MARKS)**

1. Padmsarvangasan-Supine
2. Mayurasan-Balancing
3. Shirshasan-Balancing
4. Tolangulasan-Balancing
5. Ekpadskandhasan--Balancing
6. Vatayanasan-Balancing
7. Tittibhasan-Balancing
8. Garbhasan- Supine
9. Shishpadanangusthasan-Sitting
10. Sankatasan-Sitting
11. Guptasan-Sitting
12. Nadishodhanasan
13. Padmvakasan—Balancing



**Pranayam-(10 MARKS)**

1. Bhramari prayanam
2. Murcha pryanam

**Satkarm- (15 MARKS)**

1. Dand dhauti
2. Vyutkram kapalbharti
3. Tratak

**Mudra & Bandh (10 MARKS)**

1. Maha bhand
2. Shaktichalini mudra
3. Ashwani mudra
4. Mool bandh

**NATURPATHY PRACTICAL(20 MARKS)**

Hip-bath,Spinal bath,Steam bath,Chest pack,Mud pack

**Mediation-(5 MARKS)**

1. Pranav Meditation and Shavasana (Relaxation)

**Reference Books**

1. Geherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
2. Hathpradipika by Svamaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
3. Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
4. Asana – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), .
5. Pranayam – Swami Kunalayananda. Kaivalyadham SMYM samiti, Lonavala (India), 2005 (10ed.) .
6. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.



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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – IV**

**YOGA UPANISHADS (MAYO 401)**

Part-A	: 05 Short Question (Comp.)	5x2 Marks Each	= 10 Marks
Part-B	: 04 Question from each Unit with internal choice	4x15 Marks Each	= 60 Marks
Total marks of End of Semester			= 70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each			= 30 Marks
Maximum Marks			= 100 Marks
Minimum Passing Marks			= 40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Course Objectives:**

- To understand the relationship between Yoga and Upanishads
- To know the fundamental principles of Upanishads.
- To understand the aims and objectives of Yoga Upanishads
- To know the relationship between Upanishads and Yoga Upanishads

**Course Outcomes:**

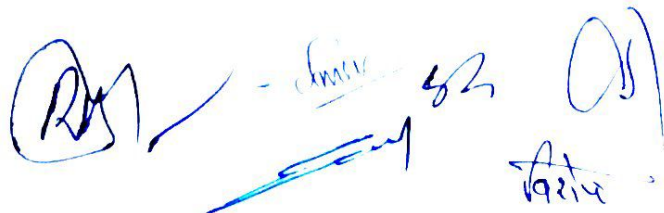
- To understand the fundamental knowledge of Yoga upnishadas.
- To reach up to the roots of Yoga Upanishads
- To develop the authenticity, accuracy and objectivity of Yogic wisdom

**Unit 1 (15 Hrs.)**

**Introduction:** Trishikhibrahmana Upanishad and Yogatattva Upanishad. Introduction and classification of Yoga Upanishads.

**Trishikhibrahmana Upanishad:** Introduction, description of Ashtanga yoga, Karmayoga, and Jnana yoga.

**Yogatattva Upanishad:** Introduction, Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet, and Dincharya, primary symptoms of yoga siddhis, and precautions.



## Unit 2 (10 Hrs.)

### Introduction: Yogakundalini Upanishad and Yogachudamani Upanishad.

Yoga kundalini Upanishad: Introduction, methods of Pranayama Siddhi, types of pranayama, means of Self-realization.

Yogachudamani Upanishad: Introduction, the description of the six limbs of yoga, their results, and sequence.

## Unit 3 (15 Hrs.)

### Introduction: DhyanaBindu Upanishad and Nadabindu Upanishad

DhyanaBindu Upanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.

Nadabindu Upanishad: Introduction, Hamsavidya, Description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, nature of nadanusandhan sadhana, state of Manolaya.

## Unit 4 (20 Hrs.)

### Introduction: Swetaswataropaniashad and Yogarajopniashad

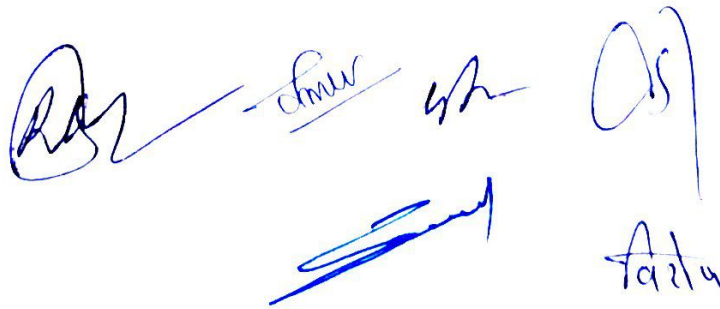
Swetaswataropaniashad: Introduction (Chapter II) Techniques and Importance of Dhyanyoga, a suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna. (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.

Yogarajopniashad: Introduction, Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.



**Reference Books:**

1. Kathopanishad
2. Taittiriyaopanishad
3. Shwetashatarapanishad
4. Kenopanishad
5. Yoga Kundalyopanishad
6. Dhyanbindopanishad
7. Nadabindopanishad
8. Yogatattvapanishad
9. Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
10. Hathpradipika by Svatomaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
11. Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
12. Siddha-siddhant Paddhati
13. Bhagwadgita
14. Yoga Vashishtha
15. Narada Bhakti Sutra

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**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
**(AUTONOMOUS)**

**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**  
**Semester – IV**

**Human Consciousness and Parapsychology (MAYO 402)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
Total marks of End of Semester				=	70 Marks
C.I.A. (Internal Assessment) 2x15 Marks Each				=	30 Marks
Maximum Marks				=	100 Marks
Minimum Passing Marks				=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Learning Objectives:**

1. To understand the elements of life in context to Indian Psychology.
2. To understand the concepts and principles of Parapsychology & ESP.

**Course Outcomes:**

After completing the course, the students will be able to learn the concept of human consciousness in Indian Philosophy, concept of parapsychology and psychology.

**Unit-I (15 Hrs.)**

**Human Consciousness I:** Concept, meaning, definitions of consciousness; Human consciousness in Indian philosophy.

**Unit-II (15 Hrs.)**

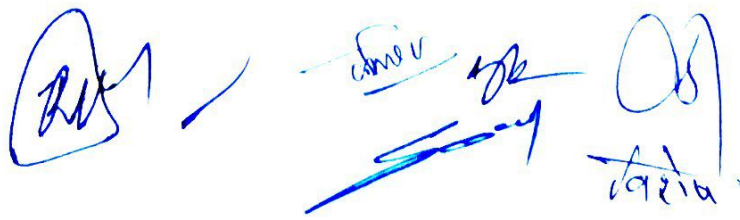
**Human consciousness II:** Physiological and psychological basis of human consciousness. Promotion of human consciousness through Preksha Meditation-Yoga.

**Unit-III (10 Hrs.)**

**Indian Psychology:** Nature, scope and branches, Concept of body (sthool, sukshma and karman), Panch kosha, Prana, sensory organs, mind, intelligence and *karma* in Indian psychology.

**Unit-IV (20 Hrs.)**


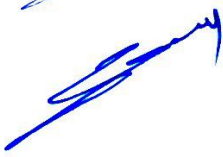

**Parapsychology :** Brief history, scope, Past birth and re-birth. Supernormal cognition or Extra Sensory Perception: clairvoyance, telepathy, psychometry, precognition, psycho-kinesis. Development of Extra Sensory Perception through Preksha Meditation-Yoga.





## Reference Books

1. भारतीय मनोविज्ञान – डॉ. रीताराम जायसवाल, आर्य बुक डिपो, दिल्ली, 1992।
2. परामनोविज्ञान – डॉ. कीर्तिस्वरूप रावत, नेशनल पब्लिशिंग हाउस, नई दिल्ली, 1984।
3. मानव चेतना का स्वरूप – भूमित्र देव, अनामिका प्रकाशन, दिल्ली, 1995।
4. भारतीय मनोविज्ञान – डॉ. जगदीशचन्द्र विद्यालंकार, राधा पब्लिकेशन्स, नई दिल्ली, 1990।
5. Yoga & Parapsychology-Empirical Research and Theoretical Studies- Rao, K.R., Motilal Banarasidas (Pub.), New Delhi.2010.
6. मानव चेतना – डॉ. ईश्वर भारद्वाज, सत्यम् पब्लिशिंग हाउस, नई दिल्ली, 2011 (प्रथम सं.)।

 → Shree श्र  
  
  
वरीष

**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**  
**Semester – IV**

**Research Methodology (MAYO 403)**

Part-A	:	05 Short Question (Comp.)	5x2 Marks Each	=	10 Marks
Part-B	:	04 Question from each Unit with internal choice	4x15 Marks Each	=	60 Marks
		Total marks of End of Semester		=	70 Marks
		C.I.A. (Internal Assessment) 2x15 Marks Each		=	30 Marks
		Maximum Marks		=	100 Marks
		Minimum Passing Marks		=	40 Marks

Credit : 6

Contact Hrs. : 4/Week

**Objectives**

1. To let understand the nature and steps of scientific research.
2. To let understand the process of sampling, collection and analysis of data for research.

**Course Outcome:**

After completing the course, the students will be able to apply the different statistical techniques in the Research work.

**Unit-I (15 Hrs.)**

Scientific Research:Definitions, characteristics and types of research. Steps of scientific research.

**Unit-II (15 Hrs.)**

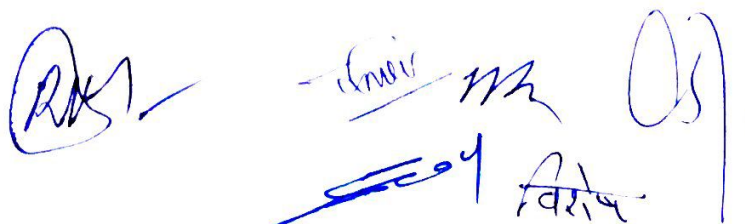
Problem. Hypothesis and Variables:Problem, definitions, statement of problem, classification of research problem. Hypothesis: definitions, classification and formulation of hypothesis, characteristics of good hypothesis. Variables: definition, classification and control of variables.

**Unit-III (15 Hrs.)**

Sample & Research Design Sample: meaning, sample and sampling, aims, limitation essentials of good sample, sampling methods. Research Design: definition, purpose of design, different types of designs (one group pretest-post test design, correlation design, randomized post test control group design, pretest posttest control group design).

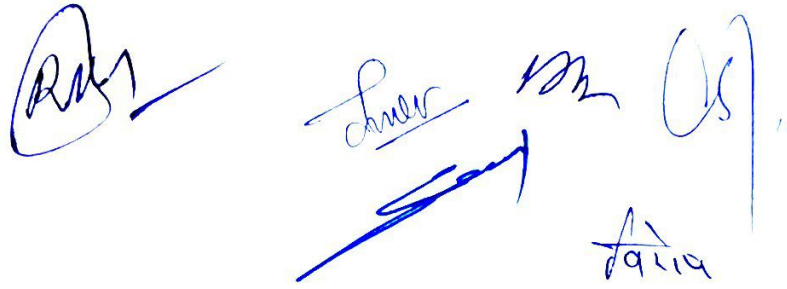
**Unit-IV (15 Hrs.)**

Methods of Research. Data Collection & Research Writing:Field and laboratory experimental research, Action research, Interview and questionnaire method, Report writing: scientific process of report writing, characteristics of an ideal report. Introduction of SPSS



## Reference Books

1. सामाजिक एवं मनोवैज्ञानिक अनुसंधान – डी.एन. श्रीवास्तव, साहित्य प्रकाशन, आगरा, 2002।
2. अनुसंधान-परिचय-पारस नाथ राय एवं चांद भटनागर, लक्ष्मीनारायण अग्रवाल, आगरा प्रकाशन, 1985 (पंचम सं.)।
3. Foundations of Behavioural Research - Fred N. Kerlinger, Surjeet Publications, 7-K. Kolhapur Road, Kamla Nagar, Delhi, 1983 (2<sup>nd</sup> edition).
4. Personality and Transcendental Meditation - Gaur, B.P., Jainsons Publication, New Delhi, India, 1994.
5. Research Design and Methods - Kenneth S. Borden's; Bruce. B. Abbott, Mountain View, California, 1988.
6. Statistics in Psychology and Education – Henry E. Garrett and R.S. Woodworth, David McKay company. Inc., New York, 1981.

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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – IV**  
**Dissertation (MAYO 404)**

**Maximum Marks: 100**  
**External Marks:60**  
**Internal Marks:40**

**Credit : 6**  
**Contact Hrs. : 4/Week**

**LEARNING OBJECTIVE:**

During this course, the students will be able to learn to:

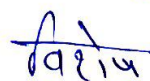
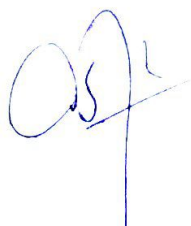
1. Develop the ability to conduct and design theoretical and empirical Research.
2. Acquire skills in collecting, managing, analyzing and interpreting data using various mathematical and statistical tools.
3. Enhance critical thinking skills.
4. Develop project management skills including planning, organizing and executing Research Project.

**Course Outcomes:**

After the completion of this course, students will be able to:

1. Demonstrate the ability and show proficiency to conduct independent and original research.
2. Make a significant contribution to the body of knowledge in the field of Yoga.
3. Build professional relationships and networks that support academic and career development.
4. Have self-direction and initiatives in planning, managing, executing, interpreting, etc.

Students will be required to undertake a minor research project of either theoretical or experimental nature under the guidance of a faculty member of the Department and submit its report in three copies comprising minimum 50 pages in a format provided by the Department. This will be called as Dissertation. It will carry 100 marks. 50 marks will be allotted for its evaluation by external examiner and 50 marks will be for viva-voce to be conducted jointly by external and internal examiners. The topic of dissertation will be provided to the students by the Department.



**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**  
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**M.A. Yoga**  
**Two Year Semester Scheme 2024-25**

**Semester – IV**

**Practice of Yoga (Practical IV) (MAYO 451)**

**Credit : 6**  
**Contact Hrs. : 4/Week**

**MARKS: 200**  
**EXT: - 120\*\***  
**INT: - 80**

**NOTE:**

**\*\* 80 Marks for Demonstration and 40 Marks for Viva-Voce .**

**Learning Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
- 2) To demonstrate and instruct under mentioned yogic practices

**Course Outcomes:**

After completing the course, the students will be able to learn about the importance of yoga for mental and physical health. They will be able to learn different asana's and there applications for healthy lifestyle.

**Asanas: (30 MARKS)**

1. Dwipadskandhasan
2. Karnapeedasan
3. Poorna Bhujangasan
4. Poorna Matsyendrasan
5. Vipreetshirshdwihastabaddhasan
6. Gorakshasan
7. Pakshiasan
8. Hanumanasan
9. Poorna Chakrasan
10. Vrishchikasan
11. Padma Mayurasan
12. Balgarbhasan
13. Kandpeedasan
14. Poorna Dhanurasan
15. Pranavasan



**Pranayam (10MARKS)**

1. Plavini Pranayam
2. Ujjai Pranayam
3. Bhastrika
4. Bharmari

**Shatkram (20 MARKS)**

Nauli, Vastradhauti, shankhprakshalan

**Mudra & Bandh-(10 MARKS)**

Mahamudra, Khechari Mudra

**Meditation (10MARKS)**

**Refrence Books:**

1. Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
2. Hathpradipika by Svamaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
3. Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
4. प्राकृतिक आयुर्विज्ञान – जिन्दल, राकेश, आरोग्य सेवा प्रकाशन, 1993।

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