

HIMACHAL PRADESH TECHNICAL UNIVERSITY HAMIRPUR



Syllabus

for

M.A./M.Sc. Yoga Studies

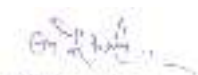
(Two Years Program Spread Over Four Semesters)

As per National Education Policy (NEP-2020)

(w.e.f. the Academic Year 2023-2024)

Department of Yoga Studies School of Humanities

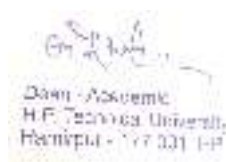
Approved by the Board of Studies


Dean - Academic
H.P. Technical University
Hamirpur - 177 031 (HP)

1. Preamble

M.A./M.Sc. Yoga Studies program is named as Master of Arts in Yoga Studies/Master of Science in Yoga Studies. The syllabus for this program is framed under National Education Policy (NEP) with core, elective (discipline specific and value added) and other interdisciplinary courses incorporated as its components following the University Grants Commission (UGC) guidelines. Department of Yoga Studies has also made the curriculum of M.A./M.Sc. Yoga Studies in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions-2021. With NEP-2020 in background, the revised curricula articulate the spirit of the policy by emphasizing on integrated approach to learning; innovative pedagogies and assessment strategies; multidisciplinary and cross-disciplinary education; creative and critical thinking; ethical and Constitutional values through value-based courses. The NEP also enables the students to select subjects as per their interest. Also, diverse lab experiments as well as field visits/demonstrations allow students to understand the fundamental aspects of the subject. This program is relevant to young students/ professionals who are looking to develop their analytical, research skills and depth of study regarding important issues in Yoga. Furthermore, continuous assessment is an integral part of the NEP, which will facilitate systematic and thorough learning towards better understanding of the subject.

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 effect following the practice, e.g., if we breath 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 fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.



2. Program Objectives (POs)

Yoga is greatest Vidya ever given by Rishis and Munis. It is an experimental as well as experiential science. This is the base of Indian culture. Yoga is not only physical and mental practice but a deep experience of realization. It is the procedure to know once own self completely. Objective of this program is to provide the understanding of Yoga and implement in their own life. It will provide them Mental, Physical, Social and Spiritual health.

3. Program Learning Outcomes (PLOs)

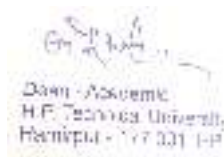
After completion of the program, the students will acquire fundamental knowledge of different aspects of Yoga the students will be able to:

- Students will be able to understand the concept of Yoga.
- They will be aware of the types of Yoga in ancient Indian literature.
- They will learn the sequence of Hath-Yogic practices.
- Students will be able to get the practice of Yoga Practices in an effective manner.
- Know about the anatomy and physiology of different parts of the body and explain the effects of Yoga.
- They will develop the ability to do Yogic therapy.
- Develop skills to cope up the change and challenges of life.
- They will be able to understand the essence of Yogic texts.
- Ability to analyze society related/ applied research problem, design and execute experiments to find relevant solutions

4. Curriculum Structure

M.A/M.Sc. Yoga Studies program will have a curriculum with Syllabi consisting of following type of courses:

- **Core Course:** A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.
- **Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of the study is referred to as Discipline Specific Elective.
- **Value addition, Skill Enhancement & Inter Departmental Elective Course:** Generally, a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/interdepartmental subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's values/proficiency/skill is called an Elective Course. These courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills and to improve the employability skills of students.



5. SCHEME OF EXAMINATION

The pass percentage in each subject will be 40%.

- **Theory Examination**

Irrespective of credits, each paper will be of 100 marks (60 marks for theory exam and 40 marks for internal assessment) and duration of paper will be 3 hours.

- **Practical Examination**

Each paper will be of 100 marks (60 marks for external practical exam and 40 marks for internal assessment) and duration of paper will be 3 hours.

- **Instruction for paper setter**

In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted. The question paper for the end semester examination may have any one of the following patterns:

Section A (UNIT I) Two questions of long answer type of which one is to be attempted for 12 Marks.

Section B (UNIT II) Two questions of long answer type of which one is to be attempted for 12 Marks.

Section C (UNIT III) Two questions of long answer type of which one is to be attempted for 12 Marks.

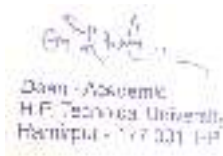
Section D (UNIT IV) Two questions of long answer type of which one is to be attempted for 12 Marks.

Section E (Compulsory) 6 to 8 short answer type questions for 2 to 1.5 marks each and total for 12 Marks.

Total marks (A + B + C + D+ E) 12+ 12 + 12 +12+12 = 60 marks

End Semester Examination (ESE)

For theory course, the question paper for the final examination will consist of five sections- A, B, C, D & E. Sections A, B, C, D will have two questions each from the corresponding units I, II, III & IV of the syllabus. Section E will be compulsory and will have short answer type questions covering the whole syllabus. Each question will be of 12 or 8,4 or 6,6 marks. The candidates will attempt five questions in all, i.e.one question each from the sections A, B, C, D, and the compulsory question from section E. The question paper is expected to contain problems with a minimum weightage of 25% of the total marks from each unit.



Template for End Semester Examination (4,3,2 credits)

Roll No.....

Total Pages.....

Month-Year (June-2023)

M.A./ M.Sc. Yoga Studies Examination

Code

Title

Semester- (NEP)

Time: 3 Hours

Max. Marks: 60

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory.

SECTION – A

(1x12 or 8,4 or 6,6)

1.

2.

SECTION – B

(1x12 or 8,4 or 6,6)

3.

4.

SECTION – C

(1x12 or 8,4 or 6,6)

5.

6.

SECTION – D

(1x12 or 8,4 or 6,6)

7.

8.

SECTION – E (Compulsory)

(6x2=12)

9.

(a-f)

Periodical Examination (PE)

During one semester, there will be two Periodical Examinations for theory and practical subjects. The question paper will consist of three sections A, B and C having total 20 marks. Section A will be compulsory and will have short answer type questions consisting of five parts, each of one mark covering the syllabus mentioned. Sections B and C will contain descriptive type questions of five and ten marks respectively. Sections B and C will have two questions and the candidates will attempt three questions in all, i.e., one question each from the section B and C. Section-A is compulsory.

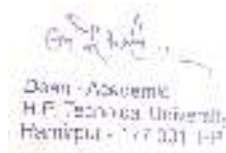
Template for Periodical Examination (4,3,2 credits)

Roll No.....	Total Pages.....
Month-Year (June-2023)	
M.A./ M.Sc. Yoga Studies Examination	
Code	
Title	
Semester- (NEP)	
Time: 1.5 Hours	Max. Marks: 20
Note: Attempt three questions in all by selecting one question from each section B and C. Section-A is compulsory.	
SECTION – A (Compulsory)	
(1x5=5)	
1. (a-e)	
SECTION – B	
(5x1=5)	
2.	
3.	
SECTION – C	
(10x1=10)	
4.	
5.	

6. Subject Code System

Each subject code is denoted by alpha-numerals, alphabets before hyphen indicates course name and four numerals after hyphen indicates level, semester, and subject number respectively.

For Example: MYS-6101



- First three alphabets “MYS” is degree indicator.
- First number “6” defines the Level. 6 for level 6 subject and 7 for level 7
- Second number “1” defines the semester.
- Third and fourth number are for subject number.

7. Assessment & Evaluation

IA-Internal Assessment (Theory)

Periodical Examination (PE) = Weightage of **20** Marks for all courses.

Teacher’s Assessment (Assignment/Quizzes/Seminars/overall behavior) = **15** Marks

Attendance = **05** Marks

Sr. No.	Percentage of Lecture Attended	Marks Awarded
1	From 75% to 80%	01
2	Above 80% to 85%	02
3	Above 85% to 90%	03
4	Above 90% to 95%	04
5	Above 95%	05

ESE-End-Semester Examination = **60** for all courses.

Total = (20 + 15 + 05 + 60 =100) for all courses.

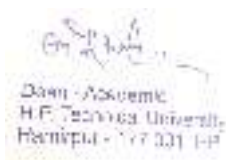
IA-Internal Assessment & External Assessment (Practical)

Periodical Examination (PE) (including performance & Internal Viva-Voce) = **20**

Teacher’s Assessment (Assignment/PPT/Seminar/Overall behavior + Attendance) = **15+05**

ESE-End-Semester Examination (written script, performance, External viva-voce etc.) = **60**

Total = 20+20+60 =100



Template for- IA-Internal Assessment (Theory)

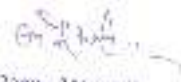
HIMACHAL PRADESH TECHNICAL UNIVERSITY

Department of Yoga Studies, School of Humanities

AWARD SHEET THEORY (INTERNAL ASSESSMENT)

Name of the Institution:			Distribution of Marks					Total Marks
Programme:			Periodical Examinations		Teacher's Assessment		Attendance	
Subject:		Sub. Code:	1 st Periodical Examination	2 nd Periodical Examination	Assignment discussion/ presentation	Overall behavior		
Branch:		Semester:						
MAX. MARKS:		MIN. MARKS:	10	10	10	05	05	40
Sr. No.	University Roll No.	Name of Student	10	10	10	05	05	40

Name of Internal Examiner	Head of Dept	Head of the Institution
Signature.....	Signature.....	Signature.....
Date.....	Date.....	Date.....


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Template for-IA-Internal Assessment (Practical/Project/Seminar/Viva-Voce)

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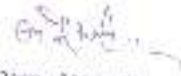
Department of Yoga Studies, School of Humanities

AWARD SHEET THEORY (INTERNAL ASSESSMENT)

(Practical/Project/Seminar/Viva-Voce)

Name of the Institution:			Distribution of Marks					Total Marks
Programme:			Periodical Examination		Teacher's Assessment		Attendance	
Subject:	Sub. Code:		Written/Presentation	Viva-voce	Lab performance /Work performance	Report/File work		
Branch:	Semester:							
MAX. MARKS:	MIN. MARKS:							
Sr. No.	University Roll No.	Name of Student	10	10	10	05	05	40
Name of Internal Examiner			Head of Dept		Head of the Institution			
Signature.....			Signature.....		Signature.....			
Date.....			Date.....		Date.....			

Note: The distribution of marks for Internship/Survey/SWAYAM/MOOCs/NPTELcourses (if any) would be same as above.


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Template for-External Examination

(Practical/Project/Seminar/Viva-Voce)

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Department of Yoga Studies, School of Humanities

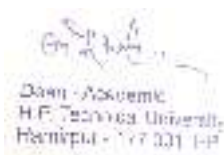
(Practical/Project/Seminar/Viva-Voce)

Name of the Institute:				
Programme:				
Subject Name:..... Subject Code:.....				
Branch: Semester				
Max Marks Min. Marks:.....				
Sr. No.	University Roll No.	Name of Student	Marks in Figure	Marks in Words
Name of Internal Examiner:		External Examiner.....		
Signature.....		Signature.....		
Date.....		Date.....		

Note: The distribution of marks would be on the basis of Work done/Task performance (20 marks), Performance (written/presentation) (20 marks) and viva-voce (20 marks), total=60 marks.

Project Work

Students will be given a Project work in 4th semester, under which they are suppose to work either of two tasks. They can choose Research Report work or can opt field work. In Research Report work they are expected to write a short Research on any particular topic.



Research Report

The Research Report will be evaluated by the internal panel approved by Principal cum Director of the concerned institution and external examiner from the panel approved by the authority of the institution. The Head of the Department will assign a guide/supervisor, to each candidate for his/her Research Report work. The candidate shall be required to maintain his/her project diary (logbook) of work in the organization or under the Guide. Each student will be required to give at least two seminars on his/her Research Report Work. Each student is required to submit three copies of his/her project reports in the Department after completion of the project work which will be evaluated by external examiner. Students are expected to work on a real-life problem. The student can formulate a project problem / Research problem with the help of her/his Guide and submit the project proposal / Research proposal of the same in the department. Approval of the project proposal is mandatory which will be evaluated by internal examiner appointed by respective college Principal or Director of University.

Field Work

Training students are expected to carry out the following tasks.

- Involve themselves in practical session.
- Conduct Yoga camp and gain knowledge about different diseases/problems.
- Prepare the report of the particular taken task.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Project / SWAYAM/MOOC /NPTEL etc. courses

For Internal Assessment

- Attendance in presentation and interaction during the work plan/framework: 10 Marks
- Knowledge/work done of Subject along with Q/A handling during course work: 10 Marks
- Presentation about the outcomes of the study during research: 20 Marks

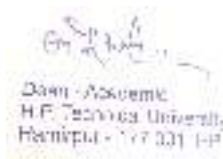
Total = 10 + 10 + 20 = 40

For External Assessment

Overall Project Presentation about the work done/results & viva-voce

(In presence of External as well as Internal examiners): 60 Marks.

Total = 60

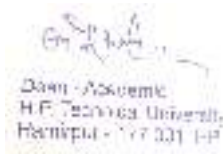


For each research project, each lecture/contact hour per week will be considered as one credit. The duration of written and viva-voce examination shall be decided by the internal and external examiners.

- For Research Project/SWAYAM/MOOC /NPTEL courses the list of topics will be provided by the Department/University. The students will pick the option, get registered and prepare the report. The evaluation will be done on the basis of presentation/solving assignments.
- Guidelines for the online courses from SWAYAM/MOOC/NPTEL etc. may be taken after the registration through online portal/concerned department. Each student has to register for online course after the permission/approval from concerned Department/University and has to pass the selected online course within the duration of running semester.
- The students have to complete their Research Project /SWAYAM/MOOC/NPTEL under the guidance of the supervisor (taken from the same Department) allotted by Head/Coordinator of the concerned Department. For these courses, the students will prepare presentation. The students may be given option to complete above tasks by choosing co-supervisor from the same Department/University or from any other institutions. Acceptance of SWAYAM/MOOC/NPTEL courses will be as per the verification of faculty involved.
- For Research Project, Seminar / SWAYAM / MOOC / NPTEL / Survey, the time frame for the duration of classes, examination, format for writing the report and evaluation system will be decided by the Department / University itself or organizing / host / collaborative institutions and the work load will be counted same as the theory paper teaching load of the teacher.
- Value added and Interdepartmental courses offered by the Department for the students of M.A. /M.SC. Yoga Studies may also be taken by the students of other Departments.

Degree Award:

Those who have Arts background in Graduation shall be awarded with the degree of M.A. in Yoga Studies and having Science background in graduation shall be awarded with the degree of M.Sc. in Yoga Studies.

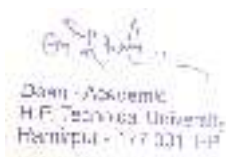


**SUBJECT COMBINATIONS ALLOWED FOR M.A./M.SC. YOGA STUDIES
THE DETAILS OF CREDIT DISTRIBUTION**

School: School of Humanities
Program: M.A./M. Sc. Yoga Studies

Core Courses (CC) Theory			Discipline Specific Elective Courses (DSE)			Value Added (VAC), Skill Enhancement Elective Courses (SEC) SWAYAM/MOOC/NPTEL			Inter Departmental (ID)			Research Project (RP)		
12 Papers (Theory) of 04 credits each			01 Paper (Theory) of 04 credit			03 Papers (02 of 02 credits and 01 of 04 credits)			01 Paper of 02 Credits					
Sem	Papers	Credit	Sem.	Papers	Credit	Sem.	Papers	Credit	Sem.	Papers	Credit	Sem.	Paper	Credit
I	5	20	I	-	-	I	1	2	I	-	-	I	-	-
II	3	12	II	1	4	II	1	2	II	1	2	II	-	-
III	4	16	III	-	-	III	-	-	III	-	-	III	-	-
IV	-	-	IV	-	-	IV	1	4	IV	-	-	IV	1	20
Practical														
Sem	Paper	Credit												
I	1	4												
II	1	4												
III	2	8												
IV	-	-												
Credits = 64			Credits = 04			Credits = 08			Credits = 02			Credits = 20		
Total Credits = 98						Total Marks = 2200								

Note: For getting the Degree, the student has to pass all 98 credits (2200 Marks) out of 98 credits (2200marks) including Value-Added Elective Courses and Skill Enhancement Course.

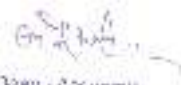


**Scheme of Teaching and Examination
M.A./ M.Sc. Yoga Studies**

Semester-I

Subject Code	Course Category	Subject Title/ Subject Name	Periods			Credits	Evaluation Scheme					Total
			L	T	P		ESE	Internal Assessment				
								PE	TA	A	Total	
MYS-6101	CC	Fundamentals of Yoga	3	1	0	4	60	20	15	5	40	100
MYS-6102	CC	Principles Of Hathayoga	3	1	0	4	60	20	15	5	40	100
MYS-6103	CC	Human Anatomy and Physiology	3	1	0	4	60	20	15	5	40	100
MYS-6104	CC	Practical-I	0	0	8	4	60	20	15	5	40	100
MYS-6105	CC	Yoga & Allied Sciences	3	1	0	4	60	20	15	5	40	100
MYS-6106	CC	Fundamentals of Yoga in Indian Philosophy	3	1	0	4	60	20	15	5	40	100
UHV-6100	VAC	Universal Human Values and Professional Ethics	2	0	0	2	60	20	15	5	40	100
Total			17	05	04	26	420	140	105	35	280	700

Certificate In Yoga Studies will be awarded after successful completion of 6 Months' course (1st semester)


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**Scheme of Teaching and Examination
M.A./ M.Sc. Yoga Studies**

Semester-II

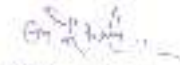
Subject Code	Course Category	Subject Title/ Subject Name	Periods			Credits	Evaluation Scheme					Total
			L	T	P		ESE	Internal Assessment				
								PE	TA	A	Total	
MYS-6201	CC	Patanjalayogasutra	3	1	0	4	60	20	15	5	40	100
MYS-6202	CC	Yogic Therapy	3	1	0	4	60	20	15	5	40	100
MYS-6203	CC	Yogic Elements in Bhagvadgita	3	1	0	4	60	20	15	5	40	100
MYS - 6204	CC	Practical-II	0	0	8	4	60	20	15	5	40	100
MYS-6205 (A)	DSE	Ayurvedic Swasthavritta and Diet	3	1	0	4	60	20	15	5	40	100
OR												
MYS-6205 (B)	DSE	Eminent Ancient and Medieval Yogis of India										
MYS ID-6001	ID	Holistic Health and Yoga	0	0	4	2	60	20	15	5	40	100
IKS-6200	VAC	Indian Knowledge System	2	0	0	2	60	20	15	5	40	100
Total			14	04	06	24	420	140	105	35	280	700

Bridge Course

Subject Code	Course Category	Subject Title/ Subject Name	Periods			Credits	Evaluation Scheme					Total
			L	T	P		ESE	Internal Assessment				
								MSE	TA	A	Total	
MYS-7401	SEC	Compulsory MOOC/NPTEL/Swayam Certification	0	0	4	4	60	20	15	05	40	100
Total			0	0	4	4	60	20	15	5	40	100

Post Graduate Diploma in Yoga Studies will be awarded after successful completion of 1Year (2 Semesters) with at least 1 month bridge course.

After completion of Post-Graduation Diploma in Yoga Studies the candidate will have basic knowledge, fundamentals of Yoga and Basic knowledge of Asana, Pranayama and Shatkarma.


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**Scheme of Teaching and Examination
M.A./ M.Sc. Yoga Studies**

Semester-III

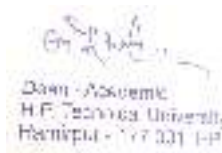
Subject Code	Course Category	Subject Title/ Subject Name	Periods			Credits	Evaluation Scheme					Total
			L	T	P		ESE	Internal Assessment				
								PE	TA	A	Total	
MYS-7301	CC	Research Methodology and Statistics	3	1	0	4	60	20	15	5	40	100
MYS-7302	CC	Teaching methods of Yoga	3	1	0	4	60	20	15	5	40	100
MYS-7303	CC	Practical-III	0	0	8	4	60	20	15	5	40	100
MYS-7304	CC	Practical-IV	0	0	8	4	60	20	15	5	40	100
MYS-7305	CC	Yogic diet and Nutrition	3	1	0	4	60	20	15	5	40	100
MYS-7306	CC	Holistic Health and Yoga Therapy	3	1	0	4	60	20	15	5	40	100
Total			12	4	8	24	360	120	90	30	240	600

**Scheme of Teaching and Examination
M.A./M.Sc. Yoga Studies**

Semester-IV

Subject Code	Course Category	Subject Title/ Subject Name	Credits	Evaluation Scheme					Total
				ESE	Internal Assessment				
					PE	TA	A	Total	
MYS-7401	CC	Project Work (Research Report/ field report)	20	60	20	15	5	40	100
MYS-7402	SEC	MOOC/NTPPEL/Swayam Certification	4	60	20	15	5	40	100
Total			24	120	40	30	10	80	200

Post graduate degree in Yoga Studies will be awarded after completing all four semesters.

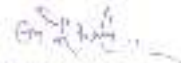


Open/Departmental Elective University Wide Course

Scheme of Teaching and Examination M.A./ M.Sc. Yoga Studies

Subject Code	Course Category	Subject Title/ Subject Name	Credits	Evaluation Scheme					Total
				ESE	Internal Assessment				
					PE	TA	A	Total	
MYS ID-6001	ID	Holistic Health and Yoga	2	60	20	15	5	40	100

Legends:	CC - Core Course	ESE -End Semester Examination
	SEC - Skill Enhancement Course	PE - Mid Semester Examination
	VAC – Value Addition Course	TA - Teacher’s Assessment
	DSE - Discipline Specific Electives	A – Attendance
	GE – Generic Elective	L – Lecture
	ID - Inter Departmental (Elective Course)	T – Tutorial
	ESEC – End Semester Examination	P – Practical


 Dean - Academic
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 Banskpur - 227 001 U.P.

SEMESTER-1

MYS -6101 Fundamentals of Yoga							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: Nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To equip the students' basics of Yoga
- Students will familiarize themselves with Yogic terminology

Unit I	15 Lectures
Introduction: General introduction, Etymology, Definition and Meaning of Yoga. Aim/Objectives and importance of Yoga. Misconceptions about Yoga. Ethics of Yoga: Yama-s and Niyama-s.	
Unit II:	15 Lectures
Essentials for Yoga Practice: Rules and Disciplines in Yogic Practices, Place and Timing of Yogic Practices, Diet of Yoga Practitioner, Sadhaka and Badhaka tattvas of Yoga.	
Unit III:	15 Lectures
Schools of Yoga: Concept of Karmayoga, Bhaktiyoga, Gyanyoga, Rajayoga, Hathyoga, Ashtangayoga, kundalini Yoga.	
Unit IV:	15 Lectures
Brief introduction of Yogic Texts: Patanjalyogasutra, Shrimadbhagvadgita, Gherandasamhita, Hathayogapradeepika, Gorakshapaddhati, Siddhasidhantapaddhati, Hatharatnavali, Shivsanhita.	

Course Learning Outcomes (CLOs)

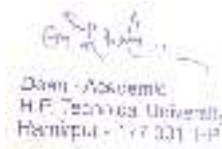
- Know the difference between Hath Yoga and Raj Yoga
- ancient literature and types of Yoga

Suggested Readings:

- Dasgupta S.N: Hindu Mysticism, Motilal Banarsidass, Delhi 1927g
- Fenerstein, George: The Yoga Tradition It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Goyanaka Jayadayal: Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961.
- Karel Werner: Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.
- Radhakrishnan: The Principal Upanishads, George Allen and Unwin, London, 1953

Further References:

- K.S. Joshi - Yoga in Daily Life, Orient Paper Back Publication, New Delhi - 1985.
- S.P. Singh - History of Yoga - PHISPC, Centre for Studies of Civilization, Delhi, Ist Edn. – 2010.
- S. P. Singh and Yogi Mukesh - Foundation of Yoga, Standard Publishers, New Delhi – 2



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

Month-Year (Month, Year)

M.A./ M.Sc. Yoga Studies Examination

Code- MYS-6101

Title- Fundamentals of Yoga

Semester-I (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q1. What do you mean by Yoga? Give an etymological meaning, objectives and importance of Yoga.

OR

Q2. What are the Misconceptions of Yoga? What is Yama according to Patanjalyogasutra? Explain

(Marks- 12)

SECTION – B

Q3. What rules and discipline should be followed by a Sadhaka? Explain the yogic diet of a Yoga practitioner.

OR

Q4. What is Sadhaka and Badhaka Tattvas in Yogasadhana? Explain the place and time for Yogasadhna.

(Marks- 12)

SECTION – C

Q5. What is Bhaktiyoga? Explain in detail. Write a detailed note on Ashtangayoga.

OR

Q6. What do you mean by Karmayoga? Explain. Brief introduction of Hathayoga.

SECTION – D

Q.7. Give an introduction of Patanjalyogasutra, Hathayogapradipika

OR

Q.8. Brief introduction of Sidhsiddhantapaddhati and Gorakshapaddhati

(Marks-12)

SECTION – E

Q.9. Write short note

A. Two Definitions of Yoga.

B. Shaucha and Santosha.

C. Gyanayoga.

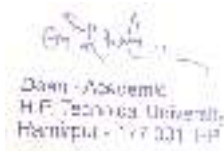
D. Name of Ashtangayoga

E. Importance of Yoga.

F. Concept of Rajyoga

(Marks- 6X2=12)

End of The Paper



MYS -6102 Principles of Hathayoga

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: Nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To equip the students' basics of Hath-Yoga
- Students will familiarize themselves with Hatha-Yogic texts

Unit I:	15 Lectures
Concept of Hathayoga: Its Origin, Meaning, Definition, Aims and Objects. Concept of Hathasiddhalaxana in Hatha Yoga. Mitahara, Pathya and Apathya. Contribution of Nath Tradition in Hathayoga.	
Unit II:	15 Lectures
Introduction to Shodhanakriyas (Dhauti): Concept, Its techniques, benefits, precautions, contraindications and classification, Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhauti. Concept of Basti, Neti, Nauli: Its techniques benefits, precautions, contraindication and classification. Concept of Trataka, Kapalhati: Its techniques benefits, precautions, contraindications and classification. Concept of Asanas: Meaning and definition, principles, their techniques, benefits, precautions, contraindications and classification.	
Unit III:	15 Lectures
Concept of Pranayama: its Meaning and Definition, Principles, classification of Pranayama according to Hathayogic texts. techniques, benefits, precautions, contraindications and classification according to Hathayogapradeepika and Gherandasamhita. Concept of Mudra, Bandha: Meaning and Definition, Mudras mentioned in Gheranda-samhita and Hathayogapradeepika.	
Unit IV:	15 Lectures
Concept of Nadi-s: Meaning. Origin, Location, types, classification and its importance in Hathayoga Sadhna. Concept of Chakra-s: Meaning, Location, types and its importance in Hatha Yoga Sadhna. Concept of Kundalini: Meaning, Synonyms, Location, Method for awakening. Concept of Nadanushandhaan: According to Hathayogapradeepika.	

Course Learning Outcomes (CLOs)

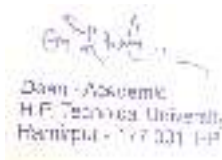
- Know the sequences of Hath-Yogic practices
- Different between Chaturanga Yoga and Saptanga Yoga

Suggested Readings:

- Bharati, Veda: Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania)
- Burnier, Radha: Hatha Yoga Pradipika of Svamarama. The Adyar Library publications, Chennai. 2000.
- Gharotee M.L and others: Hatharatnavali of Srinivasayogi, The Lonavla, 2002
- Dvivedi Hajariprasad: Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
- Swami Digambaraji and Pt: Raghunatha: S.M.Y.M.Samiti, Lonavla, 1998 Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- Swami Digambaraji and Gharote M.L: Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999

Further References:

- Swami Maheshanandaji and Others: The Serpent power, Ganesh & Company, Madras, 2000
- Woodroffe, Sir John: HathaYoga Eka Aitihaska Paripreksyaevam..., Eastern Book Linkers, New Delhi.
- Swami Anant Bharti: Hathayogapradeepika



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

Month-Year (Month, Year)

M.A./ M.Sc. Yoga Studies Examination

Code- MYS-6102

Title- Principles of Hathayoga

Semester-I (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. Give an introduction of Hathayoga. Meaning, definition and aims of Hathayoga

OR

Q.2. What is Mitahara, Pathya & Apathya Ahara? Explain in detail.

(Marks- 12)

SECTION – B

Q.3. Give an introduction of Shodhankriya. Explain Dhauti, it's benefits and contraindications.

OR

Q.4. Explain the concept of trataka, Kapalbhathi and its techniques, benefits and Precautions in detail.

(Marks -12)

SECTION – C

Q.5. What do you mean by Pranayama? define Prana, its types, principals according to Hathayoga.

OR

Q.6. Explain Mudra and Bandha, it's meaning and definition mentioned in Gheranda samhita and Hathayogapradeepika.

(Marks- 12)

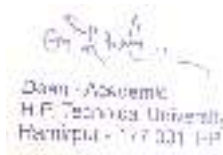
SECTION – D

Q.7. Explain the concept of Nadi. It's origin and location in Hathayogasadhna.

OR

Q.8. Explain the concept of Kundalini and the concept of Nadan Anusandhana according to Hathayogapradeepika.

(Marks-12)



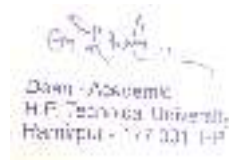
SECTION – E

Q.9. Write short note

- A.** Trataka
- B.** Shodhankriyas
- C.** Mitahar
- D.** Concept of Pathyahaar
- E.** Technique of Dandadhauti
- F.** Name of Shatchakras

(Marks- 6X2=12)

End of the Paper



MYS -6103 Human Anatomy and Physiology							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: Nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To know about human body systems
- Impact of Yogic practices on our body systems

Unit I:	15 Lectures
Concept of Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga. General introduction of human body. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and function of Cell. Concept of Tissue: Introduction, Classification, Structure, Functions and Types.	
Unit II:	15 Lectures
Concept of Blood: Composition, Function and Coagulation. Skeletal System: Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it. Concept of Joints and its Classification, effect of Yogic Practices on it. Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.	
Unit III:	15 Lectures
Concept of Digestive System: Introduction, Structure and Functions, digestion of food Absorption and Assimilation of food, effect of Yogic Practices on it. Concept of Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it. Blood Pressure, Technique of measurement and effect of Yogic Practices on it. Concept of Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.	
Unit IV:	15 Lectures
Concept of Excretory System: Introduction, Structure and Functions of the Kidney and Skin. Composition of Urine and effect of Yogic Practices on it. Nervous System: Introduction, Central Nervous System, Autonomous Nervous System. Parts of the Brain, (Name and Position only) Structure of the Spinal Cord. effect of Yogic Practices on it. Endocrine System: Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.	

Course Learning Outcomes (CLOs)

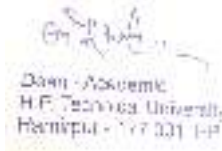
- Students will be able to understand the Anatomy and physiology of different parts of the body
- Explain the impact of Yogic practices on body system

Suggested Readings:

- Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press.
- Sedey, Rod R. (1992) Anatomy & Physiology. St. louis: Mosby
- Tortora G.J. (1996). Introduction to Human Body. (4th Ed.) California: Addison Wesley.
- Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal: The Benjamin Cumming
- Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
- Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7th ed 2004.
- Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987.
- Gore, M.M – Anatomy and physiology of yogic practices
- Charu, Supriya – Sharir Rachna, evamkriyavigyan

Further References:

- Chatterjee, C.C – Human physiology.
- Text book of Anatomy vol.1,11,111 – B.D Chaurasia
- Human Embryology by Inder Bir Singh.
- Human Anatomy by Datta.



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

Month-Year (Month, Year)

M.A./ M.Sc. Yoga Studies Examination

Code- MYS-6103

Title- Human Anatomy and Physiology

Semester-I (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. Give an introduction of Anatomy and Physiology. What is the importance in the field of Yoga.

OR

Q.2. What is Cell? give a brief introduction of cell. What is the importance of cell.

(Marks- 12)

SECTION – B

Q.3. What is blood? What is the composition and function of blood? explain in detail.

OR

Q.4. Explain Muscular system, classification and effect of Yogic practices on it.

(Marks- 12)

SECTION – C

Q.5. What is the structure of digestive system? Discuss the function of digestion.

OR

Q.6. Explain Circulatory system. Structure and function of heart in detail.

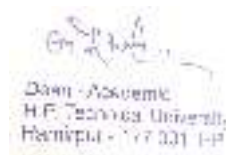
SECTION – D

Q.7. What do you mean by nervous system? Explain Central Nervous System, Autonomous Nervous System

OR

Q.8. Give a detailed explanation of Glands in body. What is the effect of Yogic practices on it.

(Marks-12)



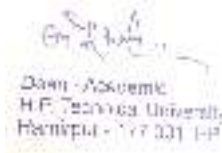
SECTION – E

Q.9. Write Short note.

- A.** Work of tissue in the body.
- B.** Importance of skeletal system.
- C.** Name the major joints of the body.
- D.** what is B.P?
- E.** Name 5 major muscles of the body.
- F.** Name respiratory organs.

(Marks 6X2=12)

End of the Paper



MYS -6104 Practical-I

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	8	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Note: Students will be asked to perform the selected Yogic practices from each unit. Each unit will be of 10 marks. Viva/voce will be conducted to evaluate the overall knowledge of the Yogic practices, which will be of 20 Marks.

Course Objectives (COs)

- To practice Asana, Pranayama and Dhyana
- To understand alignment of the body

Unit I:	15 Practicals
Kriyas: Gajakarani (Kunjala), Jalaneti, Sutraneti.	
Unit II:	15 Practicals
Sukshnavyayama and Suryanamaskara	
Unit III	15 Practicals
Asanas: In Standing Position: Tadasana, Konasana, Kati-Chakrasana, Vrikshasana, Tiryaktadasana, Utkatasana, Padangushthasana. In Sitting Position: Padmasana, Swastikasana, Vajrasana, Mandukasana, Kurmasana, Simhasana, Janu-Sirsasana, Paschimottanasana, Vakrasana, Ardha-Matsyendrasana, Bhadrasana (Badh-Konasan), Gomukhasana. In Laying on Back (Supine Position): Shavasana (Mritasana), Uttanpadasana, Pawanmuktasana, Ardh-Halasana, Setubandhasana, Matsyasana. In Laying on abdomen (Prone Position): Makrasana, Sarpasana, Dhanurasana.	
Unit IV:	15 Practicals
Pranayama: Deep breathing- Abdominal & Diaphragmic breathing, Yogic breathing, Nadishodhan Kumbhaka.	

- **Viva/voce**

Course Learning Outcomes (CLOs)

- Proper alignment of the body
- Implementation of all practices in daily life.

Suggested Readings:

- Hathyoga Pradipika- Kaivlyadham Lonavla.
- .Hathyoga Pradipika- Kaivlyadham Lonavla.
- Gheranda Sanhita- Kaivlyadham Lonavla.
- Saral Yogasana- Dr. Ishwar Bharadwaj.
- Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati Light on Yoga- BKS Iyengar.
- Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati.
- Light on Yoga- BKS Iyengar

MYS -6105 Yoga & Allied Sciences

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To impart the basic knowledge of Health and diet.
- To introduce the different therapies.

Unit I	15 Lectures
Health and Health Education: Meaning, definition, Objectives, importance and different dimensions.	
Unit II	15 Lectures
Principles and Importance of health education. Role of Yoga in health. Personal Hygiene: Concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.	
Unit III	15 Lectures
Meaning of Food, Nutrient and Nutrition. Components of food, classification, sources and requirements. Meaning and Importance of Balance Diet, Malnutrition and Yogic diet. Advantages of Vegetarian and disadvantages of non-Vegetarian diet.	
Unit IV	15 Lectures
General introduction of different therapies: Acupressure, Acupuncture Naturopathy, Ayurveda, Magnet Therapy, Pranic Healing, Importance of these therapies for curing disorders.	

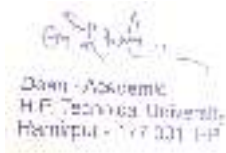
Course Learning Outcomes (CLOs)

- Students will have basic knowledge of Health and diet.
- They will enhance the knowledge about different therapies.

Suggested Readings:

- Singh Hardyal: science of coaching
- Pandey, P.K. and Gongopadhay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985)

- Laxmipati. K., Basic principles of Ayurveda
- Singh Attar, Acupressure
- Jindal, Principles of Naturopathy
- Sui kukcho, Pranic Healing
- Balkrishan, Secret of Ayurveda
- Agarwal L. Arjun and Sharma N. Govind, Advanced Acupuncture Therapy



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

Month-Year (Month, Year)

Code- MYS -6105

Title- Yoga & Allied Sciences

Semester-I (NEP)

Time: 3 Hours

Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q. 1. What is the meaning and definition of health education? Discuss its objectives and highlight, its importance in promoting overall well-being.

OR

Q.2. Explore the different dimension of health and explain how health education addresses each dimension to promote a holistic approach to wellbeing.

(Marks- 12)

SECTION – B

Q.3. How does yoga contribute to maintaining good health? Explore the role of yoga in promoting physical fitness, mental well-being, and stress reduction.

OR

Q.4. Define hygiene and personal hygiene. Why is personal hygiene essential for maintaining good health? Discuss the impact of personal hygiene practices on preventing diseases and promoting overall well-being.

(Marks -12)

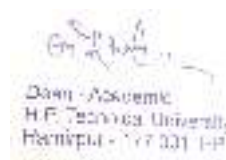
SECTION – C

Q.5. What is a balanced diet, and why is it important for maintaining optimal health? Discuss the significance of including different food groups in a balanced diet and the potential consequences of an imbalanced diet.

OR

Q.6. Explain the concept of malnutrition and its implications for health. Discuss the causes, types, and potential consequences of malnutrition, and highlight the importance of nutrition education and access to nutritious food.

(Marks -12)



SECTION – D

Q.7. Provide a general introduction to acupuncture, acupressure, naturopathy, Ayurveda. Discuss the basic principles and techniques associated with each therapy.

OR

Q.8. Explain the principles behind Magnet therapy and Pranic healing. Discuss how these therapies utilize the energy fields of the body to address disorders.

(Marks-12)

SECTION – E

Q.9. Write a short note

A Meaning of health

B. Objectives of health education?

C. Significance of rest in maintaining a healthy lifestyle

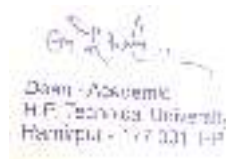
D. Where can we find sources of carbohydrates and proteins in our diet?

E. Advantages of a vegetarian diet.

F. Magnet therapy.

(Marks- 6X2=12)

-End of the paper-



MYS -6106 Fundamentals of Yoga in Indian Philosophy

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To Introduce Indian Philosophy.
- To Present the essence of Philosophy.

Unit I	15 Lectures
Concept of Philosophy: Introduction, Meaning and definition of Philosophy, Introduction of Indian Philosophy and its relevance. Basic concepts of Shad-darshanas.	
Unit II	15 Lectures
Introduction of Theistic Philosophy: -General introduction of Yoga Philosophy- Chitta Vritti, Evidence (Pramana), Chitta Base (Bhumis). General introduction of Samkhya Philosophy, General introduction of Vedant Philosophy.	
Unit III	15 Lectures
Introduction of Anti-Theistic Philosophy: General introduction of the Charvaka Philosophy, General introduction of the Buddhist Philosophy, General introduction of The Jain Philosophy.	
Unit IV	15 Lectures
General introduction of Nyaya Philosophy, General introduction of Vaisheshika Philosophy, General introduction of Mimamsa Philosophy	

Course Learning Outcomes (CLOs)

- Students will be able to Understand the concept of Philosophy.
- They will be able to know the importance of

Suggested Readings:

- Outline of Indian Philosophy –H. P Sinha
- A critical survey of Indian Philosophy – C.D Sharma
- Indian Philosophy - Rupa & Co; 2010.- Dutta and Chaterjee
- History of Indian Philosophy (1-5 Vol)- S.N Das Gupta
- Indian Philosophy- S. Radhakrishnan.

Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

MYS -6106

Title- Fundamentals of Yoga in Indian Philosophy

Semester-I(NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. What is the basic concept of Shad-darshan. How do they contribute to our understanding of reality and human existence?

OR

Q.2. What is the meaning and definition of Philosophy, explain its significance in the broader context of philosophical traditions?

(Marks- 12)

SECTION – B

Q.3. What is the general introduction of Samkhya Philosophy and how does it differ from other schools of thought within Theistic Philosophy?

OR

Q.4. Give an introduction of Yoga Philosophy. explain the concepts of Chitta and Vritti in Theistic Philosophy.

(Marks -12)

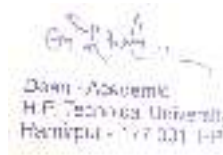
SECTION – C

Q.5 What are the Principles of Nyaya Philosophy. Could you provide a general overview of Vaisheshika Philosophy and its main concepts, such as the theory of atoms and the categorization of substances?

OR

Q.6. Introduction of Nyaya Philosophy and how does it utilize logical reasoning and epistemology to analyze and understand the nature of reality?

(Marks-12)



SECTION – D

Q.7. What are the fundamental tenets of Buddhist Philosophy and how does it differ from other philosophical traditions?

OR

Q.8. How does Theistic Philosophy compare and contrast with Charvaka and Jain philosophies in terms of their views on the existence of a higher power and the nature of reality?

(Marks-12)

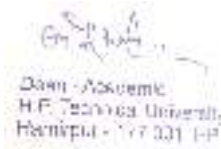
SECTION – E

Q.9. Write short note

- A.** Definition of philosophy.
- B.** Chitta Base (Bhumis) in Yoga Philosophy?
- C.** Key aspects of Nyaya Philosophy.
- D.** Principles of Charvaka Philosophy.
- E.** Chitta and Vritti
- F.** Overview of Jain Philosophy.

(Marks- 6X2=12)

End of the Paper



UHV- 6100 Universal Human Values and Professional Ethics							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
2	0	0	2	Maximum Marks:40	Maximum Marks: 60	100	3 Hours
				Minimum Marks:16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

The candidates shall limit their answers precisely within the answer-book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

Course Objectives (COs):

- To help students distinguish between values and skills, and understand the need, basic guidelines, content and process of value education.
- To enable the students to imbibe, internalize the values and ethical behaviour in the personal and Professional lives.

Unit I	8 Lectures
Introduction to Value Education: Right understanding, Relationship and physical facility (holistic development and the role of education), Understanding value education, Self-exploration as the process for value education, Continuous happiness, and prosperity-the basic human aspirations exploring human consciousness, Happiness and prosperity-current scenario, Method to fulfil the basic human aspirations, Exploring natural acceptance.	
Unit II	8 Lectures
Harmony in the Human Being: Understanding human being as the co-existence of the Self and the Body, distinguishing between the needs of the Self and the Body, Exploring the difference of needs of Self and Body, The Body as an instrument of the self-understanding, Harmony in the self-program to ensure Self-regulation and Health exploring harmony of Self with the Body.	
Unit III	7 Lectures
Harmony in the Family and Society: Harmony in the family-the basic unit of human interaction, 'Trust'-the foundational value in relationship, Exploring the feeling of trust, 'Respect'-as the right evaluation, Exploring the feeling of respect and other feelings, Justice in human-to-human	

relationship, understanding harmony in the society, Vision for the universal human order, exploring systems to fulfil human goal.

Unit IV

7 lectures

Ethics -definitional aspects, Nature of ethics, Scope of ethics, The philosophical basis of ethics, Family ethics, Ethics at the workplace and professions, Relevance of ethics in society.

Course Learning Outcomes (CLOs):

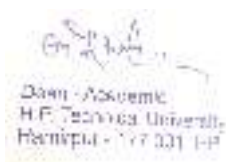
- Students will be able to understand the harmony in nature and existence, and work out their mutually fulfilling participation in nature.
- Students will be able to relate ethical concepts and materials to ethical problems in specific professions and professionalism.
- Students will be made available to aware about the types of ethical challenges.

Books Recommended:

- R R Gaur, R Asthana, G P Bagaria, The Textbook A Foundation Course in Human Values and Professional Ethics, 2nd Revised Edition, Excel Books, New Delhi, 2019.
- R R Gaur, R Asthana, G P Bagaria, The Teacher's Manual Teachers' Manual for A Foundation Course in Human Values and Professional Ethics, 2nd Revised Edition, Excel Books, New Delhi, 2019.
- R. R. Gaur, R. Sangal, G. P. Bhagaria, A Foundation Course in Value Education, Excel Books Publisher.

Reference Books

- Ek Parichaya, A Nagaraj, Amar Kantak, Jeevan Vidya, Jeevan Vidya Prakashan, 1999.
- A.N. Tripathy, 2003, Human Values, A Foundation Course in Human Values and Professional Ethics, New Age International Publishers.
- Mohandas Karamchand Gandhi, The Story of My Experiments with Truth.



Format of Question Paper for the End Semester Examination

Roll No. _____

Total Pages: 02

(Month, Year)

UHV-6100

Universal Human Values and Professional Ethics

Semester-I (NEP)

Max. Time: 3 Hour

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

Section A

- 1 Self-exploration is a process of dialogue between ‘What you are’ and ‘What you really want to be Explain and illustrate

OR

- 2 What do you mean by values and human values? Explain the basic guidelines and process for value education?

(12 or 8,4)

Section B

3. How does the feeling of *Sanyam* ensure health of the body? List two programs of *Sanyam*

OR

Distinguish between the needs of self and need of body. The needs of the body are quantitativesupport your answers with examples.

(12or 8,4)

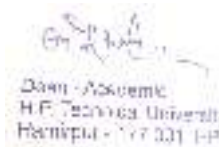
Section C

4. There are four orders in Nature. How do each other participate in the harmony in the Nature? Give few examples.

OR

5. What is the meaning of justice in human relationships? How does it follow from family to world family?

(12 or 8, 4)



Section D

6. What do you understand by competence in professional ethics? Give two examples of its implications in Industry.

OR

7. What do you mean by competence in professional ethics? Elaborate with examples.

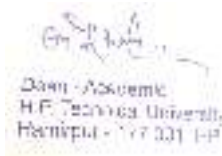
(12 or 8, 4)

Section-E

8. Write short notes on the following:

- (a) Value Education.
- (b) Self-regulation.
- (c) Sensations and preconditioning.
- (d) Happiness and prosperity.
- (e) What do you mean by human relationship?
- (f) How to build trust in the relationship?

(6x2=12)



SEMESTER-2

MYS-6201 Patanjalyogasutra							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To provide teachings of Patanjalyogasutra
- To know how to control their mental fluctuations

Unit I	15 Lectures
Brief Introduction to Patanjalyogasutra and its author, importance of Patanjalyogasutra in modern times. Definition of Yoga, Antehakaranas, Concept of Chitta, Chitta-bhumis, Methods to control Chitta-vrittis, Methods of Chitta Prasadana. Concept of Pramanas, Theory of Kleshas- Heya, Hetu, Haana and Hanopaya. Means of elimination of Kleshas.	
Unit II	15 Lectures
Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwarapranidhana. Chitta-Vikshepas (Antarayyas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Ritambhara-pragya and Adhyatma-prasadana. Types and Nature of Samadhi in Yoga Sutra, viveka khyati. Kriya Yoga of Patanjali and its importance.	
Unit III	15 Lectures
Introduction to Ashtangayoga: Bhirang Yogasadhana: Yama, Niyama, Asana, Pranayama, and Pratyahara. Antarangyoga: Dharana, Dhyana and Samadhi (Samyama). Concept of Vibhuti and their relevance in Yoga Sadhana. Concept of Parinamas and their relevance in Yoga Sadhana,	
Unit IV	15 Lectures
Introduction of Siddhi, Sanyamjanya siddhi, Janamadipanchasiddhis, Ashta siddhis, Purusha, Prakriti, concept and form of Karma-siddhanta, its types and importance in Yoga Sadhna. Nature of Kaivalya in Yoga Sutras of Patanjali.	

Course Learning Outcomes (CLOs)

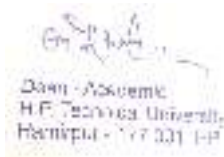
- To know mental fluctuations and methods to control them.
- To Use the teachings of Patanjali in daily life.

Suggested Readings:

- Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu: (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
- Karambelkar, P.V: Patanjala Yoga Sutra SMYSamiti, Kaivalyadham, Ionavla
- Swami AnantBharati: Patanjala Yoga Shastra- Eka Adhyayana (Hindi) MDNIY, Delhi, 2007

Further References:

- Swami Ved Bharati: Patanjalyogasutra
- Four Chapters on Freedom. (English) -Swami Satyananda Saraswati.Yoga Publication Trust, Munger, Bihar, India



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

Code- MYS -6201

Title- Patanjalyogasutra

Semester-II(NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. Explain the theory of Klesha in Patanjali Yogasutra, including the concept of Heya, Hetu, Hana, Hanopaya? What are the means to eliminate these Klesha?

OR

Q.2. Give a brief introduction of Patanjaliyogasutra. What is the importance of Patanjalyogasutra in modern time? **(Marks- 12)**

SECTION – B

Q.3. What is the concept of Ishwar in Yogasadhana, and why is it relevant to the practice of yoga?

OR

Q.4. What is Chitta-Vikshepas (Antarayas), and how do they affect one's progress in yoga sadhana?

(Marks -12)

SECTION – C

Q.5. What are the foundational practices of Ashtanga yoga's Bahirang Yogasadhana, and how do they contribute to one's spiritual development?

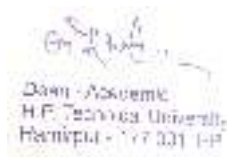
OR

Q.6. What is the significance of Pratyahara in Ashtanga yoga, and how does this practice of withdrawing the senses contribute to the inner journey of self-discovery and mindfulness?

(Marks-12)

SECTION – D

Q.7. Could you explain the concept of janamadipanchasiddhis and their relevance in yoga philosophy?

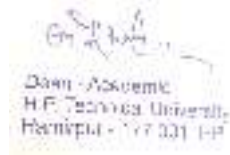


SECTION – E

Q.8. Write a short note

- A. Chitta-bhumis
- B. Chitta-Vritis
- C. Pramanas
- D. Santosha
- E. Asana
- F. Chittaprasadana

(Marks- 6X2=12)



MYS -6202 Yogic Therapy							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To know about Yoga therapy
- To eradicate the misunderstanding about Yoga therapy

Unit I	15 Lectures
Concept of Yoga therapy-meaning, concept and areas, limitations, aim of Yoga Therapy. Principles of Yoga Therapy. Tools for Yoga Therapy- Yama, Niyama, Asana, Pranayama, Shatkarma, Mudra-Bandha, Dhyana. Importance of Yoga Therapy In modern times.	
Unit II	15 Lectures
Concept of Pancha Prana, Shatchakra, concept of Panchakosha. Rules and limitations of Yoga Therapy in different diseases. Classification of Yoga class, important rules for Yoga Therapist, rules for patient. Relation between therapist – patient.	
Unit III	15 Lectures
Causes, Symptoms and Yogic management for some common disorders-Respiratory disorder- asthma, cold. Digestive disorders- constipation, indigestion. Circulatory disorders-high blood pressure, low blood pressure. Skeletal system-arthritis, cervical spondylitis.	
Unit IV	15 Lectures
Causes, Symptoms and Yogic management for some common disorders Reproductive system-impotency and sterility Endocrine System Diabetes, thyroidism, obesity. Meaning & Definition of Mental Health, elements which effect mental health. Causes, symptoms and Yogic treatment of following diseases- Stress, Depression.	

Course Learning Outcomes (CLOs)

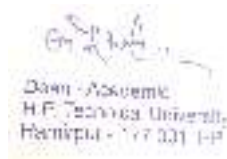
- Principles of Yoga therapy
- Principles of Yoga therapy

Suggested Readings:

- Yogic managements of common disorders – Swami karmananda
- Yoga Therapy: kaivayaladhaam, Lonavala – swami Kuvalayanand S.L Vanikar.
- Yoga Therapy- Shivananda Saraswati
- Yoga Therapy series books: swami Vivekananda Yoga Prakashan, Bangalore (2000) – Nagarithna r and Nagendra H R
- Yoga Practices for Anxiety and Depression- Dr. R. Nagrathna & Dr.H.R.Nagendra
- Yogic Management of Stress. -Swami Suryamani Saraswati
- Manorog Vigyan-Dr. Balkrishan Pathak

Further References:

- Manasrog Vigyan -Dr. Rajinder Prasad Bhatnagar
- Mansick Chikitsa -Lalji Ram Shukla.
- Mental Health ad Hindi Psychology -Swami Akhilanand



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

Code- MYS -6202

Title- Yogic Therapy

Semester-II (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. What is the meaning and concept of Yoga therapy? Explain the areas in which Yoga Therapy is commonly applied?

OR

Q.2. What are the key tools used in Yoga Therapy? Including Yama, Niyama, Asana, Pranayama, Shatkarma and Dhyana?

(Marks- 12)

SECTION – B

Q.3. What is the concept of Pancha Prana and Shatchakra in Yoga terminology? how does it relate to the practice of yoga therapy?

OR

Q.4. Describe the relationship between a yoga therapist and a patient in a therapeutic setting. How does trust, communication, and collaboration contribute to the effectiveness of the therapeutic relationship?

(Marks -12)

SECTION – C

Q.5. Explain the common causes, symptoms of asthma? How can yoga help in managing asthma.?

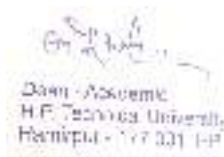
OR

Q.6. What factors can contribute to indigestion? Write the common symptoms of indigestion? Explain the yogic management of indigestion?

(Marks-12)

SECTION – D

Q.7. Explain the Causes, Symptoms and Yogic treatment of Stress and Depression in detail?



OR

Q.8. What are the common symptoms of thyroidism, how does it influence the functioning of the Endocrine system? **(Marks-12)**

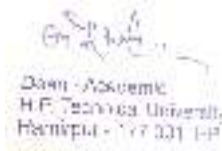
SECTION – E

Q.9. Write a short note

- A.** Meaning of Yoga therapy?
- B.** Important rules that a Yoga therapist should follow?
- C.** How does Yoga therapy contribute to the management of high blood pressure?
- D.** Yogic management for cervical spondylitis.
- E.** Asthma
- F.** Principles of Yoga therapy?

(Marks- 6X2=12)

End of the Paper



MYS-6203 Yogic Elements in Bhagavadgita							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To know about Shrimadbhagavadgita
- To learn the teachings of Shrimadbhagavadgita

Unit I	15 Lectures
Concept of Bhagavadgita: Introduction and meaning and General introduction, Significance of Bhagavadgita in Yoga, Different types of definitions of Yoga in Bhagavadgita, Importance of Bhagavadgita in modern time and its relevance in Yogasadhna.	
Unit II	15 Lectures
Concept of Sthitapragya, characteristics of Sthitapragya, Concept of Atman (Purusha), Jivatman or individual soul. Concept of Paramatman (Ishwar), its characteristic in Bhagavadgita, Different types of Yoga mentioned in Bhagavadgita.	
Unit III	15 Lectures
Concept of Karma and Karmayoga in Bhagavadgita. Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as described in Bhagavadgita. Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavadgita, Concept of Triguna and the qualities of Sattva, Rajas and Tamas.	
Unit IV	15 Lectures
Sanyas and Sanyas Yoga, Abhyas and Vairagya, Shraddha, Concept and classification of Ahara as described in Bhagavadgita, Ahara and its role in Yoga Sadhana described in Bhagavadgita. Role of Bhagavadgita in day-to-day life.	

Course Learning Outcomes (CLOs)

- Understand the teachings of Shrimadbhagwadgeeta
- know the importance of Shrimadbhagwadgeeta

Suggested Readings:

- Shrimadbhagwadgeeta – Iaxminarayana Gupt
- ShrimadBhagwadgeeta – A.C Bhaktivedanta Swami Prabhupada
- BhagwadGeeta-Swami Prabhavananda and Christopher Isherwood

Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

Code- MYS -6203

Title- Yogic Elements in Bhagvadgita

Semester-II (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. What are the various definitions of Yoga mentioned in Bhagvadgita? Define and describe different types of Yoga.

OR

Q.2. Give the brief introduction of Bhagvadgita. How can it be applied to enhance one's Yoga practice in the modern world?

(Marks- 12)

SECTION – B

Q.3. What is the concept of Sthitapragya in the context of spirituality? explain the stages of Sthitapragya according to Bhagvadgita?

OR

Q.4. Give an overview of the different types of Yoga mentioned in the Shrimad Bhagavadgita?

(Marks -12)

SECTION – C

Q.5. What is the concept of Karma and Karmayoga in the Shrimadbhagavadgita, and how does it relate to one's actions and spiritual path?

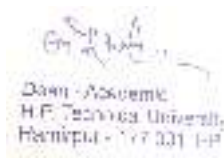
OR

Q.6. How does the Shrimadbhagavadgita describe Dhyana Yoga and the nature of Dhyana (meditation)? What insights does it provide about the practice and benefits of meditation in spiritual development?

(Marks-12)

SECTION – D

Q.7. Explain the Causes, Symptoms and Yogic treatment of Stress and Depression in detail?



OR

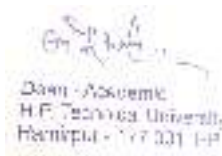
Q.8. What are the common symptoms of thyroidism, how does it influence the functioning of the endocrine system? **(Marks-12)**

SECTION – E

- A.** . Meaning of Yoga therapy?
- B.** Important rules that a Yoga therapist should follow?
- C.** How does Yoga therapy contribute to the management of high blood pressure?
- D.** Yogic management for cervical spondylitis.
- E.** Asthma
- F.** Principles of Yoga therapy?

(Marks- 6X2=12)

End of the Paper



MYS -6204 Practical-II							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	8	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Note: Students will be asked to perform the selected Yogic practices from each unit. Each unit will be of 10 marks. Viva/voce will be conducted to evaluate the overall knowledge of the Yogic practices, which will be of 20 Marks.

Course Objectives (COs)

- To introduce Kriyas, Asana, mantra, mudra and Pranayama.
- To improve elasticity of body.

Unit I	15 Practicals
Kriyas: Vastradhauti, Dandadhauti.	
Unit II	15 Practicals
Asana: In standing Position: Uttitha-Padangushtasana, Natrajasana, Shirshasana. In sitting Position: Bakasana, Uttithapadamasana, Baddha-padamasana, Garbhasana, Kukutasana, Shirshasana, Ekpadasirshasana, Ekpadarajkapotasana. In laying on back (Supine Position): Naukasana, Setubandhasana, Sarvangasana. In Laying on Chest (Prone Position): Purna-bhujangasana, Purna-dhanurasana, Purna-shalabhasana.	
Unit III	15 Practicals
Mudra: Moolbandhmudra, Uddianbandhmudra, Jalanderbandhmudra. Hast Mudra – Gyanmudra, Pranamudra, Apanmudra.	
Unit IV	15 Practicals
Pranayama: Bhastrika Kumbhak, Suryabhedan Kumbhak, Sheetal Kumbhak. Mantra-Uchharana (Recitation of Mantra): Pranavjapa (Omkar), Gayatri Mantra, Shanti Path.	

- **Viva/voce**

Course Learning Outcomes (CLOs)

- Students will be able to practice shatkarma, Asana, mantra, Pranayama etc. properly.
- They will understand the application of all kriyas properly.

Suggested Readings:

- Hatha Yoga Pradipika- Kaivalyadham Lonavala
- Ghedranda Samhita- Kaivalyadham Lonavala
- Saral Yogasana-Dr. Ishwar Bharadwaj
- Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
- Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda

MYS– 6205(A) Ayurvedic Swasthavritta and Diet

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: Nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To Introduce Swasthavritta and Diet.
- To impart basic knowledge of food elements.

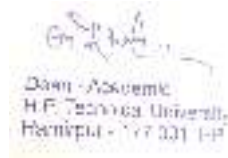
Unit I:	15 Lectures
General Introduction of Swasthavritta. Aim and Concept of swasthavritta. Trayaupasthambh (three pillars). Dincharya. Snan and its types, abhyang(massage)-its meaning, types and its importance.	
Unit II:	15 Lectures
Ratricharya-Nidra and Bhramacharya. Ritucharya- Ritu vibhaajan, Sanchaya, prakopa and prashaman of Doshas according to Ritu. Sadvritta and Achar-Rasayan. Dharniya and AdharniyaVega.	
Unit III:	15 Lectures
General Introduction and Definition of Diet, Characteristics of Diet. Diet- quantity, time and concept of Balanced Diet. Doogdahaar (milk diet), falahar (fruit diet), mitahaar, fasting.	
Unit IV:	15 Lectures
Chemical Composition and functions of food elements in human body. Protein, Carbohydrate, Fat, Vitamins, Mineral Salts, Water, Yogic diet, diet planning. Nutrition-concept of nutrition, Malnutrition-meaning, effect on human body. Nutritious diet - importance in Yogasadhana and Modern Time.	

Course Learning Outcomes (CLOs)

- Students will be able to understand about Swasthavritta and Diet.
- They will have basic knowledge of food elements.

Suggested Readings:

- Principle of Nutrition – E.D Wilson
- Swasthavritta vigyan – Dr. Ramharsha Singh
- Secret of Ayurveda – Acharya Balkrishna
- Aahaar evam Poshan – J. P Shelli 5. Dietics – Sri Lakshmi B



Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

Examination MYS – 6205(A)

Title- Ayurvedic Swasthavritta and Diet

Semester-II (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks. The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. What is the Abhyanga (massage) according to Swasthavritta? What are different types of Abhyanga and how does Abhyanga contribute to overall health and wellbeing?

OR

Q.2. Can you explain the concept of Dincharya in Swasthavritta and its significance in maintaining well-being?

(Marks- 12)

SECTION – B

Q.3. What is Ratricharya-Nidra, and how does it contribute to a healthy lifestyle according to Ayurveda?

OR

Q.4. Differentiate between Dharniya Vega (suppression urges) and Adharniya Vega (non-suppressible urges) as per Ayurveda and their impact on health and disease prevention.

(Marks -12)

SECTION – C

Q.5. What is the general introduction and definition of diet in the context of nutrition and health? What are the key characteristics of a healthy diet?

OR

Q.6. Discuss the concept of Doogdahaar (milk diet), falahaar (fruit diet), mitahaara and fasting in the context of dietary practices. How do they contribute to health?

(Marks-12)

SECTION – D

Q.7. What is malnutrition, and what does it mean for the human body? How does malnutrition affect different body systems and overall health?

OR

Q.8. What is malnutrition, and what does it mean for the human body? How does malnutrition

affect different body systems and overall health?

(Marks-12)

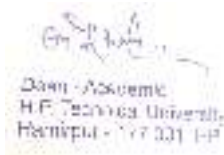
SECTION – E

Q.9. Write a short note

- A.** Three pillars, in Svasthavritta.
- B.** Aims of Svasthavritta.
- C.** Dharniya and Adharniya Vega.
- D.** Mitahaar.
- E.** Importance of vitamins
- F.** Importance of diet planning

(Marks- 6X2=12)

End of the Paper



MYS -6205(B) Eminent Yogis of India

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Note: In each theory paper, nine questions are to be set. Two questions are to be set from each Unit and candidate is required to attempt at least one question from each unit. Question number nine will be compulsory, which will be of short answer type questions with 6 to 8 parts, covering entire syllabus. In all, five questions are to be attempted.

Course Objectives (COs)

- To Introduce eminent Yogis to students
- To inculcate the qualities of greatest Yogis

Unit I:	15 Lectures
Maharishi Patanjali, Adiguru Shankaracharya, Guru Gorakhnath, Mahaveer Swami.	
Unit II:	15 Lectures
Mahatma Buddha, Ramakrishna Paramhansa, Swami Vivekananda, Maharishi Arvind.	
Unit III:	15 Lectures
Swami Kuvalayananda, Shyamacharan Lahidi, Swami Shivananda Saraswati, Paramhansa Yogananda.	
Unit IV:	15 Lectures
Maharishi Mahesh Yogi, BKS Iyengar, Swami Satyananda Saraswati, Swami Ram (Himalaya).	

Course Learning Outcomes (CLOs)

- Students will be able to eminent Yogis to students
- To inculcate the qualities of great Yogis.

Suggested Readings:

- Vishwanath Mukherjee, Great Yogis of India, University Publications, New Delhi – 2005
- Vishwanath Mukherjee, Great Sadhikas of India, University Publications, New Delhi – 2005
- Kalyan (Bhakt Issue), Geeta Press Gorakhpur
- Kalyan (Saint Number), Geeta Press Gorakhpur
- Pt. Shriram Sharma, Yoga Exercise of Pragma Abhiyan, Brahmavarchas Research Institute, Shantikunj, Haridwar- 1998.
- Kalyan (Yoga-Tattvank and Yogank), Gita Press Gorakhpur, 1991 and 2002 respectively
- Rakesh Dixit, Anatomy and Physiology, Bhasha Bhawan, Mathura 2005 –
- Dr. Bhaskar Govind Ghanekar, Sushruta (Body Place).

Format of Question Paper for the End Semester Examination

Roll No.....

Total Pages.....

(Month, Year)

MYS -6205(B)

Title- Eminent Yogis of India

Semester-II (NEP)

Time: 3 Hours

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

SECTION – A

Q.1. Write the life sketch of Maharishi Patanjali. What was his contribution to Yoga philosophy?

OR

Q.2. Write on the life of Mahaveer Swami. Key teachings and principles associated with Mahaveer Swami and his impact on Jainism?

(Marks- 12)

SECTION – B

Q.3. Write the life sketch of Ramakrishna Paramhansa. How did his spiritual experiences influence his disciples, particularly Swami Vivekananda?

OR

Q.4. Write the life sketch of Maharishi Arvind. How did Maharishi Arvind's revolutionary ideas and activism contribute to India's struggle for independence?

(Marks -12)

SECTION – C

Q.5. Elaborate the life sketch of Swami Kavalayananda. Can you explain the contributions and teachings of Swami Kavalayananda in the field of Yoga and its impact on modern Yoga practices?

OR

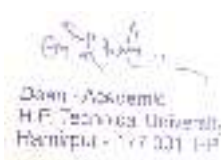
Q.6. How did Swami Shivananda Saraswati contribute to the propagation of Vedanta philosophy and the promotion of spiritual teachings in the 20th century?

(Marks-12)

SECTION – D

Q.7. Elaborate the life sketch of Maharishi Mahesh Yogi. What are the key teachings and principles of Maharishi Mahesh Yogi, the founder of Transcendental Meditation?

OR



Q.8. Can you provide insights into the life and teachings of Swami Ram Himalaya, a spiritual teacher known for his association with the Himalayan tradition of yoga and meditation

(Marks-12)

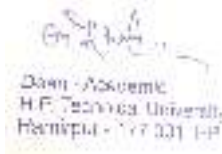
SECTION – E

Q.9. Write short note

- A.** Significance of Maharishi Patanjali's Yoga Sutras
- B.** Significance of Guru Gorakhnath in the Nath tradition of yoga
- C.** Mahatma Buddha's Four Noble Truths?
- D.** Significance of Swami Vivekananda's famous speech at the Parliament of the World's Religions?
- E.** Importance of vitamins
- F.** What is the main emphasis of Paramhansa Yogananda in his book "Autobiography of a Yogi"?

(Marks- 6X2=12)

End of the Paper



Open/Departmental Elective (University Wide Course)

MYS ID-6001 Holistic Health and Yoga							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	4	2	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Note: Students will be asked to perform the selected Yogic practices from unit II, III & IV. From 1st unit they will be asked to write a long answer of one question or they will be asked to attempt 2 questions of 5 marks each. Each unit will be of 10 marks. Viva/voce will be conducted to evaluate the overall knowledge of a student, which will be of 20 Marks.

Examination: End semester examination will be on the bases of practical only. There won't be theory examination in this subject. Students will be evaluated in the presence of internal and external examiner only.

Course Objectives (COs)

- To enhance students' mental physical and spiritual fitness.
- To reduce stress and increase elasticity.

Unit I	6 Lectures
Concept of Yoga: History, Introduction, meaning and definition of Yoga, Concept of Ashtangyoga.	
Unit II	8 Practicals
Yogic Practices of Shatkarma: Jalaneti, Rubbarneti, Kapalbhathi, (Vyutkramakapalbhati, Sheetkramakapalbhati) Trataka.	
Unit III	8 Practicals
Yogic Practices of Asana: Standing Position: Tadasana, Tiryaktadasana, Ardachakrasana, Katichakrasana, Vrikshasana, Trikonasana, Veerbhadradasana. Sitting Position: Padamasana, Swastikasana, Vajrasana, Gomukhasana, Mandukasana, Ushtrasana. Lying Down Position: Uttanpadasana, Pawanmuktasana, Naukasana, Markatasana, Halasana, Sarvangasana, Setubandhasana, Shavasana, Bhujangasana, Shalabhasana, Dhanurasana, Vipareetnaukasana.	
Unit IV	8 Practicals
Pranayama: Nadishodhana Pranayama, Bhastrika Pranayama, Ujjayi Pranayama, Bhramari Pranayama, Rechaka, Puraka, Kumbhaka, Mantra Chanting: Omkar (Pranav Jap), Gayarti Mantra, ShantiMantra.	

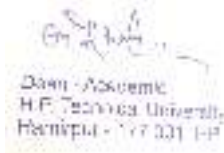
- **Viva/Voce**

Course Learning Outcomes (CLOs)

- Students will be able enhance physical and mental health.
- They will be able to concentrate.

Suggested Readings:

- BKS Iyengar (2012), Light on Yoga
- I.B Basvaraddi & S.P.Pathak (2016), Yogic Suksham Vyayam Evem Sthula Vyayam
- Swami Satyananda Saraswati (2012), Asana Pranayama Mudra Bandha



IKS-6200 Indian Knowledge System							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
2	0	0	2	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Course Objectives (COs):

- To equip the students with the knowledge and understanding related to Indian knowledge systems, origin, evolution and the approaches used in ancient and modern times.
- To promote the youths to do research in the various fields of Bhāratīya knowledge system.

Unit I	8 Lectures
Bhāratīya Civilization and Development of Knowledge System: Genesis of the land, On the trail of the Lost River, Discovery of the Saraswatī River, The Saraswatī-Sindhu civilization, Traditional knowledge system, The introduction to Vedas, Main Schools of Philosophy (6+3), Ancient education system, The Takṣaśilā University, The Nālandā University, Alumni, Knowledge export from Bhārata.	
Unit II	8 Lectures
Arts, Literature and Scholars: Art, Music, and Dance, Naṭarāja– A masterpiece of Bhāratīya Art, Literature, Life and works of Agastya, Lopāmudrā, Ghoṣā, Vālmīki, Patañjali, Vedavyāsa, Yājñavalkya, Gārgī, Maitreyī, Bodhāyana, Caraka, Suśruta, Jīvaka, Kaṇāda, Patañjali, Kauṭilya, Pāṇini, Thiruvalluvar, Āryabhaṭa, Varāhamihira, Bhāskarācārya, Mādhavācārya.	
Unit III	8 Lectures
Engineering, Science and Management: Engineering, science and technology in the Vedic Age, Post-Vedic period and Saraswatī-Sindhu civilization, Concept of matter, life and universe, Bhāratīya Kāla-gaṇanā, Concepts of Zero, Pi and number system, Vedic Mathematics, Āyurveda, Astronomy in India, Agriculture in India, Water Management in India, Trades in Ancient India, Seals, Coins and Marine Technology.	
Unit IV	6 Lectures
Cultural Heritage and Indian Traditional Practices Temple architecture in ancient India, Sculptures, Theatre, Drama and Martial arts traditions, Fairs and festivals, Yoga, Integrated approach to healthcare, Approaches and strategies to the protection and conservation of environment.	

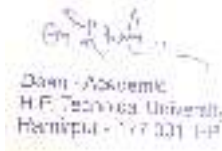
Course Learning Outcomes (CLOs):

- The students will be able to understand and appreciate the rich heritage that resides in our traditions.

- The students will be able to improve mindfulness and more maturity leading to an effective process of learning.
- The students will be able to create awareness amongst the youths about the true history and rich culture of the country.

Books Recommended:

- Bhag Chand Chauhan, IKS: The Knowledge of Bharata, Garuda Prakashan, 2023.
- Pradeep Kohle et. Al. Pride of India- A Glimpse of India's Scientific Heritage edited by Sanskrit Bharati, 2006.
- Keshav Dev Verma, Vedic Physics, Motilal Banarsidass Publishers, 2012.
- Suresh Soni, India's Glorious Scientific Tradition, Ocean Books Pvt. Ltd., 2010.
- Sibaji Raha, et al, History of Science in India Volume-1, Part-I, Part-II, Volume VIII, National Academy of Sciences, India and The Ramkrishna Mission Institute of Culture, Kolkata, 2014.



Format of Question Paper for the End Semester Examination

Roll No. _____

Total Pages: 02

(Month, Year)

M.A./M.Sc. Yoga Studies

Examination IKS- 6200

Indian Knowledge System

Semester-II (NEP)

Max. Time: 3 Hour

Max. Marks: 60

Note: Attempt five questions in all by selecting one question from each section A, B, C and D. Section-E is compulsory. All questions carry equal marks.

The candidates shall limit their answers precisely within the answer book (40 pages) issued to them and no supplementary/continuation sheet will be issued.

Section A

1. What are Vedas? How many types of Vedas? Explain.
2. What was the ancient system of education in India?

(12 or 8, 4)

Section B

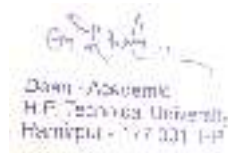
3. Write a short note on the Life and works of Agastya.
4. Write a short note on:
 - (1) Āryabhaṭa
 - (2) Kauṭīlya

(12 or 8, 4)

Section C

5. What was the science and technology during the Vedic period?
6. Write a brief note on the trading communities in ancient India?

(12 or 8, 4)



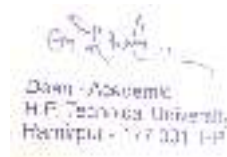
Section D

7. Explain briefly on Temple architecture in ancient India.
8. Write a short note on:
 - (a) Fairs and festivals in India
 - (b) Yoga

(12,or 8,4)

Section E

- (a) Which of the following Vedic literature contains Gayatri Mantra?
- (b) What is Agastya Rishi famous for?
- (c). Who invented Zero?
- (d) How important are Aryabhata's discoveries to the modern world?
- (e) Agriculture in ancient India.
- (f) Who destroyed Takshshila University?



SEMESTER-3**MYS-7301 Research Methodology and Statistics**

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	8	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

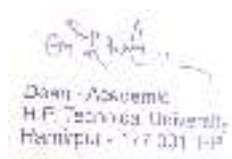
Unit I:	15 Lectures
Concept of Research: Definition, Types and Process of Research, Literature review, Need & Importance of research, Formulation of Research problem and Hypotheses, Ethics of Research.	
Unit II:	15 Lectures
Sampling: Meaning & Importance of Sampling, Essentials of good Sampling, Methods of Sampling, Meaning and types of Hypotheses, Procedure of Testing Hypothesis, Level of Significance, Definition and steps of Report Writing, Essentials of good report writing.	
Unit III:	15 Lectures
Meaning and definition of Statistics, Importance, Classification, Tabulation and graphic Presentation of Data, Sources of data: primary and secondary, Methods of data Collection.	
Unit IV:	15 Lectures
Measure of Central Tendency, Mean, Median and Mode, Quartile deviation, Meaning and Types of Correlation, Basic concept of T-test and Chi-square test.	

Suggested Readings

1. P. N. Arora, S. A. (2018), Comprehensive Statistical Methods, S. Chand Publishers, 7th Edition, New Delhi
2. Sharma, J. (2014), Business Statistics (4th Edition ed.), Vikas Publishing House Pvt Limited, New Delhi, India
3. William G. Zikmund, Barry J. Babin, Jon C.Carr, Atanu Adhikari, Mitch Griffin. (2019). Business Research Methods., Delhi: Cengage Learning India Pvt. Ltd, Eight Edition
4. Kothari, C. R. (2019). Research Methodology Methods & Techniques. New Delhi: Vishwa Prakashan, Fourth Edition

References

1. SC Gupta, Fundamentals of Statistics, Himalaya Publications.2019, latest Edition
2. N.D. Vohra, Business Statistics, Tata McGraw Hill, 2018, latest Edition
3. Chawla, D. & Sondhi, N. (2017). Research Methodology: Concepts and cases. New Delhi:Vikas Publishing House, Second Edition.



MYS -7302 Teaching methods of Yoga

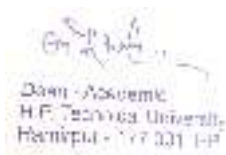
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Unit I	15 Lectures
Fundamentals of Yoga Education: Meaning, Definition & Objects of Yoga Education, Importance of Yoga Education, Different levels and Scope of Yoga Education, Concept & Definition of Teaching Process, Need & Importance of Teaching Process.	
Unit II	15 Lectures
Fundamentals of Teaching Practices: Fundamental elements of Teaching, Merits of good teaching Practices, Demerits of bad teaching practices, Brief information of Teaching Methods, Principles of Teaching Methods- Yama-Niyama.	
Unit III	15 Lectures
Different Teaching Methods: Principles of Shatkarma, Principles of Asanas, Principles of Pranayama, Principles of Mudra, Bandhas. Principles of Dhyan (Meditation)	
Unit IV	15 Lectures
Yoga Teaching Camp, Seminar-Workshop Etc.: Planning & organization of Yoga Camp, Planning & organization of Yoga Therapy Camp, Planning & organization of Yoga Seminar, Planning & organization of Yoga Workshop, Planning & organization of Yoga Competition.	

Reference Books:

1. Teaching Methods of Yogic Practices- Dr. M.L. Gherote & Dr.S.K. Ganguli
2. Pranayama-Swami Kuvalayananda
3. Asanas-Swami Kuvalayananda
4. Asan, Pranayama, Bandh, Mudra- Swami Satyanand Saraswati



MYS-7303 Practical -III

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	8	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Note: Students will be asked to perform the selected Yogic practices from each unit. Each unit will be of 10 marks. Viva/voce will be conducted to evaluate the overall knowledge of the Yogic practices, which will be of 20 Marks

Unit I	15 Practicals
Neti: Jalaneti, Sutraneti.	
Unit II	15 Practicals
Dhauti: Kunjal (Gajakarni), Vastra Dhauti, Danda Dhauti, Agnisardhauti.	
Unit III	15 Practicals
Kapal Bhati: Sheetkrama Kapalbhathi, Vyutkrama Kapalbhathi, Vatkrama Kapalbhathi.	
Unit IV	15 Practicals
Mudra: Mahamudra, Mahavedmudra, Moolbandmudra, Uddiyanbandmudra, Jalandarbandhmudra, Vipreetkarnimudra. Hast Mudra: Gyanmudra, Pranmudra, Apanmudra, Lingmudra.	

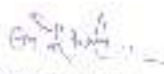
-
- **Viva/Voce:**

Course Learning Outcomes (CLOs):

- Students will be able to practice Neti, Dhauti, Kapalbhathi, Mudra etc. properly.
- They will understand the application of all kriyas properly.

Suggested Readings:

- Hathayoga Pradipika- Kaivalyadham Lonavala.
- Gheranda Samhita- Kaivalyadham Lonavala.
- Asana Pranayama Mudra Bandha- Swami Satyananda Saraswati.


 Date: Academic
 H.F. Technica University,
 Hampi - 577 331 - KA

MYS-7304 Practical -IV

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
0	0	8	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	

Note: Students will be asked to perform the selected Yogic practices from each unit. Each unit will be of 10 marks. Viva/voce will be conducted to evaluate the overall knowledge of the Yogic practices, which will be of 20 Marks.

Unit I	15 Practicals
Asana: In Standing Position: Purnanatrajasana, Uttithapadangushtasana, Purnachakrasana, Garudasana. In Seating Position: Baddhapadamasana, Bakasana, Udarakarshanasana, Kukutasana, Ekpadschirshasana, Purvottanasana, Brahmacharyasana. In Laying on Back (Supine pose): Suptakonasana, Halasana, Markatasana. Laying on Chest (Prone Position): Purna Bhujangasana, Purnadhanurasana, Purnashalabhasana.	
Unit II	15 Practicals
Pranayama: Nadishodhanakumbhaka, Bhastrikakumbhaka, Suryabhedanakumbhaka, Ujjayikumbhaka, Bhramarikumbhaka,	
Unit III	15 Practicals
Recitation of Mantra: Gurustutimantra, Mahamrityunjayamantra, Shantimantra.	
Unit IV	15 Practicals
Dyana Practice.	

• **Viva/Voce**

Course Learning Outcomes (CLOs):

- Students will be able to practice Asana, Pranayama, Mantra recitation and Dhyan properly.
- They will understand the application of these practices properly.

Suggested Readings:

- Hathayoga Pradipika, Kaivalyadham Lonavala.
- Gheranda Samhita, Kaivalyadham Lonavala.
- Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati.
- Saral Yogasana, Dr. Ishwar Bharadwaj.
- Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.

MYS-7305 Yogic Diet and Nutrition							
Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
				Internal Assessment	End Semester Examination	Total	
L	T	P	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
3	1	0		Minimum Marks: 16	Minimum Marks: 24	40	
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Course Objectives (Cos):

- To understand the concept of Diet and Nutritive Medical Value.
- To Advise appropriate diet to different age groups.
- To Benefits and caloric value of various food groups.

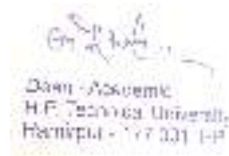
Unit I	15 Practicals
Concept of Ahara (Diet): Meaning, definition and Classification of Yogic diet according to traditional Yogic texts- Gherandasamhita, Hathayogapradeepika and Bhagavadgita. Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts. Importance of Yogic Diet in Yog Sadhana. Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.	
Unit II	15 Practicals
Concept of Nutrition: Definition meaning and importance of nutrition, Balanced diet, Basic Terminology to Nutrition, Human Nutritional Requirements; food, Functions of Food, & Food Groups; Selection, Preparation and Nutritive Value.	
Unit III	15 Practicals
Macro & micro nutrients. sources, functions and effects on the body; Fat soluble & Water soluble, Vitamins- sources, functions and effects on the body, Concept of metabolism, calorie requirement- BMR, SDA, physical activity.	
Unit IV	15 Practicals
Nutrients need during Normal Stages of Life- infancy, childhood, adolescence, pregnancy and old age. Disease Management with Therapeutic Diet- fever, obesity and underweight, diet in disease of liver, diabetes mellitus, kidney disorder and diet in disease of the cardiovascular system.	

Course Learning Outcomes (CLOs):

- Understand the concept of Diet and Nutritive Medical Value properly.
- Understand the value of Ahar.
- Understand the nutritional value and management with therapeutic diet.

Suggested Readings:

1. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition.
2. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.
3. Randolph Stone: A Purifying Diet, Lilavati Bhargav Charitable Trust, Delhi.



MYS-7306 Holistic Health and Yoga Therapy

Teaching Scheme			Credit	Marks Distribution			Duration of End Semester Examination
L	T	P		Internal Assessment	End Semester Examination	Total	
3	1	0	4	Maximum Marks: 40	Maximum Marks: 60	100	3 Hours
				Minimum Marks: 16	Minimum Marks: 24	40	
				Minimum Marks: 16	Minimum Marks: 24	40	

Guidelines for setting Question Paper: Question paper of end semester examination will be of 60 marks. The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have 2 questions of 12 marks each and section E has short answer type questions consisting of six parts of 02 marks each. The candidates will attempt five questions in all, i.e., one question each from sections A, B, C, D and the compulsory question from section E. In the question paper, the questions available in sections A, B, C and D will be covered from Unit-I, Unit-II, Unit-III and Unit-IV respectively and section E will cover whole syllabus.

Course Objectives (Cos):

- To know about Yoga therapy.
- To eradicate the misunderstanding about Yoga therapy.

Unit I	15 Practicals
Concept of Holistic health: Definition, meaning and importance of health, Dimensions of health- Physical, Mental, Social and Spiritual. factors affecting physical, Mental, social and spiritual health. Yoga as a way of life.	
Unit II	15 Practicals
Concept of Healthy living: Yogic Principles of Healthy Living (Ahara, Vihara, Achara and Vichara), Emotional health and Yoga, Concept of Triguna and their role in Health and Healing.	
Unit III	15 Practicals
Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concepts of Pancha-mahabhutas and Shat-chakra, their role in Health and Healing.	
Unit IV	15 Practicals
Concepts of Pancha-prana and Pancha-koshas, their role in Health and Healing. Concepts of Aadhi and Vyadhi	

Course Learning Outcomes (CLOs):

- Understand the Principles of Yoga therapy
- Familiar with an authentic foundation of Yogic therapy.

Suggested Readings:

- Sat Bir Singh Khalsa Principles and Practice of Yoga in Health Care, Sage Publishing-2016.
- Ganesh Shankar-Classical and Modern Approaches to Yoga, Pratibha Prakashan, New Delhi.

SEMESTER-4

Subject Code	Course Category	Subject Title/ Subject Name	Credits	Evaluation Scheme					Total
				ESE	Internal Assessment			Total	
					PE	TA	A		
MYS 7401	CC	Project Work: Research Report /Field report	20	60	20	15	5	40	100
MYS 7402	SEC	MOOC/NPTEL/SWAYAM Certification	4	60	20	15	5	40	100
Total			24	120	40	30	10	80	200

Project Work

Students will be given a Project work in 4th semester, under which they are supposed to work either of two tasks. They can choose Research Report (Research Report) or can opt field work. In Research Report work they are expected to write a short Research on any particular topic.

Research Report:

The Research Report will be evaluated by the internal panel approved by Principal cum Director of the college and external examiner from the panel approved by the university authority/evaluation branch, HPTU, Hamirpur. The Head of the Department will assign a guide/supervisor, to each candidate for his/her Research Report work. The candidate shall be required to maintain his/her project diary (logbook) of work in the organization or under the Guide. Each student will be required to give at least two seminars on his/her Research Report Work. Each student is required to submit three copies of his/her project reports in the Department after completion of the project work which will be evaluated by external examiner. Students are expected to work on a real-life problem. The student can formulate project problem / Research problem with the help of her/his Guide and submit the project proposal / Research proposal of the same in the department. Approval of the project proposal is mandatory which will be evaluated by internal examiner appointed by respective college Principal or Director or university.

- **Field Work**

training students are expected to carry out the following tasks.

- Involve themselves in practical session.
- Conduct Yoga camp and gain knowledge about different diseases/problems.
- Prepare the report of the particular taken task.

Examination: Students shall be examined based on the research report/field report. There won't be theory examination. Students will be evaluated in the presence of internal and external examiner only.

Project / SWAYAM/MOOC /NPTEL etc. courses

Internal Assessment

- Attendance in presentation and interaction during the work plan/framework: 10 Marks
- Knowledge/work done of Subject along with Q/A handling during course work: 10 Marks
- Presentation about the outcomes of the study during research: 20 Marks
- **Total = 10 + 10 + 20 = 40**

External Assessment

Overall Project Presentation about the work done/results & viva-voce(In presence of External as well as Internal examiners): 60 Marks. Total = 60

For each research project, each lecture/contact hour per week will be considered as one credit. The duration of written and viva-voce examination shall be decided by the internal and external examiners.

- For Research Project/SWAYAM/MOOC /NPTEL courses the list of topics will be provided by the Department/University. The students will pick the option, get registered and prepare the report. The evaluation will be done on the basis of presentation/solving assignments.
- Guidelines for the online courses from SWAYAM/MOOC/NPTEL etc. may be taken after the registration through online portal/concerned department. Each student has to register for online course after the permission/approval from concerned Department/University and has to pass the selected online course within the duration of running semester.
- The students have to complete their Research Project /SWAYAM/MOOC/NPTEL under the guidance of the supervisor (taken from the same Department) allotted by Head/Coordinator of the concerned Department. For these courses, the students will prepare presentation. The students may be given option to complete above tasks by choosing co-supervisor from the same Department/University or from any other institutions. Acceptance of SWAYAM/MOOC/NPTEL courses will be as per the verification of faculty involved.

