

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master in Yoga (M.A - Yoga)
(Applicable only for UTD from Session 2019-2020)
Semester-1st

Total Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -101	Fundamentals of Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -102	Anatomical and Physiological Aspects of Yoga - I	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -103	Pantanjali Yog Sutra	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -104	Research Methodology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -105	<u>Practical -I</u> i) Demonstrations of Basic Asana ii) Basic Pranayam and Shudhi Kriya	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master in Yoga (M.A - Yoga)
(Applicable only for UTD from Session 2019-2020)
Semester-2nd

Total Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -201	Fundamentals of Hatha Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -202	Anatomical and Physiological Aspects of Yoga - II	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -203	Health Aspects of Yoga	OEC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -204	Applied Statistics in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -205	<u>Practical - I</u> i) Demonstrations of Asana, Pranayam and Shudhi Kriya ii) Applied Statistic	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master in Yoga (M.A - Yoga)
(Applicable only for UTD from Session 2019-2020)
Semester-3rd

Total Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -301	Fundamentals of Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -302	Basic Yoga Texts Principle Upanishads & Bhagwat Geeta	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -303	Applications of Yoga	OEC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -304	Applied Psychology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -305	(i) Demonstrations of Asana Pranayam and Shudhi Kriya. (ii) Applied Psychology	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master in Yoga (M.A - Yoga)
(Applicable only for UTD from Session 2019-2020)

Semester-4th

Total Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -401	Yoga Therapy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -402	Options: i) Food & Nutrition ii) Dissertation	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -403	Kinesiological Aspect of yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -404	Teaching Methods of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -405	<u>Practical</u> (i) Demonstrations of Assan Pranayam (ii) Teaching Practices Lesson Plan	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

M. A. YOGA – 1ST SEMESTER

PAPER – 101: FUNDAMENTALS OF YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. INTRODUCTION AND EVOLUTION OF YOGA

- 1.1 Meaning & Definitions of Yoga according to various schools of thoughts.
- 1.2 Historical Background and Development of Yoga.
- 1.3 Importance of Yoga in different fields in modern era.
- 1.4 Applications and Misconceptions about Yoga in Modern Society.

Unit-II

2. SCHOOLS OF YOGA

- 2.1 Hatha Yoga – Aims and Objectives of Hatha Yoga
- 2.2 Bhakti Yoga – Types of Bhakti, Navdhabhakti
- 2.3 Meaning and Steps of Gyan Yog.
- 2.4 Meaning and Types of Mantra Yog.

Unit-III

3. FAMOUS YOGIES

- 3.1 Biography of Maharishi Patanjali and his contribution in yoga
- 3.2 Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga
- 3.3 Biography of Swami Vivekananda and his contribution in yoga
- 3.4 Biography of Maharishi Aurbindo and his contribution in yoga

Unit-IV

4. INTRODUCTION OF YOGA INSTITUTES IN INDIA

- 4.1 Dev Sanskriti Haridwar and its contribution in yoga
- 4.2 Gurukul Kangri University, Haridwar and its contribution in yoga
- 4.3 Kaivalyadham Lonavla, Pune and its contribution in yoga
- 4.4 Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga.

References Books:-

1. "Science of Yoga" - Swami Viganand Saraswati.
2. "Indian Philosophy" - Dr. Ishwar Bhardwaj.
3. "Yog Mahavigyan" - Dr. Kamakhya Kumar.
4. "Bhart ki Mahan Vibutiyan" -
5. "Yoga Sara Samgraha" - Jha Gangadhar

M. A. YOGA – 1ST SEMESTER

PAPER – 102: Anatomical and Physiological Aspects of Yoga - I

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Meaning & Importance of Anatomy & Physiology.
- 1.2 Structure of Cell, Function of Cell and Tissue.
- 1.3 Skeletal System – Name and structure of all bones and joints of human body.
- 1.4 Effect of Yogic Practices on Skeletal System.

Unit-II

2. MUSCULAR SYSTEM

- 2.1 Types and structure of muscle. Properties of Muscle.
- 2.2 Elementary knowledge of muscle contraction and muscle tone
- 2.3 Mechanism of Muscles Fatigue
- 2.4 Effect of Yogic Practices on Muscular System.

Unit-III

3. DIGESTIVE SYSTEM

- 3.1 Structure of digestive tract and organs of digestive tract
- 3.2 Role of each digestive organ in digestion of food.
- 3.3 Physiology of food digestion and absorption.
- 3.3 Effect of Yogic Practices on Digestive System.

Unit-IV

4. RESPIRATORY SYSTEM

- 4.1 Structure and functions of respiratory organs.
- 4.2 Physiology of external and internal respiration.
- 4.3 Elementary knowledge of various respiratory volumes & capacities.
- 4.4 Effect of yogic practices on respiratory system.

References Books:-

1. "Anatomy of Hath Yoga" - Coutter, H. D.
2. "Human Anatomy" Vol.-1, Fourth Edition – Chaurasia, B. D.
3. "Anatomy and Physiology" – Shiva, V. K.
4. "Essential Encyclopedia of Human Anatomy and Physinology" – Sharma J. P.
5. "Anatomy and Exercise Physiology" – Kumar R.

M. A. YOGA – 1ST SEMESTER

PAPER – 103 PATANJALI YOG SUTRA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit – I

1. INTRODUCTION OF PATANJALI YOGA SUTRAS

- 1.1 Historical Background of Patanjali Yoga Sutra.
- 1.2 Importance of Patanjali Yoga Sutras in Modern Age.
- 1.3 Patanjali Yoga as a Science.
- 1.4 Physical Mental and Social Excellence in Yoga Sutra.

Unit – II

2. SAMADHI PADA

- 2.1 Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi
- 2.2 Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.
- 2.3 Chitta Vikshep and Chitt Prasadhan.
- 2.4 Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.

Unit – III

3. SADHAN AND VIBHUTI PADA

- 3.1 Kriya Yoga and Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha
- 3.2 Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar
- 3.3 Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi
- 3.4 Samyama, Yoga Vibhootis and Ashtsiddhis

Unit – IV

4. KAIVALYA PADA

- 4.1 Types of Sidhis.
- 4.2 Concept of Dharmamegh Samadhi
- 4.3 Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta
- 4.4 Concept of Kaivalya

References Books:-

1. "Yog Darshan" - Pt. Shri Ram Sharma Acharya.
2. "Patanjal Yog Pradipika" – Swami Omananda Tirth.
3. "Yog Darshan" – Rajveer Shashtri.
4. "Four Step of Freedom" – Swami Shivananda Sarswati.
5. "Yoga Sutra (Tatva Vaishardi) – Mishra, Vachaspati
6. "Light on the Yoga Sutras of Patanjali" – Iyengar, B. K. S.

PAPER – 104 - Research Methodology in Yoga

Maximum Marks: 100 (Theory: 80 + Internal Assessment – 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit – I: Introduction

- 1.1 Meaning and Definition of Research. Need of Research in Yoga
- 1.2 Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.
- 1.3 Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.
- 1.4 Delimitation and limitations of research problem

UNIT II – Concept of Sampling and Hypothesis

- 2.1 Meaning and Definition of Sample and Population.
- 2.2 Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.
- 2.3 Meaning and definition of Hypothesis, Importance Hypothesis in research,
- 2.4 Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

UNIT-III Review of related literature

- 3.1 Meaning and need for survey of related literature, Literature Sources – Primary and Secondary sources, Steps in Literature Search. Method for writing of Literature review.
- 3.2 Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.
- 3.3 Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,
- 3.4 Format of a synopsis

Unit – IV Research Report

- 4.1 Research Report: Details of Chapterization of Thesis/ Dissertation,
- 4.2 Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals.
- 4.3 Technicalities of writing: Footnote and Bibliography.
- 4.4 Ethical Issues in Research: Areas of Dishonesty in research

Suggested Readings:

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London/ Routledge Press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam

M. A. YOGA – 1ST SEMESTER

PAPER – 105 PRACTICAL SYLLABUS (PART-A)

(PART-A)

Maximum Marks: 50

A SYLLABUS FOR YOGA PRACTICALS (BEGINNERS)

A-I PRAYER, SANKALPMANTRA

1. SURYA NAMASKARA-12 ROUNDS

2. PAWANMUKTASANA SERIES-I

3. SUKSHAMA VYAYAMA

4. MEDITATIVE ASANAS:

Padmasan, Siddhasan, Vajarasana

5. RELAXATIVE ASANAS:

Shavasan, Makarasan

6. SUPINE LYING ASANAS:

Naukasan, Setubandhasan, Pavanmuktasan, Vipareetkaraniasan, Ardhhallasana,

Simplematsyasana

7. PRONE LYING ASANAS:

Bhujangasan, Ardhsalabhasan, Niralambasan

8. SITTING ASANAS:

Janushirasana, Vakrasana, Mandukasan, Yog Mudra Shashankasan

Ardhaushttrasana, Uttan Mandukasan, Parvatasana

9. STANDING ASANAS:

Tadasana, Natarajasan, Garudasan, Katichakrasana

10. STRETCHING PRACTICES

M. A. YOGA – 1ST SEMESTER

PAPER – 105 PRACTICAL SYLLABUS (PART-B)

Maximum Marks: 50

(PART-B)

1. Concept of various practices and their applications.

2. PRANAYAM:

Nadi Shodhan Pranayam, Surya Bhed Pranayam, Chandra bhed pranayam

3. BANDH:

Jalandhar Bandh

4. MUDRA:

Gyan Mudra Pranayamic Mudra

5. SHATKARM:

a. NETI : Two types (Jal Neti and Rubber Neti)

b. DHAUTI : Two Types (Kunjali Kriya and Agnisar Kriya)

6. MEDITATION – Om recitation

7. RELAXATION TECHNIQUES – Shavasana, Yog Nidra

PAPER – 201 FUNDAMENTALS OF HATHA YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit – I

1. INTRODUCTION OF HATHAPRADIPIKA

- 1.1 Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice
- 1.2 Concept of Mitahara, Pathya and Apathya
- 1.3 Introduction of Asanas, Mudra, Bandh & Concept of Nadis
- 1.4 Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits.

Unit – II

2. KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA

- 2.1 Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits
- 2.2 Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits
- 2.3 Chakras, Kundalini and Nadis
- 2.4 Nadanusandhana and Various types of Samadhis.

Unit – III

3. INTRODUCTION OF GHERANDA SAMHITA

- 3.1 Introduction and History of Gheranda Samhita.
- 3.2 Concept of Ghatasth Yoga. Saptasadhana:- Shatkarma, Asanas, Pranyama, Pratyahara, Mudra, Dhyana, Smadhi
- 3.3 Shatkarma – Meaning Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati), Technique, Precautions and Benefits.
- 3.4 Asanas and Mudras – Meaning, Definition, Types, Technique, Precautions and Benefits.

Unit – IV

4. PRATYAHARA AND PRANAYAMAS

- 4.1 Pratyahara – Meaning, Types, Technique, Precautions and Benefits
- 4.2 Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
- 4.3 Dhayana – Meaning, Types, Technique, Precautions and Benefits.
- 4.4 Samadhi – Meaning, Types, Technique, Precautions and Benefits.

References Books:-

1. "Sadhan Paddhation Ka Gyan or Vigyan" – Pt Shri Ram Sharma.
2. "Hatha Yog Pradipika" – Kaivalyadham Lonavala.
3. "Hatha Yog Pradipika" – Swatmaram Krit Swami Digamberji.
4. "Ghorak Samhita" – Ghoraknath Mandir, Gorakpur.
5. "Gherand Samhita" - Kaivalyadham Lonavala.
6. "Text Book of Yoga" – Yogeshwar.
7. "Mysterious Kundalini" – Dr. Vasant Rule.
8. "Asan Pranayam Mudra, Bandh" – Swami Satyanand Saraswati.
9. "Prana and Pranayama" – Swami Niranjanananda Saraswati.

PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF YOGA - II

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. Cardio-Vascular System:

- 1.1 Structure & Functions of Heart.
- 1.2 Blood and its composition, functions of blood.
- 1.3 Types of Blood circulations: Systemic and Pulmonary
- 1.4 Effect of Yogic Practice on Cardio-Vascular System.

Unit-II

2. Nervous System:

- 2.1 Introduction of Nervous System Organs.
- 2.2 Types of Nervous Systems: Central, Peripheral & Autonomic nervous system.
- 2.3 Effect of Yogic Practice on Nervous System.
- 2.4 Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes

Unit-III

3. Excretory System

- 3.1 Organs of excretory system.
- 3.2 Structure of Kidney and Skin
- 3.3 Structure of nephron and physiology of the formation of urine.
- 3.4 Effect of Yogic Practices on Kidney and Skin

Unit-IV

4. Endocrine System:

- 4.1 Meaning of Endocrine glands, Name and location of endocrine glands.
- 4.2 Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal gland and their functions in body.
- 4.3 Meaning of Hormone and enzyme and their differentiation.
- 4.4 Effect of yogic practices on Endocrine glands and their secretions.

References Books:-

1. "Anatomy of Hatha Yoga" – Cuttler, H. D.
2. "Anatomy and Exercise Physiology" – Kumar, R.
3. "Human Anatomy, Vol.-I, Fourth Addition – Chaurasia B. D.
4. "Anatomy & Physiology" – Shiva V. K.

M. A. YOGA SEMESTER – II

PAPER – 203 HEALTH ASPECTS OF YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. Introduction of Yoga & Health

- 1.1 Meaning, Definition according to WHO & Importance of Health.
- 1.2 Dimensions of Health Physical, Mental, Social and Spiritual.
- 1.3 Concept of Health & Diseases in Indian Systems of Ayurveda.
- 1.4 Health Services and Guidance Instruction in Personal Hygiene.

Unit-II

2. Role of Yoga in Health Care

- 2.1 Role of Yoga in Preventing Health Care.
- 2.2 Asana & Health, Pranayam & Health.
- 2.3 Shatkarmas & Health, Mudra/Bandh & Health.
- 2.4 Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing

Unit-III

3. Yoga & Mental Health

- 3.1 Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva, Anavasthitatva, Dukha and Daurmanasy.
- 3.2 Meaning of Mental Health and Positive Mental Health.
- 3.3 Causes and Consequences of Conflict and Frustration.
- 3.4 Healing through Yoga : Mental Disorders, Depressive Disorders, Anxiety Disorders and Serious Mental Disorders.

Unit-IV

4. Yoga & Diet

- 4.1 Diet: Before and after yogic practices.
- 4.2 Concept and contents of Balance Diet, Yogic Diet and Moderation of Diet.
- 4.3 Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet.
- 4.4 Harmful Effects of Non-Vegetarian Diet.

References Books:-

1. "Yog & Mansic Swasthya" – Dr. Suresh Varnval.
2. "Abnormal Psychology" – Dr. A. K. Singh.
3. "Yog Sutra" - Raj Martind Bhojraj.
4. "Yog Darsan" – Rajveer Shashtri.

PAPER – 204 – APPLIED STATISTICS IN YOGA

Time : 3 Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit – I: Introduction to Statistics and Measures of Central Tendency

- 1.1 Meaning of Statistics. Need and importance of statistics in Yoga
- 1.2 Meaning of Data, Methods of organizing Data through Frequency Distribution.
- 1.3 Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode.
- 1.4 Merits and limitations of Mean, Median and Mode

Unit-II: Introduction of Variability

- 2.1 Meaning of measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.
- 2.2 Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.
- 2.3 Meaning of term Percentile and Quartiles Deviation. Computation of Percentile and Quartiles Deviation
- 2.4 Meaning of term Percentile Rank and Computation of Percentile Rank.

Unit – III: Introduction to Normal Probability Curve and Correlation

- 3.1 Meaning of Normal Probability Curve and Properties of Normal Curve.
- 3.2 Meaning and types of Skewness and kurtosis. Sigma Scores and T – Scores.
- 3.3 Meaning and Types of Linear Correlation.
- 3.4 Computation of Correlation Coefficient with Product Movement and Rank Difference Method.

Unit – IV: Graphical representation of data and testing of Hypothesis

- 4.1 Meaning and advantage of Graphical Representation of Data.
- 4.2 Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative- Frequency Graph, Bar-Diagram and Pie Diagram.
- 4.3 Meaning of two – tailed and one tailed test of significance,
- 4.4 Computing significance of difference between two means with t – Test (independent samples) and One way ANOVA Test.

REFERENCES:

Clarke.HH.The Application of Measurement in Health and Physical Education,1992.

Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986.

Shaw. Dhananjay. Fundamental statistics in Physical Education & Sports sciences, sports publication,2007.

Margaret J. Safrit : Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition-1998.

Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.

Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.

M. A. YOGA – 2nd SEMESTER

PAPER – 205 PRACTICAL SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

Maximum Marks: 70

1. **SURYA NAMASKARA - 12 ROUNDS**
2. **SUKSHAMA VYAYAMA**
3. **MEDITATIVE ASANAS:** Padmasan, Siddhasan, Vajarasana
4. **RELAXATIVE ASANAS:** Shavasana, Makarasan
5. **SUPINE LYING ASANAS:** Sarvangasan, Halasan, Chakrasan, Uttanpadanasan
6. **PRONE LYING ASANAS:** Bhujangasan, Ardhsalabhasan, Niralambasan
7. **SITTING ASANAS:** Paschimottanasan, Matsyandasan, Shashankasan, Ushtrasana, Suptavajarasana
8. **STANDING ASANAS:** Tadasan, Vrikshasan, Konasan, Padhastasan
9. **PRANAYAM:** Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari
10. **BANDH:** Jalandhar Bandh, Urdhva Bandh, Mool Bandh
11. **MUDRA:** Gyan Mudra Pranayamic Mudra, Vipritkarni Mudra
12. **SHATKARM:**
 - a) NETI : Two types (Jal Neti and Rubber Neti)
 - b) DHAUTI : Two Types (Kunjal Kriya and Agnisar Kriya)
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) TRATAK
13. **MEDITATION – Om recitation**
14. **RELAXATION TECHNIQUES – Shavasana, Yog Nidra,**
15. **PRACTICAL NOTE BOOK**

M. A. YOGA – 2nd SEMESTER

PAPER – 205 PRACTICAL SYLLABUS

ii) APPLIED STATISTICS: Maximum Marks: 30

Following statistical techniques with Excel & SPSS

- i) Calculation of Mean, Median & Standard Deviation (Marks = 10)
- ii) t - test, ANOVA & Correlation (Marks = 10)
- iii) Plotting different types of graphs (Marks = 10)

M. A. YOGA – 3rd SEMESTER

PAPER – 301: FUNDAMENTALS OF NATUROPATHY

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. INTRODUCTION TO NATUROPATHY

- 1.1 Meaning & Definitions, Fundamental Principles of Naturopathy.
- 1.2 Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana.
- 1.3 Physical, Mental, Spiritual Health.
- 1.4 Naturopathy and Allopathy.

Unit-II

2. HYDROTHERAPY

- 2.1 Hydrotherapy: Meaning, Definition and its Benefits.
- 2.2 General Principles of Hydrotherapy.
- 2.3 Concept of Ushapan and its benefits.
- 2.4 Classification of Temperature, Effects of Different Water Temperature on the body.

Unit-III

3. MUDTHERAPY

- 3.1 Mudtherapy: Meaning and its uses.
- 3.2 Classification of Mud for Therapeutic use and its effects.
- 3.3 Mud Bath, Different Bandages of Mud, their uses and application.
- 3.4 Soil: Meaning, Types, Characteristics and their uses in Naturopathy.

Unit-IV

4. FASTING AND DIETETICS

- 4.1 Fasting: Meaning and Classification.
- 4.2 Difference between Fasting and Starvation, Hunger and Appetite.
- 4.3 Diet According to Naturopathy and its types.
- 4.4 Fasting: Precautions before, during and after, Effect of fasting on human Body.

References Books:-

1. History & Philosophy of Naturopathy – Dr. S. J. Singh
2. Philosophy of Nature Cure – Dr. Henri Lindlhai.
3. Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydratic Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
4. Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-13:978-8131908457
5. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978-0879040055

M. A. YOGA – 3rd SEMESTER

PAPER – 302: BASIC YOGA TEXTS PRINCIPLE UPANISHADS & BHAGWAT GITA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. INTRODUCTION OF UPANISHADS

- 1.1 Katha Upanishad: Definition of Yoga; Nature of soul; Importance of Self Realization.
- 1.2 Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions.
- 1.3 Mundaka Upanikshad: Two approaches to Brahma Vidya-the Para and Aparā:
The greatness of Brahmavidya, The worthlessness of Selfish-Karma; Tapas and Gurubhakti.
- 1.4 The origin of creation, Brahman the target of meditation.

Unit-II

2. MESSAGES OF UPANISHADS

- 2.1 Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- 2.2 **Kena Upanishad:** indwelling Power; Indriya and antahkarana; Self and the Mind;.
- 2.3 **Kena Upanishad:** Intuitive realization of the truth, Truth transcendental; Moral of Yaksha Upakhyana;
- 2.4 Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit-III

3. BHAGWAT GITA

- 3.1 Introduction to Bhagwat Gita.
- 3.2 History of Bhagwat Gita.
- 3.3 Purpose and Importance of Yoga in Modern Time.
- 3.4 Nature of Dharma (Dharma Ka Swaroop): 2.31, 2.33, 2.39, 2.40, 3.35, 4.30, 9.31, 18.47 and 18.66

Unit-IV

4. TYPES OF YOGA IN BHAGWAT GITA

- 4.1 Sankhya and Gyan Yoga (Chapter-2: Shloka 12-72) and (Chapter-13: Shloka 07-34).
- 4.2 Karma Yoga (Chapter-3: Shloka 09-35) and (Chapter-4: Shloka 17-42).
- 4.3 Bhakti Yoga (Chapter-12: Shloka 01-20).
- 4.4 Characteristics of a Yogi (Chapter-2: Shloka 55-72).

References Books:-

1. Message of Upanishad, Bharatiya Vidya Bhawan, (1993)
2. Prasad, Ramanuj, (2003), "Know the Upanishads", V & S Publication, New Delhi, ISBN-9381384754.
3. Gambhirananda, Swami, (1957), Eight Upanishads with the commentary of Shankaracharya- Vol. 1 and Vol. 2", Advaita Ashrama, University of Virginia.
4. Radhakrishnan, Sarvepalli, (1974), "The Principal Upanishads", Allen & Unwin Publications, ISBN-8172231245.
5. Ghosh Aurobindo, (1995), "Essays on Gita", Shri Aurobindo Ashrama Press, Pondicherry.
6. Ranganathananda Swami, (2000), "Universal Message of Bhagawad Gita" Vol- 1 & 2, Advaita Ashrama, ISBN-8175052139.
7. Shastri, A. Mahadeva, (1901), "Shrimad Bhagawad Gita with Shankara Bhashya", Literary Licensing LLC, ISBN-1498160336.
8. Easwaran, Eknath, "Bhagawad Gita", Nilgiri Press, Canada, ISBN-978-1-58638-019-9

M. A. YOGA – 3rd SEMESTER

PAPER – 303: APPLICATIONS OF YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. YOGA IN EDUCATION

- 1.1 Meaning, Definitions, Aim and Objectives of Yoga Education.
- 1.2 Relationship between Yoga and Education.
- 1.3 Factors of Yoga Education and its significance.
- 1.4 Guru-Shishya Prampura in Yoga Education.
- 1.5 Role of Yoga in Development of Human Society.

Unit-II

2. VALUE EDUCATION

- 2.1 Meaning, Definitions and Types of Values.
- 2.2 Value Oriented Education and Modes of Living.
- 2.3 Contribution of Yoga towards development of values.
- 2.4 Role of Yoga Teacher in Value Oriented Education.
- 2.5 Salient Features of Ideal Yoga Teachers.

Unit-III

3. PERSONALTY DEVELOPMENT

- 3.1 Astang Yoga and Personality Development.
- 3.2 Personality Development with Specific Emphasis on Panchkosh.
- 3.3 Different Yoga Modules to improve memories.
- 3.4 Intelligence: Meaning and Concept of Intelligence According to Yoga.
- 3.5 Yoga Practice for I.Q. development.

Unit-IV

4. YOGA FOR STRESS MANAGEMENT

- 4.1 Stress: Introduction, Concept & Solution through Mandukya Krika (Relaxation and Stimulation as core for stress management).
- 4.2 Techniques of Stress Management in Astang Yoga of Patanjali and Bhagwat Gita.
- 4.3 Specific Practices for Stress Management (Breath Awareness, Shavasan, Yognidra).
- 4.4 Pranayam and Meditation for Stress Management.
- 4.5 Impact of Yogic Life Style on Stress Management.

References Books:-

1. Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.
2. Baron, R.A (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
3. Baron, A. Rober, (2002) "Psychology", Pearson Education Vth Ed.
4. Yog Prichya and Prampra – Dr. Praveen Kumar & Dr. Amrita Pritam.
5. Ahuja, R (2000) Value oriented education in India. In Modi, R. (Ed.), Human values and social change, Jaipur: Rawat Publications.

M. A. YOGA – 3rd SEMESTER

PAPER – 304: APPLIED PSYCHOLOGY IN YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. INTRODUCTION OF PSYCHOLOGY

- 1.1 Psychology: Meaning, Definition and Scope of Psychology in Yoga.
- 1.2 Nature and Branches of Psychology.
- 1.3 Relevance and Contribution of Psychology in Teaching & Learning Process of Yoga Education.
- 1.4 Methods of Psychology: General Introduction, Survey and Experiment Method.

Unit-II

2. LEARNING AND MOTIVATION

- 2.1 Learning: Meaning, Definition, Laws of Learning and Learning Curves.
- 2.2 Theories of Learning: Thorndike's Trial and Error, Pavlov's Learning by conditioning.
- 2.3 Motivation: Meaning, Definition, Concept and Dynamics of Motivation in Yoga.
- 2.4 Theories of Motivation: Abraham Maslow's Self Actualization Theory, Sigmund Freud's Instinct Theory.

Unit-III

3. PERSONALITY

- 3.1 Personality: Meaning, Definition and Structure of Personality.
- 3.2 Theories of Personality: Sigmund Freud's Psycho-Analytical Theory.
- 3.3 Type Theories of Personality: Kretschmer's, Sheldons and Jung's Classification.
- 3.4 Trait Theory of Personality: Allport and Eysenck .

Unit-IV

4. GUIDANCE AND COUNSELLING

- 4.1 Guidance: Meaning, Definition and Significance of guidance.
- 4.2 Principles of Guidance in Yoga Education.
- 4.3 Counseling: Meaning, Definition and Significance of Counseling and Different types of Counseling.
- 4.4 Concept of Counseling Process and Qualities of a Counselor.

References Books:-

1. Dr. Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.
2. Dridge & Hung: Psychological Foundations of Education. Harper and Row Publishers.
3. Kamlesh, M. L. Educatin Sports Psychology, New Delhi, Friends Pub., 2006.
4. Jaswant kaur Vir – Psychology of Teaching and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala. (2008).
5. Baron, R. A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentic-Hall of India.
6. Baron, A. Rober, (2002) “Psychology”, Pearson Education Vth Ed.
7. Cliffor T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), “Introduction to Psychology” – 7th Edition. Tata Mcgrw Hill Book Co. New Delhi.

M. A. YOGA – 3RD SEMESTER

PAPER – 305 PRACTICAL SYLLABUSES

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

Maximum Marks: 70

1. **PRAYER:** Gayatri Mantra, Mahamrimumjeya Mantra.
2. **SUKSHAMA VYAYAMA**
3. **SURYA NAMASKAR:** 12 Counts.
4. **SUPINE LYING ASANAS:** Sarvangasana, Padamsarvangasana, Karnpeedasana, Setubandhasana,
5. **PRONE LYING ASANAS:** Sarpasana, Dhanurasana, Puranabhujangasana, Puranashalabhasana.
6. **SITTING ASANAS:** Shirsasana, Kukkutasana, Suptvajrasana, Purnamatsyasana, Bakasana, Paschimottansana, Baddhpadmasana.
7. **STANDING ASANAS:** Tadasana, Vrikshasana, Trikonasana, Natrajasana.
8. **PRANAYAM:** Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
9. **BANDH:** Mahabandh
10. **MUDRA:** Matangini Mudra, Shaktichalani Mudra.
11. **SHATKARM:**
 - a) NETI : Double Rubber Neti
 - b) DHAUTI : Vastra Dhauti, Dhanda Dhauti
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) NAULI : Madhya, Vaam, Dakshine
12. **MEDITATION – Om recitation**
13. **RELAXATION TECHNIQUES – Shavasana, Yog Nidra,**
14. **PRACTICAL NOTE BOOK**

M. A. YOGA – 3RD SEMESTER

PAPER – 305 PRACTICAL SYLLABUS

ii) APPLIED PSYCHOLOGY:

Maximum Marks: 30

- i) Self Concept Questionare by Dr. Raj Kumar Saraswat. (Marks = 10)

- ii) Locus of Control by Levenson Scale (Marks = 10)

- iii) Emotional Intelligence Inventory by Dr. S. K. Mangal and Mrs. Shubhra Mangal. (Marks = 10)

M. A. YOGA – 4th SEMESTER

PAPER – 401: YOGA THERAPY

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. YOGA THERAPY: AN INTRODUCTION

- 1.1 Meaning, Definition and Importance of Yoga Therapy in modern age.
- 1.2 Concept and Scope of Yoga Therapy.
- 1.3 Principles of Yoga Therapy.
- 1.4 Limitations of Using Yoga Therapy.

Unit-II

2. CONCEPT OF DISEASES

- 2.1 Diseases, Meaning and their causes.
- 2.2 Classifications of Diseases.
- 2.3 Postural Deformities: Meaning and their Causes.
- 2.4 Treatment of Different types of Postural Deformities through Yoga Therapy (KYPHOSIS, LORDOSIS, SCIOLIOSIS, KNOCK-KNEE, FLAT-FOOT).

Unit-III

3. YOGA THERAPY FOR LIFE STYLE DISORDERS

- 3.1 Hypertension, Obesity and Blood Glucose disorders: Causes, Symptoms and Treatment through Yogic Therapy.
- 3.2 Gastric Intestinal Problem: Indigestion, Constipation, Acidity, Causes, Symptoms and Treatment through Yogic Therapy.
- 3.3 Cardiorespiratory disorders: Atherosclerosis and Bronchi Asthma: Causes Symptoms and their Treatment through Yoga Therapy.

Unit-IV

4. YOGA THERAPY FOR PSYCHOLOGICAL PROBLEMS

- 4.1 Stress, Anxiety and Depression: Meaning, Causes, Symptoms and their Treatment through Yoga.
- 4.2 Insomnia: Meaning, Causes, Symptoms and Treatment through Yoga.
- 4.3 Adjustment Problems: Meaning, Causes, Symptoms and Treatment through Yoga.
- 4.4 Attention – Deficit, Hyperactivity Disorder: Meaning, Causes, Symptoms, Treatment through Yoga.

References Books:-

1. Moorthy, A.M. (2005), "Yoga Therapy", Teacher Publishing House, Coimbatore
ISBN-9788180160240.
2. Swami, Shivananda Saraswati, (1957) "Yoga Therapy, Umachal Yoga Ashram, Guwahati".
3. Verma, Janki Prasad, (1962), "Rogo Ki Achuke Chikitsa" Leader Press, Allahabad.
4. Yogeshwar, "Simple Yoga Therapy", Yoga Center, Madras.
5. Tiwari, O.P., (1984), "Asanas-Why and How", Kaivalayadhama, Lonavala.
6. Roga & Yoga- Swami Shivanand.

M. A. YOGA – 4th SEMESTER

PAPER – 402: FOOD & NUTRITION

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. FOOD & NUTRITION

- 1.1 Meaning of Food, Nutrition and their importance.
- 1.2 Functions of Food and Nutrition.
- 1.3 Classifications of Nutrients.
- 1.4 Basic Principles of Nutrition.

Unit-II

2. NUTRIENTS

- 2.1 Proteins: Meaning, Classification, Sources, Functions and their requirements.
- 2.2 Fats and Carbohydrates: Meaning, Classification, Sources, Functions and their requirements.
- 2.3 Vitamins: Classification, Sources, Functions and their requirements.
- 2.4 Minerals: Classification, Sources, Functions and their requirements.
- 2.5 Water: Meaning, Sources and Functions.

Unit-III

3. BALANCED DIET

- 3.1 Meaning and Importance of Balanced Diet.
- 3.2 Factors Affecting Balanced Diet.
- 3.3 Concept of Yogic Diet.
- 3.4 Advantages/Disadvantages of Vegetarian and Non-Vegetarian Diets.
- 3.5 Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.

Unit-IV

4. MEAL PLANNING

- 4.1 Concept and Principles of Meal Planning.
- 4.2 Factors Affecting Meal Planning.
- 4.3 Meal Planning for Healthy Living.
- 4.4 Meal Planning for Adolescents Male and Female.
- 4.5 Food Intake: Timing, Concept of Dugdahar, Falahar, Alpahar and Apakahar in Yoga.

References Books:-

1. A hand book of food & nutrition – F. P. Antia.
2. Food & Nutrition - Swaminathan.
3. Jeukendrup Asker (Ed.) : Sports Nutrition : From Lab to Kitchen, Meyer and Meyer Sport (UK) Ltd., 2010.
4. Clark Nany : Sports Nutrition Guidebook – Third Edition, Human Kinetics, 2003.

M. A. YOGA – 4th SEMESTER

PAPER – 403: KINESIOLOGICAL ASPECT OF YOGA

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

Unit-I

1. INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS

- 1.1 Kinesiology: Meaning, significance and scope in Yoga.
- 1.2 Medical Terminology of Body Position.
- 1.3 Axis and planes: meaning and Types.
- 1.4 Terminologies of different Body movements.
- 1.5 Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion.

Unit-II

2. MUSCLES OF VARIOUS REGIONS

- 2.1 Functional classification Skeletal Muscles.
- 2.2 Origin, Insertion and Actions of Muscles in different asanas: Latissimus Dorsi, Trapezius Rhomboid Major, Rhomboid Minor, Rectus Abdominal, Gluteus Maximus, Gluteus Medius, Gluteus Minimus and Sternocleidomastoid muscle.

Unit-III

3. JOINTS OF UPPER EXTREMITY

- 3.1 Shoulder Joint – Structure, Ligaments, Muscle Reinforcement and Movements.
- 3.2 Elbow Joint – Structure, Ligaments, Muscle Reinforcement and Movements.
- 3.3 Origin, Insertion and Actions of Muscles in different asanas: Deltoid, Biceps, Triceps and Pectoralis Major.

Unit-IV

4. JOINTS OF LOWER EXTREMITY

- 4.1 Hip Joint – Structure, Ligaments, Muscle reinforcement and Movements.
- 4.2 Knee Joint - Structure, Ligaments, Muscle reinforcement and Movements.
- 4.3 Origin, Insertion and Action of Muscles in different asanas: Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle, Gastrocnemius Muscle.

References Books:-

1. *Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.*
2. *Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.*
3. *Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall*
4. *Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.*
5. *Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.*
6. *Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.*

M. A. YOGA – 4th SEMESTER

PAPER- (404): TEACHING METHODS OF YOGA

Time: 3 Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

UNIT –I

1. TEACHING METHODS

- 1.1 Meaning, Definition and Importance of Teaching Methods in Yoga.
- 1.2 Modern Concept of Teaching Methods
- 1.3 Types of Teaching Methods in Yoga.
- 1.4 Factors Affecting Teaching Methods.
- 1.5 Principles of teaching.

UNIT-II

2. COMMAND, FORMATION AND TEACHING AIDS

- 2.1 Command: Their types and uses in Yoga.
- 2.2 Teaching Aids: Meaning and Importance.
- 2.3 Types of Teaching Aids.
- 2.4 Modern concept of teaching Aids.
- 2.5 Class Formation: Meaning, Types and their importance.

UNIT-III

3. LESSON PLANNING

- 3.1 Meaning and Importance of Lesson Plan.
- 3.2 Objectives and Steps of Making Lesson Plan.
- 3.3 Types of Lesson Plan.
- 3.4 Factors Affecting Lesson Plan.
- 3.5. Basic Principles of Making Lesson Plan

UNIT-IV

4. CLASS MANAGEMENT

- 4.1 Meaning and Importance of Class Management.
- 4.2 Factors Affecting Class Management.
- 4.3 Steps of Class Management.
- 4.4 Organization and administration of Yoga Competition.
- 4.5 Rules of Inter-collegiate/University Level Yoga Competition

References Books:-

1. Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House), 1959.
2. Prof. Ramesh Chandra, Technology in the preparation of Teachers”, Usha Books, Delhi 2004.
3. Kochar S.K, “Methods and Techniques of Teaching (Sterling Publishers, New Delhi, 2010).
4. Walia JS, “Principles and Methods of Education” (Plant Publishers Jalandhar City-2003).

M. A. YOGA – 4TH SEMESTER

PAPER – 405 PRACTICAL SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

Maximum Marks: 50

1. **PRAYER:** Sankalp Mantra.
2. **SUKSHAMA VYAYAMA**
3. **SURYA NAMASKAR:** 12 Counts. **CHANDRA NAMASKAR.**
4. **PRAGYA YOGA**
5. **SUPINE LYING ASANAS:** Vipritkarniasana, Halasana, Chakrasana, Naukasana, Pawankuktasana,
6. **PRONE LYING ASANAS:** Bhujangasana, Shalabhasana, Dhanurasana, Vipritnaukasana,
7. **SITTING ASANAS:** Vajrasana, Suptvajrasana, Padamasana, Shashankasana, Akarana Dhanurasana, Gomukhasana, Ushtrasana, Ardhmatsyandrasana, Ekpadsakandhasana, Vatyanasana.
8. **STANDING ASANAS:** Tadasana, Vrikshasana, Trikonasana, Natrajasana.
9. **PRANAYAM:** Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
10. **SHATKARM:**
 - a) NETI : Jal, Rubber Neti
 - b) DHAUTI : Vaman (Kunjil), Dhanda Dhauti
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) TRATAK
11. **MEDITATION – Om recitation**
12. **RELAXATION TECHNIQUES – Shavasana, Yog Nidra,**
13. **PRACTICAL NOTE BOOK**

M. A. YOGA – 4TH SEMESTER

PRACTICAL – (405)

(ii) Teaching Practices of Asana, Pranayama and Shatkarmas

Marks: 50

Practice of teaching

Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.