

MASTER OF ART YOGA (M.A YOGA)-TWO YEAR PROGRAM UNDER CHOICE BASESD CREDIT SYSTEM (CBCS) W.E.F. 2019-20. LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. 2020-21



**KURUKSHETRA UNIVERSITY
KURUKSHETRA**

(Established by the State Legislature Act XII of 1956)

CBCS/LOCF/M.A (YOGA)-TWO YEAR PROGRAM/KUK

Scheme of Examination of Master of Art Yoga (M.A. Yoga) Choice Based Credit System (CBCS) under Semester System was be implemented w.e.f. 2019-20 in phased manner. It will be initially applicable on the course run on KUK campus i.e. Department of Physical Education, KUK.

COURSE STRUCTURE

Note: a) Each Compulsory Paper will be of 100 marks (80 marks external paper and 20 marks internal

assessment). Paper setter will be required to set 2 questions from each Unit – I, II, III & IV.

Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.

(b) Each Open Elective paper of M.A Yoga Course with paper code M.A Yoga -206 and M. A Yoga -306 will carry 50 (40 marks external paper and 10 marks internal assessment). There will be five (5) questions in all, candidate have to attempt three (3) questions only. Each question carry 16 marks except question number One (1) which is having 8 marks. There will be two questions from both units and candidate is required to attempt one question from each unit–I, II. Question No. 1 is compulsory consists of four (4) questions having 2 marks for each short questions distributed from all over the syllabus.

Also, the students will have to opt two Open Elective theory papers to be offered by other departments within the faculty only, one each in IInd and IIIrd Semester.

Course Symbol: C.C.C denotes ‘Compulsory Core Course’, C.F.C ‘Compulsory Foundation Course’ and O.E.C ‘Open Elective Course’.

Kurukshetra University, Kurukshetra

CBCS Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-1st

Total Credits= 21

Total Marks = 500

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 Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-2nd

Total Credits= 23

Total Marks = 550

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	CFC	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
M.A YOGA -206	Yoga Parichya/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			16	5	21	16	5	21	80	320	100	500

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2020-2021)
Semester-3rd

Total Credits= 23

Total Marks = 550

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	CFC	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
M.A YOGA -306	Yoga and Health/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			16	5	21	16	5	21	80	320	100	500

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2020-21)
Semester-4th

Total Credits= 21

Total Marks = 500

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–Syllabus
Modification/Revision in M.A Yoga Syllabus of Semester
C.B.C.S. System w.e.f. 2019-20

The duration of the course leading to the degree of Master of Yoga(M.A Yoga) shall be of four semesters. In the first year, there shall be two semester consisting of eleven courses (5 Courses in Ist Semester + 6 Courses in IInd Semester) in which 9 Theory, including one Open Elective Course & 2 Practicals. In the second/final year there will be two semesters consisting of eleven courses (9 theory courses including one Open Elective course & two Practicals).

Theory papers will be of 100 marks each (80 marks for external evaluation and 20 marks for internal assessment). Dissertation will be of 100 marks (80 marks for Evaluation + 20 marks for internal assessment). Practical will be of 100 marks mentioned according to the Scheme. External and Internal examiners will evaluate dissertation and practical jointly.

Internal Assessment will be based on the guidelines released by University.

In each theory paper, the candidate will be required to attempt five questions, including one compulsory question comprising of 10 short notes, in three hours.

All theory papers in all the four semesters are of four credits and Open Elective Course will have 2 Credits, Consisting of 50 marks (40 for Theory + 10 for internal assessment). Open Elective course will comprise of 2 Units out of which candidates are required to attempt 3 questions in total i.e. 2 Long questions having 16 marks each from each unit (1st & 2nd Unit) and 1 question comprising of 4 short questions having 2 marks for each question covering both the units.

PROGRAMME OUTCOMES:-

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-‘Education’.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills.

PROGRAMME SPECIFIC OUTCOMES

After completing the programme student- teacher will be able to:-

1. apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from diseases and promotions of health.
2. design, analyse, modify nutritional programme in consideration with physiological aspects, health aspects along with Kinesiological aspects that will positively effect yogic performance.
3. apply the basic concept of research process, test and measurement techniques and statistical application for computing results for generalization.
4. demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.
5. demonstrate and apply different yogic practices such as Aasans, Pranayam and Meditation and Sudhikiryas for the prevention of disease and other health benefits for masses.

M. A. YOGA – 1ST SEMESTER

PAPER – 101: FUNDAMENTALS OF YOGA

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 101.1** understand the concept of yoga in ancient and modern time application and importance of yoga in modern society.
- M.A Yoga 101.2** enhance the knowledge of different yogic schools like Hatha Yog, Bhakti Yog, Gyan Yog and its types.
- M.A Yoga 101.3** learn about various famous yogis such as Maharishi Patanjali, Guru Ghoraksh Nath, Swami Vivekanand etc. and their contribution in the development of yoga.
- M.A Yoga 101.4** enhance the knowledge about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.

SYLLABUS

Unit-I INTRODUCTION AND EVOLUTION OF YOGA

1. Meaning & Definitions of Yoga according to various schools of thoughts.
2. Historical Background and Development of Yoga.
3. Importance of Yoga in different fields in modern era.
4. Applications and Misconceptions about Yoga in Modern Society.

Unit-II SCHOOLS OF YOGA

1. Hatha Yoga – Aims and Objectives of Hatha Yoga
2. Bhakti Yoga – Types of Bhakti, Navdhabhakti
3. Meaning and Steps of Gyan Yog.
4. Meaning and Types of Mantra Yog.

Unit-III FAMOUS YOGIES

1. Biography of Maharishi Patanjali and his contribution in yoga
2. Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga
3. Biography of Swami Vivekananda and his contribution in yoga
4. Biography of Maharishi Aurbindo and his contribution in yoga

Unit-IV INTRODUCTION OF YOGA INSTITUTES IN INDIA

1. Dev Sanskriti Haridwar and its contribution in yoga
2. Gurukul Kangri University, Haridwar and its contribution in yoga
3. Kaivalyadham Lonavla, Pune and its contribution in yoga
4. Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga.

References Books:-

- Sharma, J.P. D (2007) manav jivan & yog friends publication, New Delhi*
Parmanik T.N. D(2017) Yogkla, sports publication New Delhi
Bhargav, G.M. D (2019) Yoga Education, Sports Publication, New Delhi
Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi
Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi
Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi
Parmanik, T.N. D(2018) yoga education sports publication, New Dehli

PAPER – 102: Anatomical and Physiological Aspects of Yoga

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:

After completion of the course contents of this paper, the student will be able to:

- | | |
|-----------------------|---|
| M.A Yoga 102.1 | understand the meaning of Anatomy & physiology, cell structure and functions, Skeletal System and its functions and effect of yogic practices on it. |
| M.A Yoga 102.2 | gain information about muscle property, its mechanism, muscle contraction and muscle fatigue and effects of yogic practices on muscular system. |
| M.A Yoga 102.3 | understand digestive track, digestion and absorption of food and effects of yogic practices on digestive system. |
| M.A Yoga 102.4 | enhance the knowledge of respiratory system, types of respiration , terminology related to respiratory system and effects of yogic practices on respiratory system. |

SYLLABUS

Unit-I GENERAL HUMAN ANATOMY AND PHYSIOLOGY

1. Meaning & Importance of Anatomy & Physiology.
2. Structure of Cell, Function of Cell and Tissue.
3. Skeletal System – Name and structure of all bones and joints of human body.
4. Effect of Yogic Practices on Skeletal System.

Unit-II MUSCULAR SYSTEM

1. Types and structure of muscle. Properties of Muscle.
2. Elementary knowledge of muscle contraction and muscle tone
3. Mechanism of Muscles Fatigue
4. Effect of Yogic Practices on Muscular System.

Unit-III DIGESTIVE SYSTEM

1. Structure of digestive tract and organs of digestive tract
2. Role of each digestive organ in digestion of food.
3. Physiology of food digestion and absorption.
4. Effect of Yogic Practices on Digestive System.

Unit-IV RESPIRATORY SYSTEM

1. Structure and functions of respiratory organs.
2. Physiology of external and internal respiration.
3. Elementary knowledge of various respiratory volumes & capacities.
4. Effect of yogic practices on respiratory system.

References Books:-

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.*
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sport: Sport Authority of India Delhi.*
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.*
- David, L Costill. (2004). Physiology of Sport and Exercise. Human Kinetics.*
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.*
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sport Physiology. WMC: Brown Publishers.*
- Sandhya Tiwaji. (1999). Exercise Physiology. Sport Publishers.*
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sport Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.*

PAPER – 103 PATANJALI YOGSUTRA

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 103.1** enhance knowledge about historical background,importance and relevance of Patanjali Yog Sutra in modern age.
- M.A Yoga 103.2** develop concept of Chit Vritti, Chitta Bhoomi, and Sabeej, Nirbeej Samadhi.
- M.A Yoga 103.3** understand the knowledge about Kriya Yog, Panchklesha, Antrang and Bahirang Sadhna.
- M.A Yoga 103.4** understand about various Siddhies, Karamas and concept of Kaivalya.

SYLLABUS

Unit – I INTRODUCTION OF PATANJALI YOGA SUTRAS

1. Historical Background of Patanjali Yoga Sutra.
2. Importance of Patanjali Yoga Sutras in Modern Age.
3. Patanjali Yoga as a Science.
4. Physical Mental and Social Excellence in Yoga Sutra.

Unit – II SAMADHI PADA

1. Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi
2. Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.
3. Chitta Vikshep and Chitt Prasadhan.
4. Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.

Unit – III SADHAN AND VIBHUTI PADA

1. Kriya Yoga and Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha
2. Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar
3. Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi
4. Samyama, Yoga Vibhootis and Ashtsiddhis

Unit – IV KAIVALYA PADA

1. Types of Sidhis.
2. Concept of Dharmamegh Samadhi
3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta
4. Concept of Kaivalya

References Books:-

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.*
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.*
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.*
- Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.*
- Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.*
- Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.*
- Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.*
- Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.*
- Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.*

PAPER – 104 - Research Methodology in Yoga

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (Ist, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:-

After completing the course contents, the students will be able to:-

- | | |
|-----------------------|---|
| M.A Yoga 104.1 | understand the meaning, need, types of research and research problem and its selection criteria in Yoga. |
| M.A Yoga 104.2 | understand the meaning, importance and types of sampling, methods and framing of hypothesis in yoga. |
| M.A Yoga 104.3 | understand the meaning and need of survey of related literature, research proposal, format of synopsis and types of variables |
| M.A Yoga 104.4 | apply knowledge of research report, its chapterization, writing bibliography in research with ethical issues. |

SYLLABUS

Unit – I: Introduction

1. Meaning and Definition of Research. Need of Research in Yoga
2. Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.
3. Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.
4. Delimitation and limitations of research problem

UNIT II – Concept of Sampling and Hypothesis

1. Meaning and Definition of Sample and Population.
2. Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.
3. Meaning and definition of Hypothesis, Importance Hypothesis in research,
4. Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

UNIT-III Review of related literature

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.
2. Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.
3. Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,
4. Format of a synopsis

Unit – IV Research Report

1. Research Report: Details of Chapterization of Thesis/ Dissertation,
2. Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals.
3. Technicalities of writing: Footnote and Bibliography.
4. Ethical Issues in Research: Areas of Dishonesty in research.

References Books:-

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, Londonl 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

PAPER – 105 PRACTICAL SYLLABUS (Part-i & ii)

Credits=5

Maximum Marks: 100

Part (i) Marks: 50

Part (ii) Marks: 50

Course Outcomes:-

After completing the course contents, students will be able to:

- M.A Yoga 105.1** apply and demonstrate of Surya Namaskar Cultural Asanas, Meditative Asanas and Relaxative Asanas.
- M.A Yoga 105.2** apply and demonstrate techniques of different Asanas and their effects on human body.
- M.A Yoga 105.3** calculate mean, median, standard deviation with help of Excel and SPSS.
- M.A Yoga 105.4** apply t-test, ANOVA, Co-relation & Graphical representation with help of Excel and SPSS.

Syllabus of Part (i)

1. PRAYER, SANKALPMANTRA
 2. SURYA NAMASKARA-12 ROUNDS
 3. PAWANMUKTASANA SERIES-I
 4. SUKSHAMA VYAYAMA
 5. MEDITATIVE ASANAS
 6. Padmasan, Siddhasan, Vajarasana
1. RELAXATIVE ASANAS:
Shavasana, Makarasana
 2. SUPINE LYING ASANAS:
Naukasana, Setubandhasana, Pawanmuktasana, Vipareetkaraniyasana, Ardhhalasana, Simplematsyasana
 3. PRONE LYING ASANAS:
Bhujangasana, Ardhsalabhasana, Niralambasana
 4. SITTING ASANAS:
 1. Janushirasana, Vakrasana, Mandukasana, Yog Mudra Shashankasana
 2. Ardhaushtasana, Uttan Mandukasana, Parvatasana
 5. STANDING ASANAS:
Tadasana, Natarajasana, Garudasana, Katichakrasana

6. STRETCHING PRACTICE

Syllabus of Part (i)

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 – 2nd SEMESTER

PAPER – 201 FUNDAMENTALS OF HATHA YOGA

Time: 3 Hours

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

Credits=4

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga201.1** understand the meaning of Hath yoga and concept of Mitahara, Pathya, Apathya, introduction of Asanas, Bandha, Mudra and meaning principles types and techniques of Asanas and Shatkarmas.
- M.A Yoga201.2** understand the meaning , types, techniques of Kumbhaka, Chakras, Kundalini, Nadis, Samadhies and Nadanusandhana.
- M.A Yoga201.3** understand the introduction, history, concept of Ghatasth Yoga, Shatkarmas, Asanas and Mudras according to Gheranda Samhita.
- M.A Yoga201.4** apply and demonstrate Pratyahara, Pranayamas, Dyan, Smadhi.

SYLLABUS

Unit – I INTRODUCTION OF HATHAPRADIPIKA

1. Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice
2. Concept of Mitahara, Pathya and Apathya
3. Introduction of Asanas, Mudra, Bandh & Concept of Nadis
4. Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits.

Unit – II KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA

1. Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits
2. Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits
3. Chakras, Kundalini and Nadis
4. Nadanusandhana and Various types of Samadhis.

Unit – III INTRODUCTION OF GHERANDA SAMHITA

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

Unit – IV PRATYAHARA AND PRANAYAMAS

1. Pratyahara – Meaning, Types, Technique, Precautions and Benefits
2. Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
3. Dhayana – Meaning, Types, Technique, Precautions and Benefits.
4. Samadhi – Meaning, Types, Technique, Precautions and Benefits.

References Books:-

- “George Feuerstein, (1975). *Text Book of Yoga*. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, (1990), *Anatomy and Physiology of Yogic Practices*. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), *The Yoga Adventure for Children*. Netherlands: A Hunter House book.
- Iyengar, B.K.S. (2000), *Light on Yoga*. New Delhi: Harper Collins Publishers.
- Karbelkar N.V.(1993) *Patanjal Yogasutra Bhashya (Marathi Edition)* Amravati: Hanuman Vyayam Prasarak Mandal
- Kenghe. C.T. (1976). *Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background*, Varanasi: Bharata Manishai.
- Kuvalyananada Swami & S.L. Vinekar, (1963), *Yogic Therapy – Basic Principles and Methods*. New Delhi: Govt. of India, Central Health Education and Bureau.
- Moorthy A.M. & Alagesan. S. (2004) *Yoga Therapy*. Coimbatore: Teachers Publication House.
- Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
- Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
- Swami Satyananda Saraswathi. (1984), *Kundalini and Tantra*, Bihar: Yoga Publications Trust.
- Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.
- Thirumalai Kumar. S and Indira. S (2011) *Yoga in Your Life*, Chennai: The Parkar Publication.
- Tiwari O.P. (1998), *Asanas-Why and How*. Lonavala: Kaivalyadham.

PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF YOGA

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 202.1.** enhance knowledge of Cardio-Vascular System, structure, functions and process and types of blood circulation and effects of yogic activities on Cardio-Vascular System.
- M.A Yoga 202.2** enhance knowledge of nervous system, its classification, functions and effect of yogic activities on nervous system.
- M.A Yoga 202.3** enhance knowledge of origins of Excretory System, their structure, physiology and effects of yogic practices on Excretory System.
- M.A Yoga 202.4** understand the knowledge of glands, types of glands, their hormones and secretion and effect of yogic practices on Endocrine Glands.

SYLLABUS

Unit-I Cardio-Vascular System:

1. Structure & Functions of Heart.
2. Blood and its composition, functions of blood.
3. Types of Blood circulations: Systemic and Pulmonary
4. Effect of Yogic Practice on Cardio-Vascular System.

Unit-II Nervous System:

1. Introduction of Nervous System Organs.
2. Types of Nervous Systems: Central, Peripheral & Autonomic nervous system.
3. Effect of Yogic Practice on Nervous System.
4. Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes

Unit-III Excretory System

1. Organs of excretory system.
2. Structure of Kidney and Skin
3. Structure of nephron and physiology of the formation of urine.
4. Effect of Yogic Practices on Kidney and Skin

Unit-IV Endocrine System:

1. Meaning of Endocrine glands, Name and location of endocrine glands.
2. Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal gland
3. and their functions in body.
4. Meaning of Hormone and enzyme and their differentiation.
5. Effect of yogic practices on Endocrine glands and their secretions.

References Books:-

- Amrit Kumar, R. Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.*
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sport: Sport Authority of India Delhi.*
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.*
- David, L Costill. (2004). Physiology of Sport and Exercise. Human Kinetics.*
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.*
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sport Physiology. WMC: Brown Publishers.*

PAPER – 203 HEALTH ASPECTS OF YOGA

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- | | |
|-----------------------|--|
| M.A Yoga 203.1 | develop concept of health, its dimensions, health services, guidance, personal hygiene and diseases in Indian system of Ayurveda. |
| M.A Yoga 203.2 | apply and demonstrate yogic practices i.e. Asanas, Prayanamas, Shatkarmas and Bandha for enhancing health. |
| M.A Yoga 203.3 | Understand meaning of mental health and mental disorders i.e. conflict, frustration, depressive disorders, anxiety disorders and their causes and healing through yogic practices. |
| M.A Yoga 203.4 | develop concept of diets including yogic diet for the health promotions. |

SYLLABUS

Unit-I Introduction of Health & Yoga

1. Meaning, Definition according to WHO & Importance of Health.
2. Dimensions of Health Physical, Mental, Social and Spiritual.
3. Concept of Health & Diseases in Indian Systems of Ayurveda.
4. Health Services and Guidance Instruction in Personal Hygiene.

Unit-II Role of Yoga in Health Care

1. Role of Yoga in Preventing Health Care.
2. Asana & Health, Pranayam & Health.
3. Shatkarmas & Health, Mudra/Bandh & Health.
4. Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing.

Unit-III Yoga & Mental Health

1. Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva, Anavasthitatva, Dukha and Daurmanasy.
2. Meaning of Mental Health and Positive Mental Health.
3. Causes and Consequences of Conflict and Frustration.
4. Healing through Yoga : Mental Disorders, Depressive Disorders, Anxiety Disorders and Serious Mental Disorders.

Unit-IV Yoga & Diet

1. Diet: Before and after yogic practices.
2. Concept and contents of Balance Diet, Yogic Diet and Moderation of Diet.
3. Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet.
4. Harmful Effects of Non-Vegetarian Diet.

References Books:-

Gore C.S (2011) Yoga & health sports publication New Delhi

Srivastava A.K. (2010) health and yoga sports publication New Delhi

Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi

Verma K.K. Swastya Shiksha Parkash Borthers Ludiana

Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi

PAPER – 204 – APPLIED STATISTICS IN YOGA

Time : 3 Hours

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

Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:-

After undergoing the course contents of this paper, the students will be able to:

- | | |
|----------------------|--|
| M.A Yoga204.1 | understand the meaning , need and importance of statistics and concept of data and measures of central tendency its merit and limitations. |
| M.A Yoga204.2 | understand and demonstrate variability, quartile deviation, percentile & quartile with computation, percentile, rank & its computation. |
| M.A Yoga204.3 | apply computation of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correlation. |
| M.A Yoga204.4 | understand and apply meaning, advantage and types of graphical representation of data & meaning of two tailed, t-test and Anova testing. |

SYLLABUS

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

1. Meaning of Statistics. Need and importance of statistics in Yoga
2. Meaning of Data, Methods of organizing Data through Frequency Distribution.
3. Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode.
4. Merits and limitations of Mean, Median and Mode

Unit-II: Introduction of Variability

1. Meaning of measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.
2. Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.
3. Meaning of term Percentile and Quartiles Deviation. Computation of Percentile and Quartiles Deviation
4. Meaning of term Percentile Rank and Computation of Percentile Rank.

Unit – III: Introduction to Normal Probability Curve and Correlation

1. Meaning of Normal Probability Curve and Properties of Normal Curve.
2. Meaning and types of Skewness and kurtosis. Sigma Scores and T – Scores.
3. Meaning and Types of Linear Correlation.
4. Computation of Correlation Coefficient with Product Movement and Rank Difference Method.

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

1. Meaning and advantage of Graphical Representation of Data.
2. Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.
3. Meaning of two – tailed and one tailed test of significance,
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. Dhananjoy. 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.

PAPER – 204 – APPLIED STATISTICS IN YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga204.1	3	3	3	3	3	3	3	3	3
M.A Yoga 204.2	3	3	3	3	3	3	3	3	3
M.A Yoga 204.3	3	3	3	3	3	3	3	3	3
M.A Yoga 204.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga204.1	1	3	3	3	3
M.A Yoga 204.2	1	3	3	3	3
M.A Yoga 204.3	1	3	3	3	3
M.A Yoga 204.4	1	3	3	3	3
Average	1	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 204.1	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.2	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.3	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.4	3	3	3	3	3	3	3	3	3	1	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	1	3	3	3	3

PAPER – 205 PRACTICAL SYLLABUS (Part i &ii)

Credits=5

Maximum Marks: 100

Part (i) Marks:70

Part (ii) Marks:30

Course Outcomes:-

After completing the course contents, students will be able to:

- M.A Yoga205.1** apply and demonstrate of Surya Namaskar , Asanas, Pranayamas and Sudhi Kriyas.
- M.A Yoga205.2** apply and demonstrate techniques of different yogic activities and their effects on human body.
- M.A Yoga205.3** calculate mean, median, standard deviation with help of Excel and SPSS.
- M.A Yoga205.4** apply t-test, ANOVA, Co-relation & Graphical representation with help of Excel and SPSS.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

1. SURYA NAMASKARA - 12 ROUNDS
2. SUKSHAMA VYAYAMA
3. MEDITATIVE ASANAS: Padmasan, Siddhasan, Vajarasana
4. RELAXATIVE ASANAS: Shavasan, Makarasan
5. SUPINE LYING ASANAS: Sarvangasan, Halasan, Chakrasan, Uttanpadanasan
6. PRONE LYING ASANAS: Bhujangasan, Ardhsahalabhasan, Niralambasan
7. SITTING ASANAS: Paschimottanasan, Matsyandhasan, Shashankasan, Ushtrasana, Suptavajarasan
8. STANDING ASANAS: Tadasan, Vrikshasan, Konasan, Padhastasan
9. PRANAYAM: Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari
10. BANDH: Jalandhar Bandh, Udyan 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 (Kunjali Kriya and Agnisar Kriya)
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) TRATAK
13. MEDITATION – Om recitation
14. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,
15. PRACTICAL NOTE BOOK

(ii) APPLIED STATISTICS

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

Open Elective

PAPER-206: YOGA PRICHAYA

Time: Two Hours

Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)

Note: Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 206.1** understand the meaning, historical background various types of yoga, need, importance and misconception about yoga in modern life.
- M.A Yoga 206.2** apply and demonstrate various yogic practices such as Asanas, Pranayamas, meditation, Bandha and Mudras and Shudhikriyas along with their processes and benefits.

SYLLABUS

Unit – I: Introduction of yoga and its elements.

1. Meaning, Definition and historical background of Yoga
2. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
3. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga.
4. Need and Importance of Yoga in modern life.
5. Misconceptions about Yoga.

Unit - II Yogic activities: Asanas, Pranayamas & Shudhikriyas.

1. Meaning and types of Asana: Cultural, Relaxative & Meditative.
2. Meaning and types of Pranayama: Suryabhedan, Ujjai, Sheetal, Sheetkari, Bhramari & Bhastrika.
3. Meaning and types of Shudhikriyas: Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhata.
4. Meaning and types of Bandhas: Jalandhar Mool & Udiyan.
5. Meditation and its processes.

References:

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V. (1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi:*

CBCS/LOCF/M.A (YOGA)-TWO YEAR PROGRAM/KUK

Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham

M. A. YOGA – 3rd SEMESTER

PAPER – 301: Fundamentals of Naturopathy

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga301.1** understand the meaning and definition, principles of Naturopathy and Swasthya Vritam and relations between Naturopathy and Allopathy.
- M.A Yoga301.2** understand the meaning, principles and benefits of Hydrotherapy in treating different ailments.
- M.A Yoga301.3** understand the meaning, classification and uses of Mudtherapy.
- M.A Yoga301.4** understand the meaning and classification of diet and fasting, difference between Starvation, hunger and appetite.

SYLLABUS

Unit-I INTRODUCTION TO NATUROPATHY

1. Meaning & Definitions, Fundamental Principles of Naturopathy.
2. Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana.
3. Physical, Mental, Spiritual Health.
4. Naturopathy and Allopathy.

Unit-II HYDROTHERAPY

1. Hydrotherapy: Meaning, Definition and its Benefits.
2. General Principles of Hydrotherapy.
3. Concept of Ushapan and its benefits.
4. Classification of Temperature, Effects of Different Water Temperature on the body.

Unit-III MUDTHERAPY

1. Mudtherapy: Meaning and its uses.
2. Classification of Mud for Therapeutic use and its effects.
3. Mud Bath, Different Bandages of Mud, their uses and application.
4. Soil: Meaning, Types, Characteristics and their uses in Naturopathy.

Unit-IV FASTING AND DIETETICS

1. Fasting: Meaning and Classification.
2. Difference between Fasting and Starvation, Hunger and Appetite.
3. Diet According to Naturopathy and its types.
4. Fasting: Precautions before, during and after, Effect of fasting on human Body.

References Books:-

History & Philosophy of Naturopathy – Dr. S. J. Singh

Philosophy of Nature Cure – Dr. Henri Lindlhai.

Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic

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

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. 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.

PAPER – 302: Basic Yoga Text Principles, Upanishads and Bhagwadgita

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga302.1** enhance the knowledge of different Upanishads, Prashan Upanishads, Mundaka Upanishads and greatness of Barma Vidhya.
- M.A Yoga302.2** enhance concept of Vidhya and Avidhya, Brahman, inwelling powers, realization of the truth and Sates of consciousness.
- M.A Yoga302.3** enhance knowledge about introduction, history, importance in modern time and nature of Dharma of Bhagwadgita.
- M.A Yoga302.4** understand the concept of Sankha, Gyan yoga, Karma and Bhakti Yoga with characteristics of yogi.

SYLLABUS

Unit-I INTRODUCTION OF UPANISHADS

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

Unit-II MESSAGES OF UPANISHADS

1. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
2. Kena Upanishad: indwelling Power; Indriya and antahkarana; Self and the Mind;
3. Kena Upanishad: Intutive relalization of the truth, Truth transcendental; Moral of Yaksha Upakhyana;
4. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit-III BHAGWAT GITA

1. Introduction to BhagwadGita.
2. History of BhagwadGita.
3. Purpose and Importance of Yoga in Modern Time.
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 TYPES OF YOGA IN BHAGWADGITA

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

References Books:-

Message of Upanishad, Bharatiya Vidya Bhawan, (1993)

Prasad, Ramanuj, (2003), "Know the Upanishads", V & S Publication, New Delhi, ISBN-9381384754.

Gambhirananda, Swami, (1957), Eight Upanishads with the commentary of Shankaracharya- Vol. 1 and Vol. 2", Advaita Ashrama, University of Virginia.

Radhakrishnan, Sarvepalli, (1974), "The Principal Upanishads", Allen & Unwin Publications, ISBN-8172231245.

Ghosh Aurobindo, (1995), "Essays on Gita", Shri Aurobindo Ashrama Press, Pondicherry. Ranganathananda Swami, (2000), "Universal Message of Bhagawad Gita" Vol- 1 & 2, Advaita Ashrama, ISBN-8175052139.

Shastri, A. Mahadeva, (1901), "Shrimad Bhagawad Gita with Shankara Bhashya", Literary Licensing LLC, ISBN-1498160336.

Easwaran, Eknath, "Bhagawad Gita", Nilgiri Press, Canada, ISBN-978-1-58638-019-9

PAPER – 303: APPLICATIONS OF YOGA

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 303.1** enhance knowledge about meaning, aim and objective of yoga education, and its relationship with yoga and education, its factors and significance, Guru Shishya Parmpara and role of yoga in development of Human society.
- M.A Yoga 303.2** understand the meaning, types and development of values, value oriented education, yoga teacher and silent features of ideal yoga teacher.
- M.A Yoga 303.3** enhance the knowledge of Astang yoga and personality development, different yog modules, concept of intelligence according to yoga.
- M.A Yoga 303.4** gain information about concept of stress, stress management techniques through yogic practices.

SYLLABUS

Unit-I YOGA IN EDUCATION

1. Meaning, Definitions, Aim and Objectives of Yoga Education.
2. Relationship between Yoga and Education.
3. Factors of Yoga Education and its significance.
4. Guru-Shishya Prampra in Yoga Education.
5. Role of Yoga in Development of Human Society.

Unit-II VALUE EDUCATION

1. Meaning, Definitions and Types of Values.
2. Value Oriented Education and Modes of Living.
3. Contribution of Yoga towards development of values.
4. Role of Yoga Teacher in Value Oriented Education.
5. Salient Features of Ideal Yoga Teachers.

Unit-III PERSONALTY DEVELOPMENT

1. Astang Yoga and Personality Development.
2. Personality Development with Specific Emphasis on Panchkosh.
3. Different Yoga Modules to improve memories.
4. Intelligence: Meaning and Concept of Intelligence According to Yoga.
5. Yoga Practice for I.Q. development.

Unit-IV YOGA FOR STESS MANAGEMENT

1. Stress: Introduction, Concept & Solution through Mandukya Krika (Relaxation and Stimulation) as core for stress management.
2. Techniques of Stress Management in Astang Yoga of Patanjali and Bhagwat Gita.
3. Specific Practices for Stress Management (Breath Awareness, Shavasan, Yognidra).
4. Pranayam and Meditation for Stress Management.
5. 4Impact of Yogic Life Style on Stress Management.

References Books:-

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

PAPER – 304: APPLIED PSYCHOLOGY IN YOGA

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga304.1** understand the meaning, scope, nature, branches and methods of psychology with relevance and contribution in teaching learning process of yoga education.
- M.A Yoga304.2** enhance the knowledge of laws of learning, learning curves, theories of learning, motivation and motivational theories.
- M.A Yoga304.3** understand the meaning definition, structure and theories of personality.
- M.A Yoga304.4** understand the meaning, principles, importance and process of Guidance and Counseling in yoga education.

SYLLABUS

Unit-I INTRODUCTION OF PSYCHOLOGY

1. Psychology: Meaning, Definition and Scope of Psychology in Yoga.
2. Nature and Branches of Psychology.
3. Relevance and Contribution of Psychology in Teaching & Learning Process of Yoga Education.
4. Methods of Psychology: General Introduction, Survey and Experiment Method.

Unit-II LEARNING AND MOTIVATION

1. Learning: Meaning, Definition, Laws of Learning and Learning Curves.
2. Theories of Learning: Thorndike's Trial and Error, Pavlov's Learning by conditioning.
3. Motivation: Meaning, Definition, Concept and Dynamics of Motivation in Yoga.
4. Theories of Motivation: Abraham Maslow's Self Actualization Theory, Sigmund Freud's Instinct Theory.

Unit-III PERSONALITY

1. Personality: Meaning, Definition and Structure of Personality.
2. Theories of Personality: Sigmund Freud's Psycho-Analytical Theory.
3. Type Theories of Personality: Kretschmer's, Sheldons and Jung's Classification.
4. Trait Theory of Personality: Allport and Eysenck.

Unit-IV GUIDANCE AND COUNSELLING

1. Guidance: Meaning, Definition and Significance of guidance.
2. Principles of Guidance in Yoga Education.
3. Counseling: Meaning, Definition and Significance of Counseling and Different types of Counseling.
4. Concept of Counseling Process and Qualities of a Counselor.

References Books:-

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

PAPER – 305 PRACTICAL SYLLABUS (Part i &ii)

Credits=5

Maximum Marks: 100

Part i:70 marks

Part ii:30 marks

Course Outcomes:-

After completing the course contents, students will be able to:

- M.A Yoga305.1** apply and demonstrate of Surya Namaskar , Asanas, Pranayamas and Shudhikriyas.
- M.A Yoga305.2** apply and demonstrate techniques of different yogic activities and their effects on human body.
- M.A Yoga305.3** fill psychological questionnaire in research process.
- M.A Yoga305.4** apply and demonstrate administrations of Psychological Scales for research process.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

1. PRAYER: Gayatri Mantra, Mahamritunjya 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, Vrikshasan, 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

(ii) APPLIED PSYCHOLOGY:

- i) Self Concept Questionnaire 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)

Open Elective

PAPER - 306 YOGA AND HEALTH

Time: Two Hours

Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)

Note: Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga306.1** enhance the concept of health, yogic diet, Asana and Pranayama in process of health promotions.
- M.A Yoga306.2** apply and demonstrate different yogic practices in treatment of different health problems i.e. Stress, Hypertension, Diabetes, Cervical Spondylosis and Obesity.

SYLLABUS

Unit – I INTRODUCTION OF HEALTH & YOGIC PRACTICES.

1. Meaning, Definition and Concept of Health
2. Yogic diet and health.
3. Cultural asanas and health: Paschimottan ,Hal ,Bujang, Shalabh, Vipritkarni, Sarvang, Trikon, Shirsh, Ushtra, Suptavajra.
4. Relaxative asanas and health: Savasna & Makrasna.
5. Meditative asanas and health: Padam, Vajra, Sihasna, Singhasna.
6. Pranayama and health: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.

Unit – II HEALTH PROBLEMS & TREATMENT THROUGH YOGA.

1. Shudhikriyas and health : Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhati.
2. Stress management through Yogic practiseses
3. Hypertension: Meaning, causes and yogic treatment.
4. Diabetes: Meaning,types, causes and yogic treatment
5. Cervical Spondylosis: Meaning, causes and yogic treatment.
6. Obesity: Meaning, causes and yogic treatment

References Books:-

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.*
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.*
- Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal*
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.*
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.*
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.*
- Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.*
- Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.*
- Swami Satyananda Sarasvathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.*

PAPER – 401: YOGA THERAPY

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga 401.1** understand the meaning, scope, principles, importance and limitations of yoga therapy.
- M.A Yoga 401.2** enhance the knowledge about diseases, their causes, classifications and treatment of different types of postural deformities through yog therapy.
- M.A Yoga 401.3** enhance the knowledge of hypertension, obesity, blood glucose disorders, gsrlic intestinal problem, cardio respiratory disorders, their causes, symptoms and treating life style disorders through yog therapy.
- M.A Yoga 401.4** understand the meaning, causes, symptoms of stress, anxiety, depression insomnia, and adjustment and their yogic treatment.

SYLLABUS

Unit-I YOGA THERAPY: AN INTRODUCTION

1. Meaning, Definition and Importance of Yoga Therapy in modern age.
2. Concept and Scope of Yoga Therapy.
3. Principles of Yoga Therapy.
4. Limitations of Using Yoga Therapy.

Unit-II CONCEPT OF DISEASES

1. Diseases, Meaning and their causes.
2. Classifications of Diseases.
3. Postural Deformities: Meaning and their Causes.
4. Treatment of Different types of Postural Deformities through Yoga Therapy (KYPHOSIS, LORDOSIS SCIOLIOSIS, KNOCK-KNEE, FLAT-FOOT).

Unit-III YOGA THERAPY FOR LIFE STYLE DISORDERS

1. Hypertension, Obesity and Blood Glucose disorders: Causes, Symptoms and Treatment through Yogic Therapy.
2. Gastric Intestinal Problem: Indigestion, Constipation, Acidity, Causes, Symptoms and Treatment through Yogic Therapy.
3. Cardio respiratory disorders: Atherosclerosis and Bronchi Asthma: Causes Symptoms and their Treatment through Yoga Therapy.

Unit-IV YOGA THERAPY FOR PSYCHOLOGICAL PROBLEMS

1. Stress, Anxiety and Depression: Meaning, Causes, Symptoms and their Treatment through Yoga.
2. Insomnia: Meaning, Causes, Symptoms and Treatment through Yoga.
3. Adjustment Problems: Meaning, Causes, Symptoms and Treatment through Yoga.
4. Attention – Deficit, Hyperactivity Disorder: Meaning, Causes, Symptoms, Treatment through Yoga.

References Books:-

*Moorthy, A.M. (2005), "Yoga Therapy", Teacher Publishing House, Coimbatore
ISBN-9788180160240.*

Swami, Shivananda Saraswati, (1957) "Yoga Therapy, Umachal Yoga Ashram, Guwahati".

Verma, Janki Prasad, (1962), "Rogo Ki Achuke Chikitsa" Leader Press, Allahabad.

*Yogeshwar, "Simple Yoga Therapy", Yoga Center, Madras. Tiwari, O.P., (1984), "Asanas-Why and How",
Kaivalyadhama, Lonavala.*

Roga & Yoga- Swami Shivanand.

PAPER – 402: FOOD & NUTRITION (i)

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga402(i).1** understand the meaning, functions, classifications, principles and importance of food and nutrition.
- M.A Yoga402(i).2** enhance the knowledge of classification, sources, functions and requirements of various nutrients i.e. protein, fat, vitamins, minerals and water.
- M.A Yoga402(i).3** enhance the knowledge of balance diet, yogic diet, their factors affecting, advantages and disadvantages of vegetarian and non-vegetarian diet.
- M.A Yoga402(i).4** understand and apply the concept of meal planning, its affecting factors, meal planning for male and female and food intake.

SYLLABUS

Unit-I FOOD & NUTRITION

1. Meaning of Food, Nutrition and their importance.
2. Functions of Food and Nutrition.
3. Classifications of Nutrients.
4. Basic Principles of Nutrition.

Unit-II NUTRIENTS

1. Proteins: Meaning, Classification, Sources, Functions and their requirements.
2. Fats and Carbohydrates: Meaning, Classification, Sources, Functions and their requirements.
3. Vitamins: Classification, Sources, Functions and their requirements.
4. Minerals: Classification, Sources, Functions and their requirements.
5. Water: Meaning, Sources and Functions.

Unit-III BALANCED DIET

1. Meaning and Importance of Balanced Diet.
2. Factors Affecting Balanced Diet.
3. Concept of Yogic Diet.
4. Advantages/Disadvantages of Vegetarian and Non-Vegetarian Diets.
5. Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.

Unit-IV MEAL PLANNING

1. Concept and Principles of Meal Planning.
2. Factors Affecting Meal Planning.
3. Meal Planning for Healthy Living.
4. Meal Planning for Adolescents Male and Female.
5. Food Intake: Timing, Concept of Dugdahar, Falahar, Alpahar and Apakahar in Yoga.

References Books:-

- Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.*
- Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12), 3091-3096.*
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228.*
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176-2183.*
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.*

M.A Yoga 402: Option – (ii) - Dissertation

Maximum Marks: 100
(Evaluation Marks =80+ Int. Assessment = 20)

Note: Students must submit their Dissertation in the office of the Department before the Start of 4th semester theory exams.

Course Outcomes:-

After completing the course contents of this course, the students will be able to: -

- | | |
|---------------------------|--|
| M.A Yoga 402(ii).1 | enhance the basic concept of research and its need and characteristics in Physical Education and Sports. |
| M.A Yoga 402(ii).2 | enhance the knowledge about research process and its contents. |
| M.A Yoga 402(ii).3 | apply review of related literature. |
| M.A Yoga 402(ii).4 | apply statistical techniques for computing results and writing research reports. |

M.A Yoga – 402: Option – (ii) - Dissertation

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 402(ii).1	3	2	3	3	3	3	1	1	3
M.A Yoga 402(ii).2	3	2	3	3	3	3	2	3	3
M.A Yoga 402(ii).3	3	3	3	3	3	3	1	3	3
M.A Yoga 402(ii).4	3	3	3	3	3	3	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 402(ii).1	3	2	3	3	3
M.A Yoga 402(ii).2	3	2	3	3	3
M.A Yoga 402(ii).3	3	2	3	3	3
M.A Yoga 402(ii).4	3	2	3	3	3
Average	3	2	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 402(ii).1	3	2	3	3	3	3	1	1	3	3	2	3	3	3
M.A Yoga 402(ii).2	3	2	3	3	3	3	2	3	3	3	2	3	3	3
M.A Yoga 402(ii).3	3	3	3	3	3	3	1	3	3	3	2	3	3	3
M.A Yoga 402(ii).4	3	3	3	3	3	3	3	3	3	3	2	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3	3	2	3	3	3

PAPER – 403: KINESIOLOGICAL ASPECT OF YOGA

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completing the course contents of this course, the students will be able to: -

- | | |
|----------------------|--|
| M.A Yoga403.1 | enhance the knowledge of Kinesiology its scope, axis and planes, their types, terminology of body position and body movements. |
| M.A Yoga403.2 | understand the meaning, functional classification, origin, insertion and action of various groups of muscles. |
| M.A Yoga403.3 | enhance the knowledge of origin, insertion and action of shoulder joint and elbow joint. |
| M.A Yoga403.4 | enhance the knowledge of movement, origin, insertion and action of hip and knee joint. |

SYLLABUS

Unit-I INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS

1. Kinesiology: Meaning, significance and scope in Yoga.
2. Medical Terminology of Body Position.
3. Axis and planes: meaning and Types.
4. Terminologies of different Body movements.
5. Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion.

Unit-II MUSCLES OF VARIOUS REGIONS

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

Unit-III JOINTS OF UPPER EXTREMITY

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

Unit-IV JOINTS OF LOWER EXTREMITY

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

References Books:-

Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.

Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.

Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall

Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.

Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.

Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.

PAPER- (404): TEACHING METHODS OF YOGA

Time: 3 Hours

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

Credits=4

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.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- M.A Yoga404.1** enhance and apply the knowledge of teaching methods , meaning, importance, types, principles and modern concept in teaching learning process.
- M.A Yoga404.2** apply and demonstrate, command, class formation, teaching aids, its types, importance and modern concept of teaching aids.
- M.A Yoga404.3** apply the principles of lesson plan alongwith its objective and effecting factor in teaching yoga.
- M.A Yoga404.4** understand the meaning, steps, factors affecting and importance of class management with enhance the knowledge of organization and rules of yoga competitions.

SYLLABUS

UNIT –I TEACHING METHODS

1. Meaning, Definition and Importance of Teaching Methods in Yoga.
2. Modern Concept of Teaching Methods Types of Teaching Methods in Yoga.
3. Factors Affecting Teaching Methods.
4. Principles of teaching.

UNIT-II COMMAND, FORMATION AND TEACHING AIDS

1. Command: Their types and uses in Yoga.
2. Teaching Aids: Meaning and Importance.
3. Types of Teaching Aids
4. Modern concept of teaching Aids.
5. Class Formation: Meaning, Types and their importance.

UNIT-III LESSON PLANNING

1. Meaning and Importance of Lesson Plan.
2. Objectives and Steps of Making Lesson Plan.
3. Types of Lesson Plan.
4. Factors Affecting Lesson Plan.
5. Basic Principles of Making Lesson Plan

UNIT-IV CLASS MANAGEMENT

1. Meaning and Importance of Class Management.
2. Factors Affecting Class Management.
3. Steps of Class Management.
4. Organization and administration of Yoga Competition.
5. Rules of Inter-collegiate/University Level Yoga Competition.

References Books:-

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

PAPER – 405 PRACTICAL SYLLABUS ((Part i &ii)

Credits=5

Maximum Marks: 100

Part i Marks: 50

Part ii Marks:50

Course Outcomes:

After completing the course contents, students will be able to:

- M.A Yoga405.1** apply and demonstrate different techniques of Prayer, Surya Namaskar and Chander Namaskar
- M.A Yoga405.2** apply and demonstrate different techniques of various Asanas, Pranayams and Sudhikriyas on human body.
- M.A Yoga405.3** make lesson planning for different yogic activities.
- M.A Yoga405.4** apply and demonstrate different yogic activities with suitable pedagogical techniques.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

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, Ekpads kandhasana, Vatyanasana.
8. STANDING ASANAS: Tadasan, Vrikshasan, Trikonasana, Natrajasana.
9. PRANAYAM: Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
10. SHATKARM:
 - a) NETI : Jal, Rubber Neti
 - b) DHAUTI : Vaman (Kunjal), Dhanda Dhauti
 - c) KAPALBHATI : Vaatkarma, Sheetkarma
 - d) TRATAK
11. MEDITATION – Om recitation
12. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,
13. PRACTICAL NOTE BOOK

(ii) Teaching Practices of Asana, Pranayama and Shatkarmas:

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.

Attainment of COs:

The attainment of COs can be measured on the basis of the results of internal assessment and semester examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

Table 5 : CO Attainment Levels for internal assessment.

Attainment Level	
1 (Low level of attainment)	50% of students score more than 50% of marks in class tests of a course.
2 (Medium level of attainment)	60% of students score more than 50% of marks in class tests of a course.
3 (High Level of attainment)	70% of students score more than 50% of marks in class tests of a course.

Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. M.A Yoga 101.1 and M.A Yoga 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e. M.A Yoga 101.3 and M.A Yoga 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

- i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. M.A Yoga 101.1
- ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. M.A Yoga 101.2
- iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. M.A Yoga 101.3
- iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. M.A Yoga 101.4
- v. Take average of the percentages obtained above.
- vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course. The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.

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M.A Yoga 102									
M.A Yoga 103									
-									
M.A Yoga 405									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For M.A Yoga 101-PO1 Cell:

PO1 attainment value = (Mapping factor of M.A Yoga 101-PO1 from Table 4 x Overall CO attainment value for the course M.A Yoga 101)/3

For M.A Yoga 104-PO1 Cell:

PO1 attainment value = (Mapping factor of M.A Yoga 104-PO1 from Table 4 x Overall CO attainment value for the course M.A Yoga 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of last semester of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

Table 8: PO Questionnaire for indirect measurement of PO attainment
(For Outgoing students)

At the end of my degree program I am able to do:

Statements of POs	Please Tick any one		
1. Learners will be able to comprehend the acquire knowledge during the Program of study.	3	2	1
2. Learners will be able to reflect on the issues relating to the discipline- 'Education'.	3	2	1
3. Learners will be able to exhibit the	3	2	1

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professional skills and competencies acquired during the Program of study.			
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.	3	2	1
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.	3	2	1
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.	3	2	1
7. Learners will be able to discuss and solve the problems relating to the discipline and life.	3	2	1
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.	3	2	1
9. Learners will be able to apply different tools and techniques of communication and related skills.	3	2	1

Overall PO attainment values can be written as shown in Table 9:

Table 9: Overall PO attainment Values.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
Direct PO attainment									
Indirect PO attainment									
Overall PO attainment.									
Target									

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.