

Chaudhary Bansilal University, Bhiwani



NEP Examination Scheme & Syllabi for Master of Science in Yoga (Semester – I-IV)

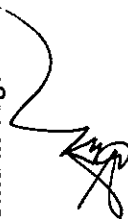
Ch. Bansilal University, Bhiwani

Scheme of Examination for M.Sc. In yoga

Semester-II			Credits = 26				Marks =650					
Paper Code	Subjects	Type of Course	Credit			Contact Hours Per Week			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
25PN-MSYOG-201	Ptanjali Yogasutra	C.C-5.	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-202	Yog in Upnishad and Bhagavad Geeta	C.C -6	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-203	Human anatomy and Physiology II	C.C-7	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-204	Applied Yoga for Lifestyle Disorders	C.C-8	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC205 Or 25PN-MSYOG-DEC206	Yoga for Special Populations	DEC-2	04	--	04	04	--	04	70	30	--	100
	Education Technology		04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-207	Practical- 2 (Sukshma Vyayama, Asana, Kriyas and Pranayama)	Practicum-2	--	04	04	--	08	08	--	30	70	100
		IKS/VAC	02 credit offered from the University pool of Courses									50
Total						28	350	180	70	650		

Note- After 2nd semester Its Mandatory to Conduct One Month yoga camp in school/College/ Hospital/ Village/ any institution etc. The Marks of this training camp will be counted as internal assessment marks in Employability & Entrepreneurship Course offered in 3rd semester. Candidate will learn therapeutic / teaching/ Coaching / Administration/ Organization aspect during this period.

Note- If Student wants to Exit M. Sc in Yoga after one year, according to NEP He / She can take PG Diploma in Yoga.



	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7
Course 1 Foundation of yoga	H	M	M	L	L	L	M
Course 2 Hatha Yoga	M	H	M	M	L	L	M
Course 3 Human anatomy and Physiology-I	L	M	H	M	L	L	L
Course 4 Teaching Methodology and Value in Yoga	L	M	M	H	L	M	H
Course 5 Hygiene Diet & Nutrition	L	M	H	M	L	L	M
Course 6 Health Education	L	M	M	L	L	L	L
Course 7 Practical – 1 (Prayer, Breathing Practices and Basic Asanas Poses)	M	H	H	H	H	M	M
Course 8 Patanjali Yogasutra	H	M	M	M	M	M	H
Course 9 Yog in Upnishad and Bhagavad Geeta	H	M	M	M	M	M	H
Course 10 Human anatomy and Physiology II	L	M	M	H	H	H	M
Course 11 Applied Yoga for Lifestyle Disorders	L	M	M	M	M	H	H
Course 12 Yoga for Special	M	H	H	H	M	M	L

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Populations							
Course 13 Education Technology	M	M	L	M	H	M	L
Course 14 Practical- 2 (Sukshma Vyayama, Asana, Kriyas and Pranayama)	M	H	H	H	M	H	M
Course 15 Yog in Upnishad and Yogvasishtha	H	L	L	M	M	M	M
Course 16 Research Process in Yoga	L	L	L	M	H	H	M
Course 17 Kinesiology Aspect of Yoga	L	M	M	M	H	M	M
Course 18 Yoga in Indian Philosophy	H	L	L	L	M	M	M
Course 20 Yoga and Mental Health	M	M	H	H	M	M	M
Course 21 Panchkarma	M	H	H	H	M	H	H
Course 22 Yoga Therapy for Common Ailments	M	H	H	H	M	H	H
Course 23 Practical-3 (Sathul Vyayama, Advance Asana , Kriyas & Meditation)	L	H	H	H	H	H	H
Course 24 Entrepreneurship Skills for Yoga Professionals	L	H	H	H	M	H	H
Course 25 Introduction of Yogis	H	L	M	M	L	M	H

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Course 26 Applied Psychology in Yoga	H	L	M	L	M	M	H
Course 27 Yoga and Naturopathy	M	H	H	H	M	M	H
Course 28 Yoga and Nutrition	M	L	M	M	M	H	H
Course 29 Integrated Alternative Therapy	M	L	M	M	M	M	H
Course 30 Yoga and Sports Science	L	M	H	M	M	M	M
Course 31 Prana & Reiki Therapy	M	H	H	M	M	M	H
Course 32 Yoga for Immunity and Preventive Health	M	H	H	M	M	M	H
Course 33 Practical- 4 (Mudras , Meditation and Naturopathy)	M	H	H	H	M	H	H

Course- PLO Mapping (H = High, M = Medium, L = Low)

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Chaudhary Bansilal University, Bhiwani



Examination Scheme & Syllabi for Master of Science in Yoga As Per NEP-2020 (Semester –I to IV)

M.Sc. Yoga Syllabus and Scheme Approved by PGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

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Master of Science in Yoga

Semester -II

Paper Code :25PN-MSYOG-201

Paper: Ptanjali Yogasutra

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1:Explain the historical background, structure, and key concepts of the *Patanjali Yoga Sutra*.

CLO2:Interpret the philosophical foundations of Ashtanga Yoga and their relevance to modern life.

CLO3:Analyze selected sutras to understand their application in personal and spiritual development.

CLO4:Integrate Patanjali's teachings into daily life and yoga practice for holistic growth.

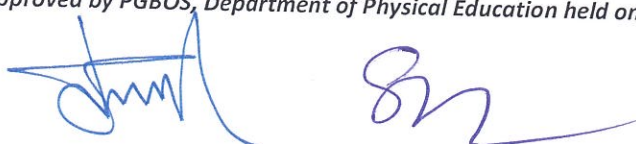
Unit I: Introduction to Patanjali Yogasutra

- Historical and philosophical background of Patanjali Yogasutra.
- Life and contribution of Maharshi Patanjali.
- Structure of Yogasutra: The four Padas (Samadhi, Sadhana, Vibhuti, Kaivalya).
- Definitions: Yoga, Chitta, Vrttis, Abhyasa, Vairagya.
- Importance of Yogasutra in classical yoga tradition.

Unit II: Samadhi Pada

- Meaning and types of Samadhi (Samprajnata and Asamprajnata Samadhi).
- Concept of Chitta Vrttis and their classification.
- Chitta Vrtti Nirodha: Practice (Abhyasa) and Detachment (Vairagya).
- Role of Ishwara and Ishwara Pranidhana.
- Obstacles in Yoga (Antarayas) and methods to overcome them.

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Unit III: Sadhana Pada

- Concept of Kriya Yoga: Tapas, Svadhyaya, Ishwara Pranidhana.
- Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara – definition and application.
- Ethical foundation: Detailed study of Yamas and Niyamas.
- Relevance of Sadhana Pada in modern lifestyle.
- Yoga as a tool for personality development.

Unit IV: Vibhuti & Kaivalya Pada

- Dharana, Dhyana, Samadhi – detailed explanation (Antaranga Yoga).
- Samyama: Concept and applications.
- Siddhis (Vibhutis): Powers, risks, and relevance.
- Kaivalya: Concept of liberation according to Patanjali.
- Relevance of Patanjali Yogasutra in contemporary yoga practice and research.

Reference Books

1. Swami Satyananda Saraswati, Four Chapters on Freedom, Yoga Publication Trust, Munger, Bihar–2001
2. P.V. Karambelkar, Pātañjala Yogasūtra, Kaivalyadham SMYMSamiti, Lonavla
3. Four Chapters on Freedom, Swami Satyananda Saraswati, BYS, Munger
4. The Science of Yoga, Taimini
5. Patanjala Yoga Sutra-Geeta Press Gorakhpur
6. Patanjala Yoga Sutra-Nandalal Dashora



Master of Science in Yoga

Semester -II

Paper Code : 25PN-MSYOG-202

Paper: Yog in Upnishad and Bhagavad Geeta

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1: Explain the concept and philosophy of yoga as presented in selected Upanishads and the *Bhagavad Gita*.

CLO2: Interpret the different paths of yoga—Jnana, Bhakti, Karma, and Dhyana—as described in these texts.

CLO3: Analyze the relevance of yogic teachings from these scriptures in contemporary life.

CLO4: Integrate philosophical insights from the Upanishads and *Bhagavad Gita* into personal sadhana and teaching practice.

Unit-1: Upanishads

- **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- **Kena Upanishad:** Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
- **Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization.
- **Prashno Upanishad:** Concept of Prana and rayi (creation); Pancha pranas; The six main questions

Unit-2: Upanishads

- **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.
- **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli.

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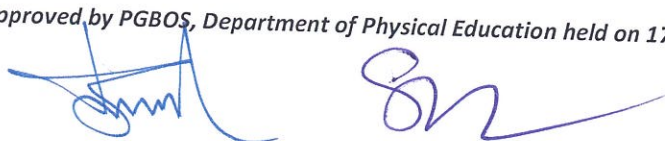
- **Brihadaranyaka Upanishad:** Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Unit-3: Upanishads

- **Mundaka Upanishad:** Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation-Brahmanubhuti.
- **Mandukya Upanishad:** Four States of Consciousness and their relation to syllables in Omkara
- **Chhandogya Upanishad:** Om (udgitha) Meditation; Shandilyavidya.

Unit-4: Bhagavad Gita

- General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope;
- Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt. II),
- Karma Yoga (Chpt. III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI);
- Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt. XII), Means and End of Bhakti-Yoga;
- The Trigunas and nature of Prakriti;
- Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt. XIV & XVII)
- Daivasura-Sampad-Vibhaga Yoga (Chpt. XVI); Moksa-Samnyas Yoga (Chpt. XVIII)



Master of Science in Yoga

Semester -II

Paper Code :25PN-MSYOG-203

Paper: Human anatomy and Physiology II

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1:Describe the anatomy and physiology of the circulatory, respiratory, digestive, urinary, endocrine, and reproductive systems.

CLO2:Explain the mechanisms of homeostasis and the interrelationship between different organ systems.

CLO3:Analyze the physiological effects of exercise and yoga on various body systems.

CLO4:Apply anatomical and physiological knowledge to promote health, fitness, and yoga-based therapy.

Unit-I

Cardiovascular System and Exercise:-

- Conduction system of the Heart, Blood Circulation and its classification
- Cardiac Cycle – Stroke Volume, Cardiac Output, Heart rate
- Effect of yogic exercises on the Cardio-vascular system
- Electrocardiogram (ECG), Method of reading ECG.

Unit-II

Respiratory System and Exercise:-

- Mechanism of Breathing & Respiratory Muscles
- Mechanism of Exchange of Gases in the Lungs and Tissues

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- Ventilation at rest and during yogic exercise
- Standard Lung Volumes and Capacities
- Effect of yogic exercises on respiratory system.

Unit-III

Excretory and Immune system of human body

- Structure & Function- Kidney, Ureter, Urinary bladder, Urethra, Nephron,
- Mechanism of Urine Formation- Ultra-filtration,
- Effect of yogic exercises on excretory system.
- Introduction of Immune system: Immunity: Innate immunity, Acquired immunity, Allergy, hypersensitivity and immunodeficiency,
- Effect of yogic exercises on Immune system.

Unit-IV

Nervous system & Special senses:

- Introduction to nervous system
- Neuron: structure, types and functions Classification of nerve fibres
- Central nervous system: brain (forebrain, midbrain and hindbrain) and spinal cord.
- Autonomic Nervous system: sympathetic and parasympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Basics about special senses: Eye (vision), ear (hearing) and tongue (taste)
- Effect of yogic exercises on nervous system and sense organs.

Suggested Readings:

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



Master of Science in Yoga

Semester -II

Paper Code :25PM-MSYOG-204

Paper: Applied Yoga for Lifestyle Disorders

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1:Explain the causes, risk factors, and pathophysiology of common lifestyle disorders.

CLO2:Describe the role of yoga practices in the prevention and management of lifestyle-related diseases.

CLO3:Demonstrate specific yoga protocols for conditions such as hypertension, diabetes, obesity, and stress disorders.

CLO4:Integrate yoga-based interventions into daily routines for promoting holistic health and quality of life.

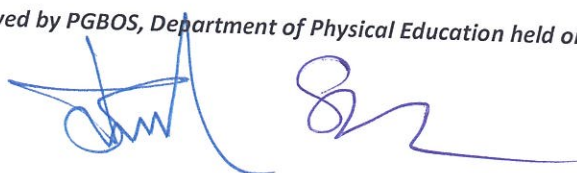
Unit I: Introduction to Psychology and Yoga

- Meaning, scope, and branches of Psychology.
- Relationship between Psychology and Yoga.
- Concept of consciousness in Psychology and Yogic philosophy.
- Personality theories: Freud, Jung, and Indian perspectives (Gunas, Kleshas).
- Motivation and emotions: relevance to Yoga practice.

Unit II: Stress and Coping Mechanisms

- Nature and types of stress.
- Psychological theories of stress.
- Stress response: physiological and psychological.
- Yogic view of stress and its management.
- Coping strategies: relaxation, mindfulness, and meditation techniques.

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Unit III: Psychological Applications of Yoga

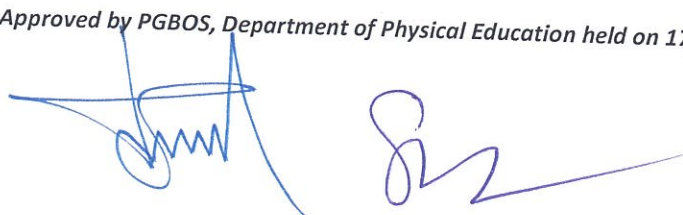
- Yoga for emotional regulation.
- Yoga for anxiety, depression, and mood disorders.
- Mind-body connection: psychosomatic disorders.
- Yoga and behavioral modification.
- Case studies on Yoga therapy for psychological conditions.

Unit IV: Yoga and Modern Psychotherapy

- Integrative approaches: Yoga and counseling.
- Role of Yoga in Cognitive Behavioral Therapy (CBT).
- Mindfulness-based therapies and Yoga.
- Ethics of Yoga counseling.
- Designing Yoga modules for psychological well-being.

Suggested Readings

1. Morgan, C. T., King, R. A. — *Introduction to Psychology*
2. Bhatia, Hansraj — *Elements of Educational Psychology*
3. Swami Satyananda Saraswati — *Yoga and Mental Health*
4. K.S. Joshi — *Psychology in Yoga*
5. Sharma, R. A. — *Yoga Psychology*



Master of Science in Yoga

Semester -II

Paper Code : 25PN-MSYOG- DEC205

Paper: Yoga for Special Populations

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1:Explain the specific needs and considerations for practicing yoga with special populations such as children, elderly, and pregnant women.

CLO2:Describe appropriate modifications of asanas, pranayama, and relaxation techniques for different groups.

CLO3:Demonstrate safe and effective yoga practices tailored to the abilities and limitations of special populations.

CLO4:Apply yoga-based approaches to enhance physical, mental, and emotional well-being in special population groups.

Unit I: Introduction to Special Populations

- Definition and classification of special populations.
- Need and significance of yoga for special populations.
- Principles of modification and adaptation in yoga.
- Contraindications and precautions.

Unit II: Yoga for Children and Adolescents

- Physical, mental, and emotional characteristics of children and adolescents.

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- Benefits of yoga for children — concentration, stress reduction, posture improvement.
- Yoga modules for children: asanas, pranayama, relaxation, and games.
- Guidelines for conducting yoga sessions for schools.

Unit III: Yoga for Elderly and Pregnant Women

- Ageing process and common health issues in elderly people.
- Benefits of yoga for healthy ageing.
- Safe yoga practices for elderly — joint movements, chair yoga, pranayama, meditation.
- Yoga during pregnancy — trimesters, precautions, safe asanas, breathing techniques, relaxation.
- Role of yoga in prenatal and postnatal care.

Unit IV: Yoga for Differently-Abled and Chronic Conditions

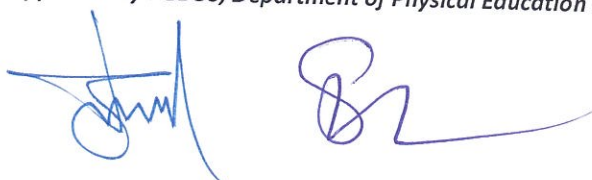
- Concept of disability and inclusivity in yoga.
- Yoga therapy for physical disabilities (e.g., limited mobility, visual impairment).
- Adapted yoga practices and use of props.
- Yoga for chronic conditions: obesity, diabetes, hypertension.
- Case studies and practical considerations.

Suggested Practicals:

- Designing yoga lesson plans for a selected special population.
- Demonstration of adapted asanas.
- Mock sessions for children, elderly, or differently-abled participants.

Suggested Readings:

1. **Yoga for Children** – Swami Satyananda Saraswati.
2. **Fundamentals of Yoga (योग परिचय)**- Dr. Sunil kumar
3. **Yoga for Pregnancy** – Geeta S. Iyengar.
4. **Yoga for the Disabled** – Dr. N. Chandrasekaran.
5. **Light on Yoga** – B.K.S. Iyengar (selected chapters).
6. Relevant research papers and WHO guidelines.



Master of Science in Yoga

Semester -II

Paper Code : 25PN-MSYOG- DEC206

Paper: Education Technology

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hr

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Course Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1:Explain the concepts, principles, and scope of educational technology in the teaching-learning process.

CLO2:Describe various instructional methods, media, and digital tools used in education.

CLO3:Demonstrate the ability to design and deliver lessons using appropriate educational technologies.

CLO4:Apply modern technology to enhance effectiveness, accessibility, and engagement in yoga education.

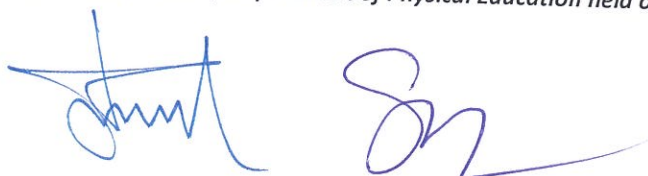
Unit I: Fundamentals of Education Technology in Yoga

- Definition, nature, and scope of educational technology.
- Need and relevance of educational technology in yoga education.
- Systems approach in yoga teaching and training.
- Role of technology in implementing NEP 2020 in yoga education.

Unit II: Communication Process and Teaching Aids in Yoga

- Meaning and elements of communication in the yoga classroom.
- Types of communication: Verbal, non-verbal, visual, and digital.
- Barriers in yoga instruction and strategies to overcome them.
- Preparation and use of traditional teaching aids: charts, models, yoga props, posters.

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Unit III: ICT and Digital Tools for Yoga Teaching & Research

- ICT: Meaning, scope, and significance for yoga education.
- E-learning tools: Smart boards, projectors, videos, animations for asana demonstration.
- Use of online platforms: Virtual yoga classes, webinars, MOOCs.
- Developing and delivering e-content for yoga: Audio, video, PPTs.
- Using ICT for data collection and research in yoga.

Unit IV: Innovations and Trends in Yoga Education

- Blended learning: Combining traditional and online yoga teaching.
- Flipped yoga classroom: Concept and application.
- Mobile apps for yoga learning and practice tracking.
- Open Educational Resources (OER) for yoga.
- Ethical use of digital media in yoga teaching and promotion.

Suggested Readings:

1. **Essentials of Educational Technology** – J.C. Aggarwal.
2. **Educational Technology: Concepts and Skills** – Dr. S.S. Chauhan.
3. **Yoga Education and Research Methodology** – Swami Vivekananda Yoga Publications (relevant chapters).
4. Latest NEP 2020 and UGC guidelines for digital teaching.
5. Relevant journals and online yoga teaching modules.



Master of Science in Yoga

Semester -II

Paper Code : 25PN-MSYOG-207

Paper: - Practical- 2 (Sukshma Vyayama, Asana, Kriyas and Pranayama)

Maximum Marks : 100

Practical Examination :70

Internal Assessment :30

Course Learning Outcomes (CLOs)

After successful completion of the course, the learner will be able to:

CLO1: Demonstrate correct techniques of selected sukshma vyayama (subtle exercises) and basic asanas.

CLO2: Explain the benefits of sukshma vyayama and asanas for flexibility, strength, and relaxation.

CLO3: Correct techniques of selected yogic kriyas (cleansing practices) and pranayama.

CLO4: Physiological and therapeutic benefits of kriyas and pranayama.

Unit-I: Sukshma Vyayam

First 25 Suksha Vyayama (By Swami Dhirendra Bharamachari)

Unit-II: Asana

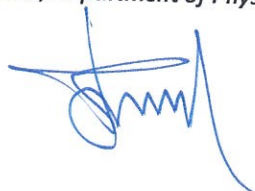
Standing Asana

- Garudasana
- Natarajasana
- Vatayanasana
- Ekpadangusthasana
- Chackrasana

Sitting Asana

- Ardhamatesendryasana
- Akarnadhanurasana-II
- Purna-Ustrasana
- Mayurasana
- Bakasana
- Sirsasana
- Kukkutasana
- Yogamudrasana

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Supine Asana

- Karanpeedasana
- Sarvangasana
- Setubandhasarvangasana
- Markatasana

Prone Asana

- Bhungasana
- Kapotasana

Unit-III: Kriyas & Bandhas

- Neti: Sutra Neti
- Kapalbhatti: SheetKarma & Vayut karma
- Trataka
- Nauli

Bandhas

- Jalandharbandha
- Udyanbandha
- Mulbandha
- Mahabandha

Unit-IV: Pranayama & Meditation

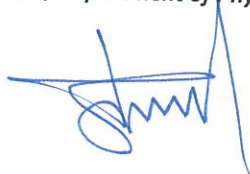
- Bhastrika
- Bhramari
- Anulom-Vilom
- Ujjayi
- Sectional Breathing

Meditation

- Mind Sound Resonance Technique
- Soham Sadhana
- Udgeet
- Yognidra
- Chakra Meditation

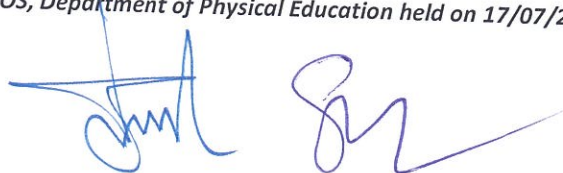
Reference Books:

M.Sc. Yoga Syllabus and Scheme Approved by PGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26



1. Asana, Mudra, Pranayama and Bandha- Swami Satyanada Saraswati, BSY, Munger
2. Lighton Yoga, BKS Iyenger
3. Hatha Yoga Pradeepika, Swami Satyanada Saraswati, BSY, Munger
4. Fundamentals of Yoga- Dr. Sunil Kumar

M.Sc. Yoga Syllabus and Scheme Approved by PGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26

Two handwritten signatures in blue ink, one on the left and one on the right, positioned below the approval text.