

Chaudhary Bansi Lal 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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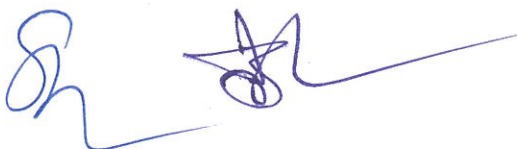
Program Outcomes

- PO 1: To learn various aspects of yoga to maintain positive health develop .
- PO 2: To understand the anatomy and physiology of human body ,also the structure of human body and its existence with the help of basics of Ayurveda
- PO 3: understanding the Sanskrit literature & Indian philosophy.
- PO 4: Enhance their own and other self concept and self esteem and develop the skill for creating and main tearing positive interaction and relationship.
- PO 5: Learn the research methodology with respect to various yoga .
- PO 6: To learn various aspects of human psychology.

Program Specific Outcomes

- PSO 1: Student would gain conceptual and theoretical knowledge of Anatomy and Physiology adding with Yog, Educational Technology and Method of Teaching in yog, Upnishad, Vedas, Health Education.
- PSO 2: Learn various aspects of yoga for positive health, learn how can lead to overall physical , mental, emotional, spiritual development.
- PSO 3: Students would gain the competency and advance skill for coaching the yoga player.

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Ch. Bansilal University, Bhiwani
Scheme of Examination for M.Sc. In Yoga

Semester-I

Credits = 24

Marks = 600

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-101	Foundation of yoga	C.C-1	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-102	Hatha Yoga	C.C-2	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-103	Human anatomy and Physiology-I	C.C-3	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-104	Teaching Methodology and Value in Yoga	C.C-4	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC105 Or 25PN-MSYOG-DEC106	Hygiene Diet & Nutrition	DEC-1	04	--	04	04	--	04	70	30	--	100
	Health Education		04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-107	Practical-Prayer and Breathing Practices	Practicu m-1	--	02	02	--	04	02	--	15	35	50
2PN-MSYOG-108	Practical-Basic Asanas Poses	Practicu m-2	--	02	02	--	04	02	--	15	35	50
Total			20	04	24	20	08	28	350	180	70	600

C.C.- Core Course DEC- Discipline Elective Course



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG-101

Paper: Foundation of yoga

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

1. This course provides the preparation of student towards providing an introduction of yoga and its important streams.
2. A brief introduction of Indian Philosophy; a brief history and the basis different yoga.
3. The student will be in a position to appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of same.
4. Students will learn about different schools of yoga.

Unit-I: Introduction:

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga
- Origin, history and development of yoga.
- Relevance and scope of Yoga in modern age
- Misconceptions about yoga and their solutions.
- Difference between yogic exercise and non-yogic exercise.

Unit-II: Foundation of Yoga

- General Introduction of yoga in Vedas & Upnishad.
- General Introduction of yoga in Jainism (Concept of Tri-Ratan, Preksha-Dhyana)
- General Introduction of yoga in Buddhism (Four Noble Truth, Eight-Noble Path)
- Concept of Nadi (Eda,Pigala,Sushumna) &Prana (Panch Parana)
- Introductions of Kundalini and Saptchakras

Unit-III: Essentials of Yoga Practices

- Disciplines and failures in Yogic Practices

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- Place & Timing of Yogic practices
- Diet for Yoga Practitioner: pathya & apathya
- Obstacles in the Path of Yoga Practice
- Sequence for yogic practices

Unit-IV: Types of Yoga: It's brief Introduction

- Hatha yoga
- Raja yoga
- Mantrayoga
- Karma yoga
- Gyana yoga
- Bhakti yoga

Essential Readings:

1. Vijnananand Saraswati–Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Fundamentals of Yoga (योग परिचय)- Dr. Sunil kumar
3. Rajkumari Pandey-Bhartiya Yoga Paramparake Vividh Ayam, radha publication, ND, 2008
4. Swami Vivekanand- Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
5. Kamakhya Kumar-Yoga Mahavigyan, Standard publisher, New Delhi.
6. Kalyan (Yogank)-Gita press Gorakhpur, 2002.
7. Kalyan (Yoga Tatwank)-Gitapress Gorakhpur, 1991.



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG-102

Paper: Hath Yoga

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hrs

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

1. **Explain** the philosophy, principles, and objectives of Hatha Yoga based on classical texts.
2. **Demonstrate** correct techniques of āsanās, prāṇāyāmas, mudrās, bandhas, and kriyās with proper alignment and safety.
3. **Analyze** the physiological, psychological, and therapeutic benefits of Hatha Yoga practices.
4. **Design and conduct** basic Hatha Yoga sessions for personal practice and teaching purposes.

Unit-I: HathaPradipika-I

- Hatha yoga –It's definition & objectives.
- Origin & Utility of hatha yoga
- Place, Environment & Season for Hathasadhana.
- Aids & Obstructions to Hathasadhana.
- Prohibited & conductive food in Hathasadhana
- Asana in Hatha Prdeepika: Types, Technique, Process and Benefits
- Pranayama in Hatha Prdeepika: Types, Technique, Process and Benefits

Unit-II: HathaPradipika-II

- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Mudra & Bandhas: Objectives, Types, Techniques, Process and Benefits
- Concept of Samadhi

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- concept of nadanusandhana
- Nature of Kundalini and methods of awakening

Unit-III: Gheranda Sanhita-I

- Place, Environment & Season for Hathasadhana.
- Prohibited & conducive food in Hathasadhana
- Introduction to Saptasadhana
- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Asana: Objectives, Types, Techniques, Process and Benefits

Unit-IV: Gheranda Sanhita-II

- Mudra: Objectives, Types, Techniques, Process and Benefits
- Pratyahar: Prohibited & conducive food in Hathasadhana
- Pranayama: Objectives, Types, Techniques, Process and Benefits
- Dhyan: Objectives, Types, Techniques, Process and Benefits
- Samadhi: Objectives, Types, Techniques, Process and Benefits

Reference Books:

1. HathaYogaPradeepika-SwamiSatyanandaSaraswati,Biharschool ofYoga,Munger
2. HathaPradeepika-SwamiKuvlyanand,Kevlyadham,Lonavala
3. GherandSamhita-SwamiSatyanandaSaraswati,Biharschool ofYoga,Munger
4. GherandSamhita-SwamiDigamberanand,Kevlyadham,Lonavala



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG-103

Paper: Human Anatomy and Physiology-I

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:-

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

1. **Explain** the basic anatomical terms, structural organization, and levels of organization in the human body.
2. **Describe** the structure and function of cells, tissues, and membranes in relation to body functions.
3. **Illustrate** the anatomy and physiology of skeletal, muscular, and nervous systems.
4. **Relate** anatomical structures to their physiological roles in maintaining health and supporting yoga practices.

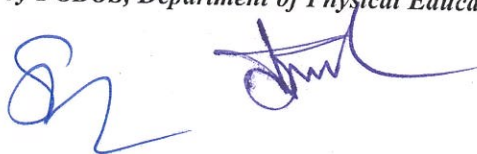
Unit-I

- Meaning and definition of Anatomy and Physiology,
- Role of Anatomy and Physiology in yogic science.
- Structure, types and Function of the Cell and Tissues,
- Skeleton system, Classification of bones and Types of Joints, cartilage, tendon and ligaments.
- Effect of yogic Exercise on Skeletal system

Unit-II

- Introduction of Muscular system,
- Types of muscles in human body,
- Types of Muscle Contraction,
- Effect of Yogic Exercise on Muscular system.
- Introduction of Digestive system,
- Role of Digestive system in human body,

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- Structure of Digestive organs,
- Mechanism of Digestion,
- Effect of yoga on Digestive system

Unit-III

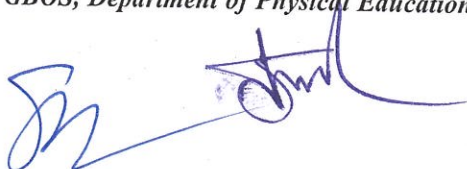
- Macro & Micro Structure of the Skeletal Muscle,
- Chemical Composition of Skeletal Muscle,
- Sliding Filament Theory of Muscular Contraction,
- Composition of slow and fast twitch muscle fibers,
- Muscle Tone, Neuro-muscular Junction and transmission of nerve impulse across it.

Unit-IV

- Meaning of endocrine glands and exocrine glands,
- Structure of the following glands - pituitary glands, thyroid, parathyroid, adrenal glands Hypothalamus.
- Effect of yogic Exercise on Endocrine System
- Basic anatomy of reproductive system, Menstrual cycle,
- Male and Female sex hormones
- Effect of yoga on Reproductive system
-

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.



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG-104

Paper: Teaching Methodology and Value in Yoga

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:-

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

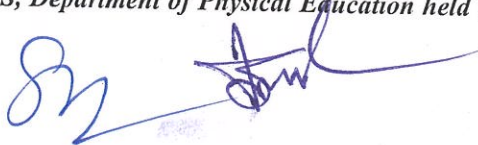
1. **Explain** the principles, ethics, and values essential for effective yoga teaching.
2. **Demonstrate** appropriate teaching skills, class management, and communication techniques for diverse yoga learners.
3. **Design** structured yoga lesson plans incorporating suitable practices and sequencing.
4. **Integrate** yogic values and philosophy into teaching for holistic development of students.

Unit 1: Principles and Methods of Teaching Yoga

- Teaching and Learning: Meaning, Definition and Concepts.
- Principles of Teaching in Yoga
- Quality of Yoga Teacher
- Meaning and types of Teaching methods in Yoga
- Factors influencing Teaching methods in Yoga
- Role of Yoga Teachers and Yoga Instructor.

Unit2: Lesson Planning in Yoga

- Practice of Yogic lesson plan at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- Teaching Techniques of group teaching
- Essentials of Good Lesson Plan: concepts, needs and planning
- Models of Lesson Plan
- Lesson Plan and its Practical applications



Unit3:Class Room Management and Education Technology for Yoga

- Yoga class room: Essential features, Area, Sitting arrangement in Yoga class etc;
- Class room problems: Types and Solutions,
- Characteristics and essentias of good Yoga teaching;
- Time table: Need, Types, Principles of Time table construction in Yoga
- Meaning, Importance and Types of Educational technology;
- Role of Educational Technology in Yoga.

Unit 4:Value in Yoga Education

- Meaning and Definition of Value,
- Types of Values;
- Value education and its components in Yoga
- Value oriented personality
- Role and function of values in
- Society;
- Yoga as global value,
- Contribution of Yoga towards the development of values.

Reference Books:

1. SwamiSatyanandaSaraswati:YogaEducationforChildren,BiharSchoolsofYoga, Munger, 1990.
2. SwamiSatyanandaSaraswati:ASystematicCourseintheAncientTantricTechnique sof Yoga andKriya, BiharSchools ofYoga,Munger, 2004.
3. Dr.GharoteML: TeachingmethodsforYogicpractices,Kaivalyadhama,Lonavala



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG- DEC105

Paper: Hygiene Diet & Nutrition

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 (COs)

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

1. **Explain** the principles of personal, social, and environmental hygiene for health promotion.
2. **Describe** the role of balanced diet, nutrients, and their functions in maintaining health.
3. **Analyze** the relationship between diet, lifestyle, and prevention of common diseases.
4. **Apply** the concepts of hygiene and nutrition in designing healthy living practices.

Unit I: Fundamentals of Hygiene & Health

- Concept of Hygiene: Personal, Social & Environmental Hygiene
- Principles of health and hygiene
- Sanitation, Cleanliness & Community health
- Yogic view of internal & external purity (Shaucha)

Unit II: Fundamentals of Diet & Nutrition

- Definition of Food, Diet & Nutrition
- Nutrients: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water
- Balanced diet: Definition, Components, Importance
- Malnutrition & Deficiency disorders

Unit III: Yogic Diet & Principles

- Concept of Yogic diet: Sattvic, Rajasic & Tamasic food
- Diet according to Ayurveda
- Diet guidelines in ancient texts (Gheranda Samhita, Hatha Pradipika)
- Modern interpretation of Yogic diet

Unit IV: Diet Planning & Hygiene Practices for Yoga Practitioners

- Diet plan for Yoga practitioners
- Diet for specific groups: Children, Elderly, Pregnant women
- Seasonal diet planning (Ritucharya)
- Practical hygiene habits for Yoga centres, students, instructors

Recommended Books

- Swami Sivananda – *Health & Hygiene*
- Swami Satyananda Saraswati – *Yogic Management of Common Diseases*
- Gheranda Samhita, Hatha Pradipika
- Research journals on Diet & Nutrition



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG- DEC106

Paper: Health Education

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 (COs)

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

1. **Explain** the concepts, principles, and objectives of health education.
2. **Describe** the determinants of health and their impact on individual and community well-being.

Unit -1

Health Education:-Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education; Meaning, definition and Principles of Health Education. Personal hygiene: Care of skin, Nails, Eye, Teeth, Ear. Health service, School\College Health program, first- aid and emergency care: Fracture, sprain, strain, minor burn, abrasion.

Unit-II

Health Problems in India:- Effects of Alcohol, Tobacco and Smoking on Health, Meaning of Hypertension, Causes of Hypertension, Management of Hypertension, Meaning of Diabetics, Types of Diabetics, Causes of Diabetics, Management of Diabetics, Meaning of Stress, Causes of stress, management of Stress through yoga.

Unit-III

Introduction to Nutrition:- Meaning and Definition of Nutrition, Role of nutrition in Yogic exercise, Basic Nutrition guidelines, Role of carbohydrates, Fat and protein during exercise, Calories in different food stuffs, Preparation of diet chart for normal male and female, children and elderly persons.



Unit-IV

Nutrition and Weight Management:-Concept of BMI (Body mass index), Meaning of Obesity, Causes of Obesity, Management of Obesity, Obesity and its hazard, maintaining a Healthy Lifestyle. Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

Suggested Readings:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
5. Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. 'The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
6. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
7. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.



Master of Science in Yoga

Semester -I

Paper Code : 25PN-MSYOG-107

Paper: Practical-Prayer and Breathing Practices

Maximum Marks 50

Practical Examination :35

Internal Assessment :15

Course Outcomes (COs)

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

1. **Demonstrate** correct pronunciation, rhythm, and intonation of selected yogic prayers and mantras.
2. **Perform** basic breathing practices (Pranayama) with proper technique and sequencing.

Unit-I:

Prayer & Kriyas

- Prayer - (i) शांति मंत्र: (Universal Shanti Mantra) (ii) योग प्रार्थना: (Yoga Invocation) (iii) समाप्ति शांति मंत्र: (Closing Peace Prayer)
- Kriyas – (i) Jal Neti (ii) Rubber Neti (iii) Vaatkarm kapalbhati
- Surya Namaskara
- Pranayam- (i) Suryabhedan (ii) Chandrabhedn (ii) Anulom Vilom

Unit-II:

Sithilikarana Vyayama

- Simple Jogging---Mukha Dhouti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Backstretch
- Side Bending
- Neck Movement

Breathing Practices

- Handsin and out breathing
- Handstretch Breathing
- Ankletstretch Breathing
- Dogbreathing
- Rabbitbreathing
- TigerStretch
- TigerBreath

Master of Science in Yoga

Semester -I

Paper Code : 2PN-MSYOG-108

Paper: Practical- Practical-Basic Asanas Poses

Maximum Marks 50

Practical Examination :35

Internal Assessment :15

Course Outcomes (COs)

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

1. **Demonstrate** correct techniques, alignment, and posture for selected basic asanas.
2. **Explain** the physical, mental, and therapeutic benefits of each practiced asana.
3. **Apply** principles of safety and modifications to suit different body types and abilities.
4. **Integrate** basic asanas into a balanced personal yoga practice for overall well-being.

Unit:I Asana

Standing Asana

- Tadaasana
- Triyaktadasna
- Katichackrasana
- Vrikshaasana
- Trikonasana

SittingAsana

- Dandasana
- Vakrasana
- Ardhamatesendryasana
- Akarnadhanurasana
- Mrjariasana
- Vygrasana
- Gomukhasana
- Vajarasana

Unit: II Asana

SupineAsana

- Uttanpadasana
- Ardha-Halasana
- Halasana
- Salabhasana
- Makrasana
- Shankatasana
- Utkatasana
- Urdhahasttotansana
- Sirshpadanghusthasana
- Padhashasana
- Ardha-Ustrasana
- Sashankasana
- Supta-Vajrasana
- Padmasana
- Toloangulasana
- Utthithapadmasana
- Matsyasana
- Naukasana
- Setubandhasana
- Shavasana
- Dhanurasana
- Vipratnaukasana



ReferenceBooks:

1. Asana, Mudra, Pranayama and Bandha-Swami Satyanada Saraswati , BSY ,Munger
2. Lighton Yoga, BKS Iyenger
3. HathaYoga Pradeepika, Swami Satyanada Saraswati,BSY, Munger



