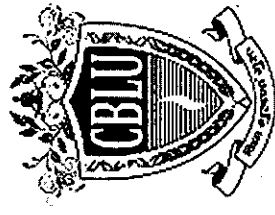


Chaudhary Bansilal University, Bhiwani



NEP Examination Scheme & Syllabi for Master of Science in Yoga

(Semester – I-IV)

Ch. Bansi Lal 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 Health Education	DEC-1	04	--	04	04	--	04	70	30	--	100	
25PN-MSYOG-PC107	Practical – 1 (Prayer, Breathing Practices and Basic Asanas Poses)	Practicum-1	--	04	04	--	08	08	--	30	70	100	
Total			20	04	24	20	08	28	350	180	70	600	

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

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	Yoga for Special Populations	DEC-2	04	--	04	04	--	04	70	30	--	100
Or 25PN-MSYOG-DEC206	Education Technology		04	04	04	04	70	30	--	100		
25PN-MSYOG-PC207	Practical- 2 (Sukshma Vyayama, Asana, Kriyas and Pranayama)	Practicum-2		04	04	--	08	08	--	30	70	100
25PN-MSYOG-VAC208	Indigenous Sports	VAC		02	02	00	04	04	--	15	35	50
Total									350	195	105	650
C.C.- Core Course DEC- Discipline Elective Course V.A.C.= Value Added Course IKC- Indian Knowledge System												

C.C.- Core Course DEC- Discipline Elective Course V.A.C.= Value Added Course IKC- Indian Knowledge System

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.

Option-1 (Semester III and IV)

Ch. Bansi Lal University, Bhiwani

Scheme of Examination for M.Sc. In yoga

Semester-III			Credits = 26			Contact Hours Per Week			Examination Scheme			Total
Paper Code	Subjects	Type of Course	Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
25PN-MSYOG-301	Yog in Upnishad and Yogvasishtha	C.C-9	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-302	Research Process in Yoga	C.C -10	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-303	Kinesiology Aspect of Yoga	C.C -11	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC304 Or 25PN-MSYOG-DEC305	Yoga in Indian Philosophy Yoga and Mental Health	DEC-3	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC306 or 25PN-MSYOG-DEC307	Panchkarma Yoga Therapy for Common Ailments		04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-PC308	Practical-3 (Sathul Vyayama, Advance Asana , Kriyas & Meditation)	Practicum-3	--	04	04	--	08	08	--	30	70	100
25PN-MSYOG-EEC309	Entrepreneurship Skills for Yoga Professionals	EEC	02		02	02		02	35	15	--	50
Total			22	04	26	22	08	30	385	195	70	650

C.C.- Core Course DEC- Discipline Elective Course V.A.C.= Value Added Course EEC- Entrepreneurship Skills Course

Marks =650

Ch. BansiLal University, Bhiwani

Scheme of Examination for M.Sc. In yoga

Semester-IV				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-401	Introduction of Yogis	C.C-12	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-402	Applied Psychology in Yoga	C.C-13	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC403 Or 25PN-MSYOG-DEC404	Yoga and Naturopathy Yoga and Nutrition	DEC-5	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC405 Or 25PN-MSYOG-DEC406	Integrated Alternative Therapy Yoga and Sports Science	DEC-6	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-DEC407 or 25PN-MSYOG-DEC408	Prana & Reiki Therapy Yoga for Immunity and Preventive Health	DEC-7	04	--	04	04	--	04	70	30	--	100
25PN-MSYOG-PC409	Practical- 4 (Mudras , Meditation and Naturopathy)	Practicum-4	--	04	04	--	08	08	--	30	70	100
Total			20	08	24	20	04	28	350	180	70	600

C.C.- Core Course DEC- Discipline Elective Course V.A.C.= Value Added Course

Option-II (Semester III and IV)

Ch. Bansilal University, Bhiwani

Scheme of Examination for M.Sc. In yoga

Semester-III			Credits = 26			Marks =650			
Paper Code	Subjects	Type of Course	Credit		Contact Hours Per Week		Examination Scheme		
			Theory	Practical	Total	Theory	Internal Assessment	Practical	Total
25PN-MSYOG-301	Yog in Upnishad and Yogvasishtha	C.C-9	04	--	04	04	30	--	100
25PN-MSYOG-302	Research Process in Yoga	C.C-10	04	--	04	04	30	--	100
25PN-MSYOG-303	Kinesiology Aspect of Yoga	C.C-11							
25PN-MSYOG-DEC304 Or 25PN-MSYOG-DEC305	Yoga in Indian Philosophy Yoga and Mental Health	DEC-3	04	--	04	04	30	--	100
25PN-MSYOG-DEC306 or 25PN-MSYOG-DEC307	Panchkarma Yoga Therapy for Common Ailments	DEC-4	04	--	04	04	30	--	100
25PN-MSYOG-PC308	Practical- 3 (Sathul Vyayama , Advance Asana, Kriyas & Meditation)	Practicum-3	--	04	04	--	30	70	100
25PN-MSYOG-EEC309	Entrepreneurship Skills for Yoga Professionals	EEC	02		02	02	15	--	50
Total			22	08	26	22	195	70	650

C.C.- Core Course DEC- Discipline Elective Course V.A.C.- Value Added Course EEC- Entrepreneurship Skills Course

Ch. Bansilal University, Bhiwani

Scheme of Examination for M.Sc. In yoga

Semester-IV

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-DEC403 or 25PN-MSYOG-DEC404	Yoga and Naturopathy Yoga and Nutrition	DEC-5	04	--	04	04	--	04	70	30	--	100	
25PN-MSYOG-DEC405 or 25PN-MSYOG-DEC406	Integrated Alternative Therapy Yoga and Sports Science	DEC-6	04	--	04	04	--	04	70	30	--	100	
25PN-MSYOG-407	Dissertation/ Project work	Dissertation/ Project work/ Internship/ Research Work/ Apprenticeship/Field Work	12 credit and the teaching hours /workload of 1 hour per week will be counted for teacher supervising 2 students and teacher can supervise maximum 16 students.										300
25PN-MSYOG-PC409	Practical-4 (Mudras, Meditation and Naturopathy)	Practicum-4	--	04	04	--	08	08	--	30	70	100	
Total					24							600	

C.C.- Core Course DEC- Discipline Elective Course V.A.C.= Value Added Course

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

Programme Learning Outcomes (PLOs) – M.Sc. Yoga

On successful completion of the M.Sc. Yoga Programme, the graduate will be able to:

PLO 1 Demonstrate advanced and in-depth knowledge of Yoga philosophy, traditional yogic texts, and contemporary developments in Yoga, with a critical understanding of emerging trends in health, wellness, and therapy.

PLO 2 Demonstrate advanced knowledge and understanding of principles, methods, and techniques of Yoga, including Asana, Pranayama, Shatkarma, Mudra, Bandha, Dhyana, and Yogic lifestyle, applicable to education, therapy, and wellness promotion.

PLO 3 Apply the acquired yogic knowledge and practical skills to real-life health, stress-management, lifestyle, and psychosomatic conditions, and adapt yogic practices to new and unfamiliar contexts.

PLO 4 Demonstrate the ability to integrate conceptual, operational, therapeutic, and practical yogic skills to identify, analyze, and address health-related, psychosocial, and lifestyle disorders using yogic interventions.

PLO 5 Apply advanced knowledge of Yoga research methodology, statistics, and evidence-based practices to conduct scientific research, investigations, and case studies for solving complex and unpredictable problems in Yoga and health sciences.

PLO 6 Demonstrate the ability to communicate effectively and systematically the findings of yogic practices and research through teaching, reports, presentations, publications, and community outreach programmes.

PLO 7 Engage in self-directed, life-long learning to enhance professional competence in Yoga education, therapy, research, and wellness sectors while adhering to ethical values and professional standards.

	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	H
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

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

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

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

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)

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.

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 Learning Outcomes

CLO1: This course provides the preparation of student towards providing an introduction of yoga and its important streams.

CLO2: A brief introduction of Indian Philosophy; a brief history and the basis different yoga.

CLO3: 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.

CLO4: 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

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

- Disciplines and failures in Yogic Practices
- Place & Timing of Yogic practices
- Diet for Yoga Practitioner: pathya&apathya
- ObstaclesinthePathofYogaPractice
- Sequence for yogic practices

Unit-IV:TypesofYoga:It'sbriefIntroduction

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

EssentialReadings:

1. VijnananandSaraswati–YogVijyan, YogaNiketanTrust, Rishikesh, 1998.
2. Fundamentals of Yoga (योग परिचय)- Dr. Sunil kumar
3. RajkumariPandey-BhartiyaYogaParamparakeVividhAyam, radhapublication, ND, 2008
4. SwamiVivekanand-
Jnan, Bhakti, KarmaYoga&Rajyoga, AdvaitAshram, Culcutta2000.
5. KamakhyaKumar-YogaMahavigyan, Standardpublisher, NewDelhi.
6. Kalyan(Yogank)-Gita press Gorakhpur, 2002.
7. Kalyan(YogaTatwank)-GitapressGorakhpur, 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 Learning Outcomes

CLO1: Explain the philosophy, principles, and objectives of Hatha Yoga based on classical texts.

CLO2: Demonstrate correct techniques of āsanas, prāṇāyāmas, mudrās, bandhas, and kriyās with proper alignment and safety.

CLO3: Analyze the physiological, psychological, and therapeutic benefits of Hatha Yoga practices.

CLO4: 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
- concept of nadanusandhana

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

- 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. Hatha Yoga Pradeepika-Swami Satyananda Saraswati, Bihar School of Yoga, Munger
2. Hatha Pradeepika-Swami Kuvlyanand, Kevlyadham, Lonavala
3. Gherand Samhita-Swami Satyananda Saraswati, Bihar School of Yoga, Munger
4. Gherand Samhita-Swami Digamberanand, 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 Learning Outcomes:-

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

CLO1: Explain the basic anatomical terms, structural organization, and levels of organization in the human body.

CLO2: Describe the structure and function of cells, tissues, and membranes in relation to body functions.

CLO3: Illustrate the anatomy and physiology of skeletal, muscular, and nervous systems.

CLO4: 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,

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

- Effect of Yogic Exercise on Muscular system.
- Introduction of Digestive system,
- Role of Digestive system in human body,
- 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 Learning Outcomes:-

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

CLO1: Explain the principles, ethics, and values essential for effective yoga teaching.

CLO2: Demonstrate appropriate teaching skills, class management, and communication techniques for diverse yoga learners.

CLO3: Design structured yoga lesson plans incorporating suitable practices and sequencing.

CLO4: Integrate yogic values and philosophy into teaching for holistic development of students.

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.

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

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 AND VALUE EDUCATION

1. Meaning and Importance of Class Management.
2. Factors Affecting Class Management.
3. Meaning, Definition of Value,
and Types of Values.
4. Value education and its components in Yoga.

Reference Books:

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar School of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Technique of Yoga and Kriya, Bihar School of Yoga, Munger, 2004.
3. Dr. Gharote ML: Teaching methods for Yogic practices, 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 Learning Outcomes (COs)

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

CLO1: Explain the principles of personal, social, and environmental hygiene for health promotion.

CLO2: Describe the role of balanced diet, nutrients, and their functions in maintaining health.

CLO3: Analyze the relationship between diet, lifestyle, and prevention of common diseases.

CLO4: 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 Learning Outcomes (COs)

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

CLO-1: Explain the concept, aims, and importance of health education in individual and community health promotion.

CLO-2: Describe the dimensions of health (physical, mental, social, emotional, spiritual) and their inter-relationship.

CLO-3: Analyze the role of nutrition, hygiene, sanitation, and lifestyle in maintaining positive health.

CLO-4: Identify common communicable and non-communicable diseases and explain their prevention and control measures.

Unit -I

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 – 1 (Prayer, Breathing Practices and Basic Asanas Poses)

Maximum Marks 100

Practical Examination : 70

Internal Assessment : 30

Course Outcomes (CLOs)

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

CLO1: Demonstrate correct pronunciation, rhythm, and intonation of selected yogic prayers and mantras.

CLO2: Perform basic breathing practices (Pranayama) with proper technique and sequencing.

CLO3: Explain the physical, mental, and therapeutic benefits of each practiced asana.

CLO4: Apply principles of safety and modifications to suit different body types and abilities.

Unit-I:

Prayer & Kriyas

- Prayer - (i) शांति मंत्र: (Universal Shanti Mantra) (ii) योग प्रार्थना:(Yoga Invocation) (iii) कल्याण मंत्र: (Closing Peace Prayer)
- Kriyas – (i) Jal Neti (ii) Rubber Neti (iii) Vaatkarmkapalbhati
- Surya Namaskara
- Pranayam- (i) Suryabhedan (ii)Chandrabhedn (ii) AnulomVilom

Unit-II:

SithilikaranaVyayama

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

Breathing Practices

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Stretch
- Tiger Breath

Unit: III Asana

Standing Asana

- Tadaasana
- Triyaktadasna
- Katichackrasana
- Vrikshaasana
- Trikonasana

Sitting Asana

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

Unit: IV Asana

Supine Asana

- 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,Pranayamaand Bandha-Swami SatyanadaSaraswati,BSY,Munger
2. Lighton Yoga, BKS Iyenger
3. HathaYoga Pradeepika,SwamiSatyanadaSaraswati,BSY,Munger

Master of Science in Yoga

Semester -II

Paper Code :25PN-MSYOG-201

Paper: Patanjali 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 OF PATANJALI YOGA SUTRAS

1. Historical Background of Patanjali Yoga Sutra.
2. Importance of Patanjali Yoga Sutras in Modern Age.
3. Introduction of Yoga Sutra .
4. Relevance of patanjali yoga Sutras in contemporary yoga practice and research .

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
3. Chitta Vikshep and Chitt Prasadhan.
4. Meaning and definition of Samadhi and types of Samadhi

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

Unit – IV KAIVALYA PADA

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

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

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

- **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 Brahma vidya; 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; Shandilya vidya.

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); Moksha-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

- Ventilation at rest and during yogic exercise
- Standard Lung Volumes and Capacities
- Effect of yoga 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 yoga 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 yoga 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. McAradle. (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.

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.

- 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 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.

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 Dharendra Bharamachari)

Unit-II: Asana

Standing Asana

- Garudasana
- Natarajasana
- Vatayanasana
- Ekpangusthasana
- Chackrasana

Sitting Asana

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

SupineAsana

- Karanpeedasana
- Sarvangasana
- Setubandhasarvangasana
- Markatasana

Prone Asana

- Bhungasana
- Kapotasana

Unit-III: Kriyas & Bandhas

- Neti: Sutra Neti
- Kapalbhathi: 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:

1. Asana,Mudra,Pranayamaand Bandha-Swami SatyanadaSaraswati,BSY,Munger
2. Lighton Yoga, BKS Iyenger
3. HathaYoga Pradeepika,Swami SatyanadaSaraswati,BSY,Munger
4. Fundamentals of Yoga- Dr. Sunil Kumar

Semester -II

Paper Code : 25PN-MSYOG- VAC-208

Paper: Indigenous Sports (VAC)

Maximum Marks 50

Practical Examination :35

Internal Assessment :15

Max. Time : 3 hr

Course Learning Outcomes (CLOs)

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

CLO 1: Demonstrate the fundamental skills, techniques, and rules of selected indigenous sports such as Kabaddi, Kho-Kho, Lagori, Gilli-Danda, and other traditional Indian games.

CLO 2: Develop physical fitness components including strength, endurance, agility, balance, coordination, flexibility, and reaction time through regular participation in indigenous sports.

Unit-I: Indigenous Games for Physical Fitness

- Warm-up and Mobility Exercises
- Langdi
- Lagori (Seven Stones)
- Three-legged Race
- Chain Game
- Obstacle Race

Unit-II: Indigenous Team Games & Recreational Games

- Kho-Kho (Basic Skills & Match Practice)
- Kabaddi (Basic Skills & Match Practice)
- Tug of War (Rassa-Kashi)
- Gilli-Danda (Demonstration & Basic Practice)
- Rumal Jhapatta
- Blindfold Games
- Traditional Village Games

Suggested Practical Record

- Rules and regulations of selected indigenous games
- Ground markings and equipment
- Skill progression
- Benefits and safety precautions
- Yoga practices for warm-up and recovery
- Report of one Indigenous Sports Event

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-301

Paper: Yog in Upnishad and Yogvasishtha

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 Learning Outcomes:-

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

CLO1: Understand the concept of Swetaswataropnishad, Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization. Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence.

CLO2: Gain information about messages of Upanishads. Description of Ashtangayoga, Karmayoga and Jnanayoga. Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions. Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

CLO3: Gain information about Importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan. description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhansadhana, state of Manolaya.

CLO4: Understand about YogVashishata .

UNIT-I Upnishad:

- **Swetaswataropnishad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.
- **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization.
- **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence

UNIT-2 Upnishad:

- **Trishikhibrahmanopanishad:** description of Ashtangayoga, Karmayoga and Jnanayoga.
- **YogatattvaUpnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.
- **Yogarajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

UNIT-3 Upnishad:

- **Dhyanbindoopanishad:** Importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.
- **Nadabindoopanishad:** Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan, state of Manolaya.

UNIT-4 YogVashishata

- Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis
- Psychosomatic Ailments;
- The four Dwarpaals to Freedom, How Sukha is attained in the Highest State of Bliss;
- Practices to overcome the Impediments of Yoga
- Development of Satvaguna
- Eight limbs of Meditation
- Jnana Saptabhumika.

Reference Books:

1. 108 Upanishad: Acharya Shriram Sharma, Yugnirman Yojana, Vistartrust, Mathura
2. Ten major Upanishads: Geeta press, Gorakhpur
3. Ishadi Nau Upanishada, Geeta press, Gorakhpur
4. Rigveda, Acharya Shriram Sharma, Yugnirman Yojana, Vistartrust, Mathura
5. Yajurveda, Acharya Shriram Sharma, Yugnirman Yojana, Vistartrust, Mathura
6. Samaveda, Acharya Shriram Sharma, Yugnirman Yojana, Vistartrust, Mathura
7. Atharveda, Acharya Shriram Sharma, Yugnirman Yojana, Vistartrust, Mathura

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-302

Paper: Research Process 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 Learning Outcomes:-

CLO1:Explain fundamental concepts, types, and significance of research in the field of Yoga.

CLO2: Apply appropriate research methods, sampling techniques, and data collection tools relevant to Yoga studies.

CLO3: Analyze and interpret research data using suitable statistical methods.

CLO4: Develop a structured research proposal or report following ethical guidelines in Yoga research.

Unit-I Introduction of Research and Research problem

- Meaning and Definition of Research,
- Need and importance of Research in Yogic science,
- Characteristics of Research in Yogic science;
- Types of Research - Historical, Descriptive, Experimental, Philosophical;
- Research Problem, location and criteria of Selection of Problem,
- Formulation of a Research Problem,
- Meaning of Limitations and Delimitations.

Unit-II Concept of Sampling and Hypothesis: -

- Meaning and Definition of Sample and Population,
- Types of Sampling: Probability Methods- Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling, Multistage Sampling; Non- Probability Methods: Convenience Sample, Judgement Sampling, Quota Sampling.
- Meaning and definition of Hypothesis, significance of Hypothesis in research, Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

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Unit-III Review of related literature: -

- Survey of Related Literature,
- Need for surveying related literature,
- Kinds of Related Literature, Literature Sources – Primary and Secondary, steps in Literature Search.
- Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator,
- Source of variables.

Unit-IV Ethical Issues and tools in Research: -

- Ethical Issues in Research,
- Principles of research ethics,
- Areas of Scientific Dishonesty,
- Responsibilities of Researchers.
- Tools of Research: Observation, Interviews, questionnaires, opinion or attitude scales,
- Criteria for the selection of research tool, Psychological Tests and Personality Inventories.

Suggested Readings:

1. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2. Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
4. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
5. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi; Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
6. Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
7. Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
8. Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-303

Paper: Kinesiology Aspect 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 Learning Outcomes:-

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

CLO1: Understanding and knowledge of kinesiology, axis, plane, medical terminology of body positions and different body movements.

CLO2: Clarity regarding functional classification muscles, their origin, insertion & functions of important muscles of the body.

CLO3: Understanding and knowledge of joints of upper extremity and structural & functional aspects of upper extremity joints(shoulder & elbow joint).

CLO4: Knowledge of joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).

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.

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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.
3. 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

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-DEC304

Paper: Yoga in Indian Philosophy

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 Learning Outcomes:-

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

CLO1: Gain knowledge about Introduction of Indian Philosophy and its relevance, Epistemology, Metaphysics, Ethics and Liberation with special emphasis as is to Samkhya Yoga and Vedanta Darshana

CLO2: Gain knowledge about Theistic Philosophy, Yoga Philosophy, Chitta Vritti, Chitta Parshadan, kalesh, Sankhya Philosophy, Vedant Philosophy.

CLO3: Understand Theistic Philosophy :-Nyaya Philosophy, Vaisheshika Philosophy, Mimamsa Philosophy

CLO4: Gain information about Anti-Theistic Philosophy, the Charvak Philosophy, the Buddhist Philosophy

The Jain Philosophy.

Unit I: Introduction to Indian Philosophy

1. Nature and characteristics of Indian Philosophy
2. Classification: Orthodox (Astika) and Heterodox (Nastika) systems
3. Concept of Purushartha (Goals of life)
4. Concept of Karma, Dharma and Moksha
5. Relevance of Indian Philosophy in modern times

Unit II: Yoga in Orthodox (Astika) Systems

1. Samkhya Philosophy: Tattvas and its connection with Yoga
2. Patanjali's Yoga Darshana: Concept and structure
3. Nyaya and Vaisheshika: Logical aspects and metaphysics
4. Mimamsa and Vedanta: Rituals and non-dualism
5. Relationship between Vedanta and Yoga

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Unit III: Yoga in Heterodox (Nastika) Systems

1. Yoga in Buddhism – The Eightfold Path
2. Yoga in Jainism – Concept of Karma and Liberation
3. Comparison between Buddhist Dhyana and Patanjali's Dhyana
4. Jain Yoga practices and spiritual discipline
5. Influence of Nastika systems on Indian Yoga traditions

Unit IV: Comparative and Applied Aspects

1. Comparative study of Yoga and other Indian Philosophies
2. Ethical and moral dimensions of Indian Philosophy in Yoga
3. Indian Philosophy as a foundation for Yogic practices
4. Contribution of Indian Philosophical Schools to Yoga Psychology
5. Application of Indian Philosophical concepts in daily Yogic life

Reference Book:

1. M.Hiriyanna -Outline of Indian Philosophy, Motilal Banarasi Das -1993
2. C.D.Sharma-A critical survey of Indian Philosophy, Motilal Banarsidass-2016.
3. Dutta and Chatterjee -Indian Philosophy-Rupa & Co;2010.
4. S.N Das Gupta-History of Indian Philosophy(1-5 Vol), Moti Lal Banarasi Das-1975.
5. S.Radhakrishnan-Indian Philosophy, Oxford-2008

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-DEC305

Paper: Yoga and Mental Health

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 Learning Outcomes: After successful completion of this course, the student will be able to:

CLO1: Explain the fundamental concepts and dimensions of mental health and hygiene.

CLO2: Analyze the causes of mental ill-health and the impact of lifestyle and stress.

Interpret yogic concepts related to the mind and their relevance for mental wellbeing.

CLO3: Demonstrate various yogic practices (Asana, Pranayama, Meditation, Relaxation) for promoting mental health.

CLO4: Apply yoga therapy principles for the management of common mental health issues and design appropriate yoga modules.

Unit I: Fundamentals of Mental Health

1. Definition and dimensions of mental health
2. Mental hygiene: Meaning and importance
3. Causes of mental ill-health: Biological, psychological & social factors
4. Stress: Concept, types, causes & impact on mental health
5. Role of lifestyle in mental health

Unit II: Yogic Concepts Related to Mental Health

1. Yogic understanding of mind (Manas, Chitta, Buddhi, Ahamkara)
2. Concept of Triguna and mental health
3. Kleshas and their impact on mental wellbeing
4. Role of Yama and Niyama in maintaining mental hygiene
5. Yogic view of personality and its development

Unit III: Yoga Practices for Mental Health Management

1. Asanas for stress and anxiety management
2. Pranayama for calming the mind and emotional balance
3. Meditation techniques: Types and benefits
4. Relaxation techniques: Yoga Nidra, Shavasana
5. Mudras and Bandhas for mental stability

Unit IV: Applied Yoga Therapy for Mental Health

1. Yogic management of common mental health issues: Anxiety, Depression, Insomnia
2. Yoga as complementary therapy for psychosomatic disorders
3. Case studies and practical applications
4. Research trends in Yoga and Mental Health
5. Designing Yoga modules for mental health promotion

Reference Book:

1. **“Yoga for Mental Health”** — Dr. R. Nagarathna & Dr. H.R. Nagendra (SVYASA Publications)
2. **“Yoga and Mental Health and Beyond”** — Swami Muktananda & Dr. M.S. Thirumurthy
3. **“Psychology of Yoga and Meditation”** — Karel Werner.
4. **“Yoga and Psychotherapy: The Evolution of Consciousness”** — Swami Rama, Rudolph Ballentine & Swami Ajaya

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-DEC306

Paper: Panchkarma

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 Learning Outcomes :-On completion of this course, students will be able to:

1. **CLO1:** Explain the theoretical foundation of Panchkarma.
2. **CLO2:** Identify indications and contraindications of various Panchkarma procedures.
3. **CLO3:** Demonstrate the preparatory and main Panchkarma therapies.
4. **CLO4:** Integrate Panchkarma with Yogic practices for holistic healing.

Unit I: Fundamentals of Panchkarma

- Definition, meaning, and importance of Panchkarma in Ayurveda.
- Historical development and classical references.
- Tridosha theory and concept of Ama.
- Indications and contraindications of Panchkarma.
- Role of Panchkarma in preventive, promotive, and curative health.

Unit II: Poorva Karma (Preparatory Procedures)

- Deepana and Pachana: Digestive stimulation.
- Snehana (Oleation) — internal and external.
- Swedana (Sudation) — types, indications.
- Pre-Panchkarma dietetic regimen.
- Importance of Poorva Karma in successful Panchkarma.

Unit III: Pradhana Karma (Main Panchkarma Therapies)

- Vamana — Emesis therapy: procedure, indications.
- Virechana — Purgation therapy: procedure, indications.
- Basti — Enema therapy: types, indications.
- Nasya — Nasal therapy: types, indications.
- Raktamokshana — Bloodletting: methods, indications.

Unit IV: Integration with Yoga & Modern Practice

- Shatkriyas of Hatha Yoga vs. Panchkarma.
- Panchkarma for lifestyle disorders: obesity, diabetes, stress.
- Modern research and evidence on Panchkarma.
- Ethical practice and safety measures.
- Panchkarmacentres: setup, hygiene, and management.

Suggested Readings

1. **Charaka Samhita** — relevant sections on Panchkarma.
2. **Sushruta Samhita** — surgical and Panchkarma aspects.
3. **Panchkarma Therapy** — Vaidya Vasant Lad.
4. **Principles of Ayurvedic Therapy** — P.H. Kulkarni.
5. **Yoga and Ayurveda** — David Frawley.
6. Research papers and WHO documents on traditional medicine.

Master of Science in Yoga

Semester -III

Paper Code : 25PN-MSYOG-DEC307

Paper: Yoga Therapy for Common Ailments

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 Learning Outcomes:

CLO1: Understand the principles of Yoga Therapy.

CLO2: Identify common ailments and their yogic management.

CLO3: Apply appropriate Asanas, Pranayama, Kriyas & Meditation for specific disorders.

CLO4: Promote holistic lifestyle for prevention and management of diseases.

Unit I: Introduction to Yoga Therapy

1. Definition, scope and principles of Yoga Therapy
2. Panchakosha theory in Yoga Therapy
3. Concept of Health and Disease in Yoga texts
4. Yogic approach to psychosomatic disorders
5. Role of Diet, Relaxation and Lifestyle in Yoga Therapy

Unit II: Yoga Therapy for Respiratory & Digestive Disorders

1. Common cold, Sinusitis, Asthma – causes & yogic management
2. Bronchitis – causes & yogic management
3. Acidity and Indigestion – causes & yogic management
4. Constipation, IBS – causes & yogic management
5. Yogic diet and Kriyas for these conditions

Unit III: Yoga Therapy for Musculoskeletal & Cardiovascular Disorders

1. Back pain – causes, precautions & yogic management
2. Arthritis – causes & yogic management
3. Hypertension – causes & yogic management
4. Coronary Heart Disease – yogic approach

5. Therapeutic Asanas, Pranayama & Relaxation techniques

Unit IV: Yoga Therapy for Lifestyle & Psychosomatic Disorders

1. Obesity – yogic causes & management
2. Diabetes – yogic causes & management
3. Stress, Anxiety & Depression – yogic management
4. Insomnia – causes & yogic management
5. Role of Meditation and Counseling

Suggested Readings:

1. Dr. Nagarathna & Dr. H.R. Nagendra – *Yoga for Common Ailments*
2. Swami Satyananda Saraswati – *Yoga Therapy*
3. Swami Kuvalayananda – *Yoga Mimamsa*
4. O.P. Tiwari – *Asanas and Pranayama for Health*
5. Gharote, K.S. – *Applied Yoga*

Master of Science in Yoga

Semester -III

Paper Code :25PN-MSYOG-308

Paper: Practical-3 (Sathul Vyayama, Advance Asana , Kriyas & Meditation)

Maximum Marks 100

Practical Examination : 70

Internal Assessment : 30

Course Learning Outcomes :-

CLO1: Demonstrate correct techniques of SthūlaVyāyāma for warming up and preparing the body for advanced postures.

CLO2: Perform selected advanced āsanās with proper alignment, breathing coordination, and safety precautions.

CLO3: Yogic kriyās and meditation techniques with correct procedure, safety, and awareness.

CLO4: Analyze and apply the benefits of kriyās and meditation for physical purification, mental clarity, and emotional balance.

Unit-I: Sukshma Vyayama & Sathul Vyayama

- Suksha Vyayama(After 25 , By Swami Dhirendra Bharamachari)
- Haridgati (Engine Daud)
- Rekha Gati
- Sarvang Pushati
- Urdhvagati
- Utkurdana

Unit-II: Asana

Standing Asana

- Garudasana
- Natarajasana
- Vatayanasana
- Murdhasana
- Chackrasana
- Ekpadangusthasana

Sitting Asana

- Ardhamatesendryasana
- Akarnadhanurasana
- Purna-Ustrasana
- Purnmatseyandra
- Rajkapotasana
- Uttankoormasana
- Kukkutasana
- Bakasan
- Yogamudrasa

Supine Asana

- Karanpeedasana
- Sarvangasana
- SetubandhaSarvangasana
- Markatasana (All variation)

Prone Asana

- Bhunamnasana
- Kapotasana

Unit-III:Kriya&Pranayama

- Neti:SutraNeti
- Dhauti:DandaAndVastra
- Agnisarkriya
- Nauli
- Mahaveda

Pranayama

- Bhramari
- Bhastrika
- Yogic Deep Breathing
- Anulom Vilom
- Ujjai
- Udageet

Unit:IV: Mudras & Meditation

- Shambhavi Mudra
- Kakki Mudra

Meditation

- Mind Fullness Meditation
- Soham Meditation
- Vipassana Meditation
- Third-Eye Meditation
- Kayotsarg

Reference Books:-

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

Master of Science in Yoga

Semester -III

Paper Code :25PN-MSYOG-309

Paper: Entrepreneurship Skills for Yoga Professionals

Maximum Marks 50

Theory Examination :35

Internal Assessment :15

Course Learning Outcomes: By the end of this course, students will be able to:

CLO1:Develop an entrepreneurial mindset specific to the Yoga and wellness sector.

CLO2:Understand legal and financial aspects of Yoga entrepreneurship.

Unit I: Basics of Entrepreneurship for Yoga Professionals

1. Meaning and importance of entrepreneurship in Yoga & wellness industry
2. Entrepreneurial traits and competencies — qualities of a Yoga entrepreneur
3. Business opportunities in Yoga (studios, retreats, therapy centres, online platforms)
4. Elements of a Yoga business plan (vision, mission, objectives, services)
5. Legal requirements — registrations, certifications, licenses

Unit II: Marketing, Finance & Case Studies

1. Marketing strategies for Yoga services — traditional & digital
2. Branding and promotion — personal branding for Yoga professionals
3. Basics of financial planning & funding for Yoga start-ups
4. Successful case studies of Yoga entrepreneurs
5. Practical project — prepare a mini business plan for a Yoga venture

Suggested Readings

1. S.S. Khanka – *Entrepreneurship Development*
2. Hisrich & Peters – *Entrepreneurship*
3. Justin Michael Williams – *Business of Yoga*
4. Selected articles, reports & case studies

Master of Science in Yoga

Semester -IV

Paper Code : 25PN-MSYOG-401

Paper: Introduction of Yogis

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 Learning outcome –

CLO1:Explain the life, contributions, and philosophies of prominent yogis from ancient to modern times.

CLO2: Analyze the impact of various yogis on the development and propagation of Yoga traditions.

CLO3:Compare different yogic paths and teachings as represented by notable yogis.

CLO4:Inspire personal practice and values through the study of yogis' lives and works

UNIT-1

- MaharshiPatanjali: life sketch and their contribution to Yoga
- Yogi Gorakshanath: life sketch and their contribution to Yoga
- AdiShankracharya: Life sketch and their contribution to Yoga
- Swami ShivanandSaraswati: Eminent Yoga Institutions in India and their contribution in development of Yoga.

UNIT-2

- Maharshi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami T Krishnamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga
- B.K.S. Ayengar: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami Yogananda: Life sketch and their contribution to Yoga.

UNIT-3

- Ramakrishna Paramhansa: Life sketch and their contribution to Yoga
- Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami Vivekanand: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Maharshi Raman: Life sketch and their contribution to Yoga.

UNIT-4:

- Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami DayanandaSaraswati: Eminent Yoga Institutions in India and their contribution in development of Yoga
- Swami Rama: Eminent Yoga Institutions in India and their contribution in development of Yoga.

Reference Books:

1. VishwanathMukharjee- Bharat Ke Mahan Yogi, VishwavidyalayaPrakashan, New Delhi, 2005
2. VishwanathMukharjee - Bharat kimahaanSaadhikayen, VishwavidyalayaPrakashan, New Delhi, 2005.
3. Kalyan(BhaktAnk) - Gita Press Gorakhpur.
4. Kalyan(SantAnk)- Gita Press Gorakhpur. .

Master of Science in Yoga

Semester -IV

Paper Code :25PN-MSYOG-402

Paper: Applied Psychology 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 learning Outcomes:-After completing this course, the students will be able to:

CLO1: Explain fundamental psychological concepts relevant to Yoga.

CLO2: Analyze mental processes and behavior from a Yogic perspective.

CLO3: Apply Yoga techniques for stress management and mental well-being.

CLO4: Integrate psychological counseling with Yoga practices.

Course Contents:-

Unit-I INTRODUCTION OF PSYCHOLOGY

1. Psychology: Meaning, Definition and Scope of Psychology in Yoga.
2. Nature and Branches of Psychology.
3. Importance of Psychology .
4. Methods of Psychology: General Introduction:- Survey and Experiment Method.

Unit-II LEARNING AND MOTIVATION

1. Learning: Meaning, Definition and importance of learning.
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

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.
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.

Master of Science in Yoga

Semester -IV

Paper Code :25PN-MSYOG-DEC403

Paper: Yoga and Naturopathy

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 Learning Outcomes:-

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

CLO1: Gain information about fundamental principles of Naturopathy, Various forms of Health and relationship between Allopathy and Naturopathy.

CLO2: Understand about Hydro-therapy, its benefits as rehabilitative therapy.

CLO3: Gain information about Mud-therapy, its therapeutic use, soil and its uses in Naturopathy.

CLO4: Understand fasting, diet according to Naturopathy and effects of fasting on Human Body.

Insomnia, Obesity

UNITI: Introduction:

- Brief history of Naturopathy.
- Meaning & Definition of Naturopathy.
- Principles of Naturopathy.
- Basic elements of Naturopathy.
- Role of Yoga in Naturopathy

UNITII: Methods of Therapy

Mud Therapy

- Definition of Mud Therapy
- Types of Mud
- Benefits
- Indication and Contraindication

Hydro Therapy

- Introduction to Hydrotherapy
- Physiological and Therapeutic Properties
- Hydro therapy Interventions: Hip Bath, Steam Bath, Enema,.
- **Sun Therapy**
- Definition
- Benefits
- Indication and Contraindication.

UNIT III: Methods of Therapy

Massage Therapy

- Definition
- Principles of Massage Therapy
- Types of Massage Therapy
- Benefits
- Indication and Contraindication

Diet Therapy

- Basic concept of diet therapy
- Precaution to be taken
- Indications and Contraindications
- Benefits

Fasting

- Fasting Therapy
- Type of Fasting
- Importance of Fasting
- Precaution and Contraindication

UNIT IV: Treatment of various disorders by Naturopathy

- Common Cough & Cold,
- Fever
- Constipation
- Arthritis.
- Insomnia
- Obesity

Essential Readings:

1. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
2. H.K. Bhakru, The complete Handbook of Nature Cure, Jaico Publishing House.
3. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
4. Dr. Rakesh Jindal-Prakritik Ayurvedigyan, Arogyaseva prakashan, Modinagar, U.P.
5. Dr. Rudolf-Diet and Nutrition, Himalayan Institute Press.

Master of Science in Yoga

Semester -IV

Paper Code : 25PN-MSYOG-DEC404

Paper: Yoga and 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 Learning Outcomes: By the end of this course, students will be able to:

CLO1: Explain the fundamentals of nutrition and balanced diet planning.

CLO2: Describe Yogic dietary concepts and their modern relevance.

CLO1: Recommend diet plans for health maintenance and disease management.

CLO1: Integrate diet counseling with Yoga practice and teaching.

Unit I: Fundamentals of Nutrition

1. Basic concepts — food, nutrition, nutrients.
2. Classification and functions of macronutrients — carbohydrates, proteins, fats.
3. Micronutrients — vitamins and minerals.
4. Balanced diet — definition and principles.
5. Nutritional requirements at different stages of life.

Unit II: Yoga and Diet Concepts

1. Concept of Ahara in Yogic texts — references from Hatha Yoga Pradipika, Gherand Samhita, Bhagavad Gita.
2. Classification of food — Sattvic, Rajasic, Tamasic foods.
3. Yogic principles of food preparation and eating habits.
4. Fasting — types, benefits, and precautions in Yogic tradition.
5. Detoxification and cleansing diets in Yoga (Shatkarma support).

Unit III: Nutrition and Health

1. Malnutrition — undernutrition and overnutrition.
2. Role of nutrition in lifestyle diseases — obesity, diabetes, hypertension.
3. Therapeutic diets for common ailments — integrating Yoga and diet therapy.
4. Nutrition for specific groups — pregnant women, elderly, sportspersons.
5. Functional foods and nutraceuticals — concept and applications.

Unit IV: Practical Aspects and Case Studies

1. Planning and designing Yogic diet plans.
2. Counseling skills for Yoga professionals — nutrition education.
3. Food safety and hygiene practices.
4. Case studies — successful integration of Yoga and nutrition.
5. Field work/project — preparing diet charts for different needs.

Suggested Readings

1. Swami Sivananda — *The Science of Diet and Nutrition*.
2. Dr. M. Swaminathan — *Essential of Foods and Nutrition*.
3. Bhagavad Gita, Hatha Yoga Pradipika — relevant sections on Ahara.
4. Satyananda Saraswati — *Asana Pranayama Mudra Bandha* (for cleansing context).
5. Modern textbooks on Nutrition and Dietetics.

Master of Science in Yoga

Semester -IV

Paper Code :25PN-MSYOG-DEC405

Paper: Integrated Alternative Therapy

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 Learning Outcomes :After completing this course, students will be able to

CLO1:Explain the core principles of major alternative therapies.

CLO2:Understand the complementary role of Yoga with other healing systems.

CLO3:Design integrated wellness plans for different health conditions.

CLO4:Critically evaluate research and evidence in alternative therapies.

Unit-1:Ayurveda

- Definition of Ayurveda– Different types of Ayu and chronology of Ayurveda
- Concept of doshas – Vata, Pitta and Kapha
- Concept of dhatus and malas
- Concept of agni – Types of agni and concept of Ama.

Unit-2:Chikitsa

- Concept of Chikitsa chatushpada,
- Qualities of royal physician.
- Dinacharya, ritucharya and ritusandhi-features and significance..
- Pancha karma (Vomit, Purging, Settlement, Settlement- establishment, Nasya)and its procedures.

Unit-3:AlternativeTreatment-I

ManipulativeTherapy

- Introduction to Manipulative Therapy
- Benefits
- Indication and Contraindication

Chromo andMagnetoTherapy

- Introduction to Chromo therapy
- Introduction to magneto therapy

AromaTherapy, Acupressure and acquepancher

- Introduction to Aroma therapy
- Basis Introduction of acupressure and acquepancher

Unit-4: Alternative Treatment-II

Siddha

- Brief Introduction, Principles and Benefits of Siddha

Unani

- Brief Introduction,Principles and Benefits of Unani

Homeopathy

- Brief Introduction, Principles and Benefits of Homeopathy

Suggested Readings

1. T.M. Srinivasan — *Complementary and Alternative Medicine*.
2. Swami Kuvalayananda — *Yoga Mimamsa* (relevant articles).
3. Vaidya Bhagwan Dash — *Fundamentals of Ayurveda*.
4. Jindal V.K. — *Naturopathy*.
5. WHO reports and research papers on traditional and complementary medicine.
6. SriramSharmaAcharya-JivemSharadahShatam,AkhandJyotiMathura1998.

Master of Science in Yoga

Semester -IV

Paper Code : 25PN-MSYOG-DEC406

Paper: Yoga and Sports Science

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 Learning Outcomes:-

CLO1: Explain the principles of sports science and their integration with yogic practices for performance enhancement.

CLO2: Demonstrate yoga techniques that improve strength, flexibility, endurance, and recovery in athletes.

CLO3: Analyze the physiological and psychological benefits of yoga in sports training and injury prevention.

CLO4: Design yoga-based training modules tailored to different sports disciplines and athlete needs.

Unit I: Introduction to Sports Science

1. Definition and scope of Sports Science
2. Importance of Sports Science for Yoga practitioners
3. Principles of physical fitness and health
4. Components of physical fitness (strength, endurance, flexibility, coordination)
5. Role of Yoga in developing physical fitness

Unit II: Anatomy and Physiology in Sports

1. Basic structure and function of the musculoskeletal system
2. Joints and their role in movement
3. Energy systems during physical activity
4. Effects of exercise on cardiovascular and respiratory systems
5. Importance of warm-up and cool-down in sports and Yoga

Unit III: Yoga Practices for Sports Performance

1. Asanas for flexibility, strength and balance
2. Pranayama for endurance and stress management
3. Relaxation techniques for recovery
4. Injury prevention through Yoga practices
5. Designing Yoga modules for athletes

Unit IV: Sports Psychology and Yoga

1. Introduction to Sports Psychology
2. Motivation and mental preparation for performance
3. Stress and anxiety management through Yoga
4. Visualization and concentration techniques
5. Integrating Yoga for peak performance in sports

Suggested Readings

- Sports and Exercise Physiology – McArdle, Katch & Katch
- Yoga for Sports – B.K.S. Iyengar
- Essentials of Sports and Exercise Science – Thomas Reilly
- Yoga and Sports Science – Various articles & research papers

Master of Science in Yoga

Semester -IV

Paper Code :25PN-MSYOG-DEC407

Paper: Prana & Reiki Therapy

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)

CLO1: Explain the theoretical foundations, philosophy, and ethical aspects of Prāṇa and Reiki therapy.

CLO2: Demonstrate practical skills in prāṇic healing, chakra balancing, and Reiki hand positions.

CLO3: Analyze the therapeutic effects and scientific perspectives of Prāṇa and Reiki in health promotion.

CLO4: Design and apply integrated therapy protocols for holistic well-being using Yoga, Prāṇa, and Reiki techniques.

Unit 1: Fundamentals of Prāṇa & Reiki

- Concept of *Prāṇa* in Yoga and Ayurveda – types, sources, and functions.
- Energy body: *PrāṇamayaKośa* and chakra system.
- Introduction to Reiki – history, principles, levels of practice.
- Ethical guidelines and precautions in energy healing.

Unit 2: Prāṇic Healing Techniques

- Yogic breathing practices (*prāṇāyāma*) for energy activation.
- Cleansing, energizing, and balancing techniques for chakras.
- Use of hand positions and visualization in prāṇic healing.
- Self-healing and distant healing principles.

Unit 3: Reiki Practice and Applications

- Attunement process and role of Reiki symbols.
- Techniques for physical, emotional, and mental healing.
- Reiki for stress management, pain relief, and relaxation.
- Case studies in Reiki therapy.

Unit 4: Integration & Research in Energy Therapies

- Combining Prāṇa therapy and Reiki with Yoga therapy for holistic health.
- Scientific research evidence and limitations of energy healing.
- Designing therapy sessions for specific conditions.
- Documentation, ethics, and professional practice.

Reference Book:-

1. **Sana Pranayama Mudra Bandha** – Swami Satyananda Saraswati, Bihar School of Yoga.
2. **Prana and Pranayama** – Swami Niranjanananda Saraswati, Bihar School of Yoga.
3. **The Science of Pranayama** – Swami Sivananda.
4. **The Healing Power of Prana** – Master Stephen Co.
5. **Miracles Through Pranic Healing** – Master Choa Kok Sui.

Master of Science in Yoga

Semester -IV

Paper Code : 25PN-MSYOG-DEC408

Paper: Yoga for Immunity and Preventive Health

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 Learning Outcomes :-

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

CLO1: Explain the structure and functioning of the human immune system and factors affecting it from a yogic and modern perspective.

CLO2: Analyze the role of yogic concepts like Panchakosha, Prana, Trigunas and Doshas in maintaining immunity and preventive health.

CLO3: Demonstrate appropriate yogic practices — Asanas, Pranayama, Kriyas, Mudras, Bandhas, Yoga Nidra — for strengthening immunity and preventing common ailments.

CLO4: Design Yoga-based modules and lifestyle plans for community and individual preventive healthcare.

Course Contents

Unit I: Understanding Immunity and Preventive Health

1. Concept and components of immune system
2. Factors affecting immunity — lifestyle, stress, diet
3. Preventive health: meaning, scope, importance
4. Role of Yoga in health promotion and disease prevention
5. Modern research on Yoga and immunity

Unit II: Yogic Concepts Related to Health and Immunity

1. Panchakosha theory and immunity
2. Concept of Prana and its impact on health
3. Trigunas, Doshas and immunity (Ayurvedic link)
4. Yoga for psychosomatic balance
5. Yoga in preventive lifestyle management

Unit III: Yogic Practices for Strengthening Immunity

1. Asanas for boosting immunity (selected postures)
2. Pranayama for respiratory health and vitality
3. Kriyas (Shatkarmas) for detoxification and immunity
4. Mudras and Bandhas for energy balance
5. Yoga Nidra and Meditation for stress reduction

Unit IV: Application and Research

1. Evidence-based studies on Yoga and immunity
2. Designing Yoga modules for preventive health
3. Community health and Yoga outreach
4. Case studies: Yoga during pandemics & epidemics
5. Integration of Yoga with modern preventive medicine

Suggested Readings:

1. Saraswati, Swami Satyananda. *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
2. Tiwari, O. P. *Asana, Pranayama, Mudra, Bandha*. Kaivalyadhama.
3. Bhole, M. V. *Yoga and Modern Health Science*.
4. NIN & Ministry of AYUSH reports on Yoga & Immunity.
5. Peer-reviewed research articles.

Master of Science in Yoga

Semester -IV

Paper Code : 25PN-MSYOG-409

Paper: Practical- 4 (Mudras , Meditation and Naturopathy)

Maximum Marks 100

Practical Examination :70

Internal Assessment :30

Course Learning outcomes-

CLO1: Demonstrate correct techniques of selected mudrās with proper hand positions, posture, and breathing awareness.

CLO2: Practice different meditation methods to enhance concentration, mindfulness, and inner stability.

CLO3: Naturopathy takes a holistic approach to wellness. Naturopathy supports a person to live a healthy lifestyle.

CLO4: The foundations of naturopathy are based on the importance of a healthy diet, clean fresh water, sunlight, exercise and stress management.

Unit-I: Mudras

- Mahabandh mudra
- Mahavedh mudra
- Ashvani Mudra
- Tadagi Mudra

Asana

- Hand stand
- Puranchakrasana
- Mayurasana
- Sirsasana
- Paschimotanasana

Unit- II: Pranayam & Meditation

- Nadishodhan
- Satambhvarti
- Bahiyvarti Pranayam with udiyanbandh
- Abhyantarvarti Pranayam with jalnderbandh

Meditation

- Mindfulness Meditation
- Transcendental Meditation
- Pranic Energisation Technique
- Focused Meditation

Unit 1II: Hydrotherapy & Mud Therapy

1. Demonstration of different hydrotherapy treatments:
 - Hip bath, spinal bath, steam bath
 - Foot bath, arm bath, Sitz bath
2. Practical application of fomentation (hot & cold packs).
3. Preparation and application of mud packs:
 - Eye mud pack
 - Abdomen mud pack
4. Demonstration of Enema procedure.
5. Visit to a naturopathy hospital/clinic to observe hydrotherapy and mud therapy treatments.

Unit IV: Diet & Massage Therapy

1. Demonstration of preparation of naturopathic diets:
 - Raw food, fruit diet, mono diet
 - Juice therapy (preparation of fresh juices)
2. Hands-on practice of basic massage techniques:
 - Effleurage, petrissage, tapotement, vibration
3. Practical session on sun bath and air bath techniques.
4. Demonstration of fasting therapy and its management.

Suggested Reading

1. **Bakhru, H.K.** — *The Complete Handbook of Nature Cure*
(A comprehensive guide covering diet, fasting, hydrotherapy, mud therapy.)
2. **Rao, B. Venkat.** — *Principles and Practice of Naturopathy*
(Covers core naturopathic therapies with simple practical explanations.)
3. **Agarwal, R.S.** — *A Textbook of Naturopathy*
(Basic reference for hydrotherapy, mud therapy, massage, and diet therapy.)
4. **Swaminathan, M.** — *Food and Nutrition*
(For therapeutic diet planning and nutrition fundamentals.)
5. **Campion, Margaret Reid.** — *Hydrotherapy: Principles and Practice*
(Detailed descriptions and methods for hydrotherapy practicals.)
6. **Bakhru, H.K.** — *Nature Cure for Common Diseases*
(Practical guide for naturopathic management of common ailments.)
7. **Susan G. Salvo** — *Massage Therapy: Principles and Practice*
(Reference for techniques and precautions in massage therapy.)

