

COURSES OF STUDIES

FOR

M.A. IN YOGA EXAMINATION

(SEMESTER PATTERN)

1st Semester

	No.	Name of the Paper	Credit	Marks			
				Midsem	Sessional	Endsem	Total
Core	Paper : 1	Yoga Fundamentals & Yoga Sutra	5	20	-	80	100
Core	Paper : 2	Elementary Sanskrit	5	20	-	80	100
Core	Paper : 3	Sankhya & Advaita Vedanta	5	20	-	80	100
Core	Paper : 4	Practical-I	5	-	30	70	100
Core	Paper : 5	Practical-II	5	-	30	70	100
	Grand Total		25				500

2nd Semester

	No.	Name of the Paper	Credit	Marks			
				Midsem	Sessional	Endsem	Total
Core	Paper : 1	Human Anatomy & Physiology	5	20	-	80	100
Core	Paper : 2	Yogic Management of Diseases	5	20	-	80	100
Core	Paper : 3	Practical-III	5	-	30	70	100
Core	Paper : 4	Practical-IV	5	-	30	70	100
Core	Paper : 5	Hatha Yoga Pradipika/ Gheranda Samhita	5	20	-	80	100
	Grand Total		25				500

3rd Semester

	No.	Name of the Paper	Credit	Marks			
				Midsem	Sessional	Endsem	Total
Core	Paper : 1	Great Yogis of India./DhyanaBindu Upanisada	5	20	-	80	100
Core	Paper : 2	Naturopathy	5	20	-	80	100
Core	Paper : 3	Ayurveda & Panchakarma	5	20	-	80	100
Core	Paper : 4	Computer Applications/Communicative English	5	20	-	80	100
Core	Paper : 5	Practical- V	5	-	30	70	100
Core	Paper : 6	Seminar	0				
	Grand Total		25				500

4th Semester

	No.	Name of the Paper	Credit	Marks			
				Midsem	Sessional	Endsem	Total
Core	Paper : 1	Srimad Bhagavat Gita & Upanisad	5	20	-	80	100
Core	Paper : 2	Various Methods of Yoga Sadhana	5	20	-	80	100
Core	Paper : 3	Practical- VI	5	-	30	70	100
Core	Paper : 4	Research Methodology & Dissertation	5	-	-	-	100
Core	Paper : 5	Practical- VII	5	-	30	70	100
	Grand Total		25				500

1st Semester

PAPER-1: YOGA FUNDAMENTALS & YOGA SUTRA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: YOGA FUNDAMENTALS - 16marks

Meaning, Definition and Subject matter of Yoga.

History of Yoga, Relevance of Yoga in modern age.

Unit-2: YOGA SUTRA (Samadhi Pada)-16marks

Definition of Yoga, ChittaVritties, Abhyas and Vairagya, Iswara, Obstacles in the path of Yoga, Removal of obstacles or Chittaparikarma, Types of Samadhi, Samapattis

Unit-3: YOGA SUTRA (Sadhana Pada)-16marks

Kriya Yoga, Klesha, Chaturvyuhavada (Heya, Heyahetu, Hana, Hanopaya), Bahiranga Sadhanas of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara)

Unit-4: YOGA SUTRA (Vibhuti Pada)-16marks

Antaranga Sadhanas of Astanga Yoga or Samyama (Dharana, Dhyana, Samadhi), Application of Samyama and various Yoga Siddhis

Unit-5: YOGA SUTRA (Kaivalya Pada)-16marks

The Five Siddhis, Various chittas, Karmas (Sukla, Krisna, Sukla-Krisna, Asukla-Krisna), Transmigration theory according to Yoga, Chitta and Vastu, Process of Kaivalya

Recommended Books:

- Swami Satyananda, "Four Chapters on Freedom" (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger.
- Dr. P.V. Karambelkar, "Patanjala Yoga Sutra" Kaivalyadhama, Lonavla.
- Swami Vivekananda, "Raja Yoga", Advaita Ashram publication.
- Swami Niranjanananda Saraswati, "Yoga Darshan", Bihar Yoga Bharati, Gangadarshan, Munger, Bihar.

1st Semester

PAPER-2 : ELEMENTARY SANSKRIT

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: Sanskrit alphabets, their divisions and places of utterance: (8 Marks)

Division of Varnas: Swara Varna, Vyanjana Varna, Vargya Varna, Antahstha Varna, Usma Varna, Ayogavaha Varna, Letters according to places of utterance: Kanthya, Talavya, Osthya, Dantya, Murdhanya, Dantyausthya, Anunasika

Unit-2: SabdaRupa and DhatuRupa(8 + 8 = 16 Marks)

- a) Sabda Rupa - (नर, मुनि, साधु, राजन्, गुणिन, नदी, मति, मातृ, फल, वारि, धनुष, तत्, अस्मद्, युष्मद्) - 8 marks
- b) Dhaturupa - (पठ्, भू, अस्, क्, लभ्, चुट् - लट् लकार, विधिलिङ्, लोट् लकार, लङ् लकार, लृट् लकार,)- 8 marks

Unit-3: Sandhi(8 + 8 = 16 Marks)

- (a) SwaraSandhi, VyanjanaSandhi - 8marks
- (b) VisargaSandhi - 8marks

Unit-4: Karaka and Vibhakti (10+ 10=20 Marks)

Unit-5: Avyayas, Upasargas, Stripratyayas (4+6+6=16 Marks)

- (a) Avyayas (Frequently used Avyayas) 4marks
- (b) Upasargas - 6marks
- (c) Stripratyayas (Main Stripratyayas)- 6marks

Unit-5: Diacritical Marks (4Marks)

(Questions should be asked from all parts of all units)

Recommended Books:

- 1 VyakaranaDarpana, Text Book Beuro
- 2 Manika Published by CBSE

1st Semester

PAPER- 3: SANKHYA AND ADVAITA VEDANTA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Sankhya

Unit-1: 20 Marks

- (a) Concept of Pūrusa
- (b) Concept of Prakriti

Unit-2: 20 Marks

- (a) Three Gunas
- (b) Theory of Creation

Advaita Vedanta

Unit-3: 20 Marks

- (a) Concept of Brahman
- (b) Concept of Maya

Unit-4: 20 Marks

- (a) Concept of Jiva
- (b) Concept of Liberation

Recommended Books:

- Dr. Chandradhar Sharma, "A Critical Survey of Indian Philosophy", Motilal Banarsidass Publishers.
- Datta & Chatterji, "An Introduction to Indian Philosophy",

1st Semester

PAPER- 4: PRACTICAL-I

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Pawanamuktasana 1: Padanguli Naman, Goolf Naman, Goolf Chakra, Goolf Ghoornan, Janu Naman, Ardha Titali, Poorna Titali, Shroni Chakra, Mushtika Bandhana, Manibandha Naman, Manibandha Chakra, Kehuni Naman, Skandha Chakra, Greeva Sanchalana.

Pawanamuktasana 2: Padotthanasana, Padachakrasana, Padasanchalana, Sputa Pawanamuktasana, Jhulana Lurhakasana, Sputa Udarakarsanasana, Shava Udarakarsanasana, Naukasana.

Pawanamuktasana 3: Rajju Karshanasana, Gatyatmak Meru Vakrasana, Chakki Chalanasana, Naukasanchalanasana, Kashtha Takshanasana, Namaskarasana, Vayu Nishkasana Asana, Kauva Chalanasana, Udarakarshanasana.

Relaxation Asana: Shavasana, Advasana, Jyestikasana, Makarasana, Matsyakridasana

Yoga Exercises for the Eyes: Palming, Sideways Viewing, Front and Sideways Viewing, Up and Down Viewing, Rotational Viewing, Preliminary Nasikagra Drishti, Near and Distant Viewing.

Recommended Books:

- Swami Satyananda Saraswati "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.

1st Semester

PAPER- 5: PRACTICAL-II

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Meditation Asana: Sukhasana, ArdhaPadmasana

Mudra: Jnana Mudra, Chin Mudra, Hridaya Mudra

Breathing Practices: Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing.

Expanding Breath capacity: Viloma Pranayama (Interruption of inhalation, Interruption of exhalation, Interruption of inhalation and exhalation), Rhythmic Breathing (Abdominal Breathing 1:1, Yogic Breathing 1:1, Synchronizing Breath and Heart Rhythms, Extending Breath Duration 1:1), Extended Exhalation 1:2, Kumbhaka (Internal Retention 1:1:1, Internal Retention and Extended Exhalation 1:1:2 & 1:2:2) Samavritti Pranayama.

Pranayama: NadiShodhana Pranayama Stage:-1&2, Bhramari Pranayama

Satkarma: JalaNeti

Recommended Books:

- Swami SatyanandaSaraswati "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.
- Swami NiranjananandaSaraswati "Prana Pranayama Parna Vidya ", Yoga Publications Trust, Munger, Bihar, India.

2nd Semester

PAPER- 1:HUMAN ANATOMY AND PHYSIOLOGY

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: (16 Marks)

- a) Structure and functions of cell, concept of DNA. Outlines of body systems and their functions.
- b) The internal environment and homeostasis, homeostasis imbalances.

Unit-2:Muscular and Skeletal System:(16 Marks)

- a) Types, structure and functions of muscles.
- b) Types of joints, Structure and functions of synovial joints and the Vertebral Column.

Unit-3:Endocrine System and Digestive System:(16 Marks)

- a) Kinds and functions of the endocrine glands.
- b) Structure and functions of different digestive organs, Process of digestion assimilation and absorption.

Unit-4:Respiratory System and Cardiovascular System: (16 Marks)

- a) Base structure and functions of the respiratory system.
- b) Blood and its components and functions, Structure and functions of heart and blood vessels.

Unit-5:Nervous System and Reproductive System:(16 Marks)

- a) Structure& function of neuron, Central Nervous System: Brain & Spinal cord, Peripheral Nervous System: Somatic Nervous System (Cranial Nerves & Spinal Nerves) & Autonomic Nervous System (Sympathetic & Parasympathetic)
- b) Female Reproductive System: External genitalia (vulva), Internal genitalia (Vagina, Uterus, Ovaries) Puberty in Female, Menstrual cycle, Menopausc. Male Reproductive System: Scrotum, Testes, Prostate Gland, Puberty in Male.

Recommended Books:

- N. Murgesh, "Basic Anatomy & Physiology", Sathya Publishers, Madurai.
- Ross & Willson, "Anatomy and Physiology in Health and Illness", Churchill Livingstone.
- Gerard J. Tortora & Sandra Reynolds Graawhowski, "Principles of Anatomy & Physiology", John Wiley & Sons, Inc.

PAPER- 2:YOGIC MANAGEMENT OF DISESES

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1:(16 Marks)

- a) Yogic Management of Common cold, Sinusitis, Tonsillitis, Migraine.
- b) Yogic Management of Bronchitis and Asthma.

Unit-2:(16 Marks)

- a) Yogic Management of Acidity, Dyspepsia, Colitis, Constipation, Piles.
- b) Yogic Management of Diabetes Mellitus, Obesity

Unit-3:(16 Marks)

- a) Yogic Management of Thyroid Disorder, Varicose Veins.
- b) Yogic Management of Hypertension, Insomnia, Depression.

Unit-4:(16 Marks)

- a) Yogic Management of Arthritis (Acute arthritis, Rheumatoid arthritis, Gout & Osteoarthritis).
- b) Yogic Management of Cervical Spondylitis, Back Pain, Slipped Disc and Sciatica.

Unit-5: (16 Marks)

- a) Yogic Management of Menstrual Disorder, Sterility and Impotence, Prostatic Disease, Erectile Dysfunction.
- b) Role of Yoga for Stress Management , Yogic Diet

Recommended Books:

- Swami SatyanandaSaraswati "Yoga and Cardiovascular management" yoga publication trust, Munger, Bihar, India.
- Dr Swami Shankardevananda "The effects of Yoga on Hypertension" yoga publication trust, Munger, Bihar, India.
- Dr Swami Karmaranda "Yogic Management of common Diseases" yoga publication trust, Munger, Bihar, India
- Dr Swami Shankardevananda "Yogic management of Asthma and Diabetes" yoga publication trust, Munger, Bihar, India.
- Dr Swami Shankardevananda "Yoga for the Digestive System" yoga publication strust, Munger, Bihar, India.
- Swami Satyananda "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.
- Swami Niranjanananda, "DharanaDarshan", Sri PanchdashnamParamahansaAlakh Bara Deoghar.
- Swami SatyanandaSaraswati, "Yoga Nidra", Bihar School of Yoga, Munger.
- Swami MangalteerthamSaraswati, "A Synthetic Approach to Diet & Nutrition" Nutan Publication, Jharkhand

2nd Semester

PAPER- 3:PRACTICAL-III

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Asana:

Meditation Asana: Sukhasana, ArdhaPadmasana, Padmasana, Siddhasana/Siddha Yoni Asana, Swastikasana, DhyanaVeerasana,

Vajrasana(Series): Vajrasana, Ananda Madirasana, Padadhirasana, Bhadrasana, Simhasana, Simhagarjanasana, Veerasana, Marjari Asana, Vyaghrasana, Shashankasana, ShashankaBhujangasana, NamanPranamasana, ArdhaUsthrasana, Usthrasana, Sputa Vajrasana.

Standing Asana: Bandha Hasta Utthanasana, AkarnaDhanurasana, Tadasana, TiryakTadasana, Katichakrasana, Utthanasana, DrutaUtkatasana, Samakonasana, Dwikonasana, Trikonasana (Var- I-IV), UtthitaLolasana.

Surya Namaskara

Backward Bending: Sarala Bhujangasana, Bhujangasana, TiryakaBhujangasana, Sarpasana, ArdhaShalabhasana, Salabhasana, SaralDhanurasana.

Pranayama: Kapalbhati, Sitkari, Bhramari.

Mudra: Jnana Mudra, Chin Mudra, Hridaya Mudra.

Recommended Books:

Swami Satyananda "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.

2nd Semester

PAPER- 4:PRACTICAL-IV

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Satkarma: JalaNeti, KunjalKriya, LaghooShankhaPrakshalana and Trataka

Meditation: Kaya Sthairyam: Stage 1-12, AjapaDharana 1& 2, ChidkashDharana: Stage 1-2, hridayakashdharana: Stage 1-8

Relaxation: Yoga Nidra 1& 2, AntarMouna: Stage 1-5

Recommended Book:

Swami SatyanandaSaraswati "Asana Pranayama Mudra Bandha", Bihar Yoga, Bharati, Munger, Bihar, India

Swami SatyanandaSaraswati "Meditation from the Tantras", Yoga Publication Trust, Munger, Bihar, India.

Swami NiranjananadaSaraswati "DharanaDarshan", Sri PanchdashnamParamahansaAlakh Bara Deoghar.

Swami SatyanandaSaraswati "Yoga Nidra", Bihar School of Yoga, Munger

PAPER- 5: HATHA YOGA PRADIPIKA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: (20 Marks)

- a) Concept of Hatha Yoga, Great Hatha Yogis, An ideal place for Yoga, Characteristics of a Yoga Matha, Causes of failure and success, Mitahara.
- b) Asanas (Swastikasana, Gomukhasana, Veerasana, Koormasana, Uttankoormasana, Dhnurasana, Matsyendrasana, Paschimottanansana, Mayurasana, Shavasana, Siddhasana, Padmasana, Simhasana, Bhadrasana)

Unit-2: (20 Marks)

- a) Nadisodhana, Satkarma(Neti, Dhauti, Basti, Trataka, Nauli, Kapalabhati, Gajakarani)
- b) The Eight Kumbhakas(Suryabhedha, Ujjayi, Seetkari, Sheetali, Bhastrika, Bhramari, Moorchha, Plavini) , Kevala, Sahita

Unit-3: (20 Marks)

- a) Maha Mudra, Maha Bandha, MahaVedha Mudra, Khechari Mudra, Vajroli Mudra, Sahajoli, Amaroli
- b) Shakti Chalana (Kundalini, Ida, Pingala, susumnaNadi, Technique of Shakti Chalana)

Unit-4: (20 Marks)

- a) Samadhi, Mutual Relations of Prana and Manas
- b) Nadanusandhana and its different states

Recommended Books:

- Swami SatyanandaSaraswati, "Hatha Yoga Pradipika", Bihar School of Yoga, Munger.
- Edited by Swami Digambaraji, "Hathapradipika of Svatanmarana" Kaivalyadhama, SMYM samiti, Pune.
- HathayogaPradipika by G.S. Sahaya. Pulished by MDNIY, New Delhi

PAPER- 5: GHERANDA SAMHITA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: (16 Marks)

- a) Concept of Saptanga Yoga, Shatkarma..
- b) Gomukhasana, Koormasana, Matsyanana, Matsyendrasana, Paschimottanasana, Bhujangasana, Mayurasana, Siddhasana, Padmasana.

Unit-2: (16 Marks)

- a) Sahita Pranayama, Sagarbha Pranayama, Nigarbha Pranayama, Surya Bheda Pranayama, Ujjayi Pranayama..
- b) Sithali, Bluastrika Pranayama, Bhramari Pranayama, MoorchhaPranayama, Kebali Pranayama.

Unit-3: (16 Marks)

- a) Moola Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha
- b) ParthabiDharana, AmbhasiDharana, AgnyeyiDharana, VayabiyaDharana, AkasiDharana

Unit-4:(16 Marks)

- a) MahaMudra, Nabho Mudra, Khechari Mudra, MahaVedha Mudra, Viparitakarani Mudra.
- b) Yoni Mudra, Shakti Chalana Mudra, Tadagi Mudra, Manduki Mudra, Shambhavi Mudra.

Unit-5: (16 Marks)

- a) Dhyana(SthulaDhyana, JyotiDhyana, SuksmaDhyana).
- b) Types of Samadhi (Dhyanyoga Samadhi, Nadayoga Samadhi, Rasananda Samadhi, Layasidhi Samadhi, Bhaktiyoga Samadhi, Manamoorchha Samadhi).

Recommended Books:

- Swami NiranjananandaSaraswati, "Gheranda Samhita", Bihar Yoga Bharati, Gangadarshan, Munger, Bihar.
- Swami Digambaraji, "Gheranda Samhita" Kaivalyadhama, SMYM samiti, Pune.

DISCIPLINE SPECIFIC ELECTIVE

PAPER – 1: GREAT YOGIS OF MODERN INDIA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit- 1 (16 marks)

- a) Acharya Shankara
- b) Shri Ramakrishna Paramahansa

Unit-2 (16 marks)

- a) Paramhansa Yogananda
- b) Swami Sivananda Saraswati

Unit-3 (16 marks)

- a) Sri Aurobindo
- b) Swami Vivekananda

Unit-4 (16 marks)

- a) Swami Nigamananda
- b) Swami Satyananda Saraswati

Unit-5 (16 marks)

- a) Ramana Maharshi
- b) Anandamayee Maa

Recommended Books:

1. Sivananda Biography of a Modern Sage, Life and Works of Swami Sivananda, The Divine Life Society
2. Autobiography of a Yogi by Paramahansa Yogananda
3. Teachings of Swami Satyananda Saraswati, BSY, Munger
4. Teachings of Sri Ramakrishna, Advaita Ashrama, Kolkata
5. The Life of Vivekananda and the Universal Gospel by Romain Rolland
6. Lives of Saints, Swami Sivananda, The Divine Life Society, Shivananda Nagar, Uttaranchal

3rd Semester

DISCIPLINE SPECIFIC ELECTIVE

PAPER - 1: DHYANA BINDU UPANISAD(Alternative choice)

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1

- a) Dhyana on Brahma (Mantra 1-7)
- b) Pranava (Mantra 9-17)

Unit-2

- a) PranavaDhyana (Mantra 18-24)
- b) Dhyana on Vasudeva, Mahavisnu, Brahma, Siva, Sun, Moon, Agni (Mantra 25-40)

Unit-3

- a) The Nadis and Vayus (Mantra 50-58)
- b) The Chakras (Mantra 43-49) and Kundalini (Mantra 65-68)

Unit-4

- a) Mudras and Bandhas (Mulabandha, UddiyanaBandha, JalandharaBandha, Kfechari Mudra, Mahamudra) (Mantra 74-93)
- b) Atmanimaya (Mantra 94)

Recommended Books:

Thirty Minor Upanisads (Sanskrit Text and English Translation) by K. Narayana Swami Aiyar, Published by Parimal Publications, New Delhi

PAPER - 2: NATUROPATHY

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1: Basic Concept & Theories of Naturopathy - 16 Marks

Chapter-1: Meaning, Concept & Definition of Naturopathy, History of Naturopathy, Theory of Vitality, Theory of five elements for healthy living (Naturopathic Concept of Health)

Chapter-2: Theory of Toxemia (Naturopathic Concept of Disease): Acute Diseases, Chronic Diseases, Fatal Diseases, Limitations of Naturopathy (Hereditary Problems, Accidental Problems, life threatening Problems, Deformities and Degenerations),

Theory of Self-Healing

Unit-2: Modalities of Naturopathy (Hydro Therapy)- 16 Marks

Chapter-1: Enema, Hip Bath, Seitz Bath, Hot Foot & Arm Bath, Spinal Bath, Full Immersion Bath, Steam Bath

Chapter-2: Packs And Fomentation: Wet-Packs on Abdomen & Head, G H Pack, Kidney Pack, Compress Pack On Abdomen, Chest, legs, hands and neck, Whole Body Wet-Sheet Pack, Steam Inhalation

Unit-3: Modalities of Naturopathy (Other Therapies)- 16 Marks

Chapter-1: Mud Therapy- Abdominal Mud Pack, Local Mud Pack, Mud Pack on eyes and face, Mud Bath.

Diet Therapy: Eliminative Diet, Soothing Diet, Constructive Diet, Restricted Diet, Alkaline and acid forming Diet, Food combinations, right procedure of cooking and serving

Chapter-2: Fasting Therapy: Difference between Fasting and Starvation, Short Fasting, Long Fasting, Intermittent fasting, Healing Crises.

Massage Therapy, Chromo Therapy

Unit-4: Management of Acute Diseases - 16 Marks

Chapter-1: Cold & Cough, Dysentery and Diarrhea, Burning & Sun Stroke.

Chapter-2: Vomiting, Boils, Scabies, Acute Fever, Insect Bites, Sprain & Spasms.

Unit-5: Management of Chronic Diseases- 16 Marks

Chapter-1: Acidity, Gastritis, Hypertension and Diabetes.

Chapter-2: Backache, Arthritis, Asthma, Obesity and Eczema.

Recommended Books:

- Swami Sivananda, "Practice of Nature Cure", Divine Life Society, Rishikesh, India.
- Dr J.H Kellogg "Rational Hydrotherapy", National Institute of Naturopathy, Pune.
- Dr H K. Bakhru "Nature Cure", Jaico Publishing House, Mumbai.
- Dr S R Jindal, "Nature Cure, a way of life", Institute of naturopathy & yoga science.
- "Nature Cure, Healing without Drug", Jindal Naturopathy Institute

PAPER – 3: BASIC PRINCIPLES OF AYURVEDA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1

- a) History of Ayurveda (Definition of Ayurveda, Descent of Ayurveda (Avatarana), Brihatrayee, Laghutrayee)
- b) Astanga Ayurveda (Eight Parts of Ayurveda) (Kaya Chikitsa (General Medicine), BalaChikitsa (Pediatrics), GrahaChikitsa, Shalakyatantra, Shalyatantra, Visa Chikitsa, JaraChikitsa, VajikaranChikitsa)

Unit-2

- a) Dosa, Dhatu, Mala Vigyan (Definitions, Classifications, places and functions of Dosa, Dhatu and mala) (General Symptoms of increase (Vridhhi) and decrease (Ksaya) of Dosa, Dhatu and Mala)
- b) SwasthaVritta (Dinacharya, Ritucharya)

Unit-3 – (RogaNidana)

- a) Definition of Roga and Nidan, General Classification of Vyadhi, PanchaNidana
- b) Roga and RogiPariksha (Defferent methods of examinations disease and patient Treevidha, Sadvidha, astavidha, DasavidhaPariksa)

Unit-4 (Pancha Karma)

- a) Purva Karma (Snehana&Swedana) and Paschat Karma (Samsarjana, Pathyapathya)
- b) Mukhya Karma (Vamana, virechana, Sirovirechana) , Vasti (Asthhapama, Anuvasana, Raktamoksana)

Mid Semester 20 + End Semester 80

Recommended Books:

1. Ayurveda Itihas, ChoukhambaOrientalia, Varanasi
2. ShariraKriyaVigyan (Ay.), ChoukhambaOrientalia, Varanasi
3. SwasthaVritta (Ay.), ChoukhambaOrientalia, Varanasi
4. VikritiVigyan (Ay.), ChoukhambaOrientalia, Varanasi
5. AyurvadaDarvyaguna, ChoukhambaOrientalia, Varanasi
6. Ayurveda Rasasastra&BhaisajaKalpana, ChoukhambaOrientalia, Varanasi
7. Kaya Chikitsa, ChoukhambaOrientalia, Varanasi
8. Pancha Karma Chikitsa, ChoukhambaOrientalia, Varanasi
9. An Introduction to Ayurveda, Dr. Ravi R. Javalgekar, , ChoukhambaSanskrit Samsthan, Varanasi

GENERIC ELECTIVE

PAPER-4: COMPUTER APPLICATIONS

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1:

- (a) Introduction to Computer, Inside the System Units, Input Devices, Output Devices (8 marks)
- (b) Storage Devices, Software, Application Software, Programming Software (8 marks)

Unit-2:

- (a) Types of Networks, Network Hardware, Network Structure (8 marks)
- (b) Network Devices, Network Communication Technology (8 marks)

Unit-3:

- (a) Computer Security (8 marks)
- (b) Internet & Emails, Internet Search, Facebook, Cloud Storage (8 marks)

Unit-4:

- (a) MS Word 2010 (8 marks)
- (b) MS- Excel 2010 (8 marks)

Unit-5:

- (a) MS- Power Point 2010 (8 marks)
- (b) MS- Access (8 marks)

Examiner may ask short or long questions.

Recommended Books:

Computer Course by Biswarup Roy Choudary

GENERIC ELECTIVE

PAPER - 4: COMMUNICATIVE ENGLISH(Alternative choice)

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit- 1 (Comprehension) - 20 marks

(An unknown passage followed by five questions each carrying four marks)

Unit-2 (Summarizing) - 10 Marks

(A passage of 300 words to be summarized)

Unit-3 (Dictionary skills) - 10 Marks

(Use of words, phrases, idioms, different parts of speech)

Unit-4 (Essay writing) - 10 Marks

An essay on any topic (200 words) mainly on culture or Yoga or Current affairs

Unit-5 (Grammar) - 30 Marks

Parts of speech, tense, gender, transformation of sentences. Common errors in English

Unit-6&7 for Midsem only.

Unit-6 (Translation) - 10 Marks

A passage in Odia/Hindi to be translated in to English

Unit- 7 (10 Marks)

(Spoken English)

Recommended Books:

Hidden Treasure, A.C. DE, Five Star Printing Works, 11a, Garpar Road, Kolkata

PAPER - 5: PRACTICAL-V

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Asana:

Standing Asana: TiryakKatichakrasana, MeruPrishthasana, Dolasana.

Padmasana (Series): Yogamudrasana, matsyasana, guptapadmasana, baddhapadmasana, lolasana, kukkutasana, garbhasana, Tolanguasana. *(Student can chose any three asana of this Series for examination purpose)

Backward Bending: Dhanurasana, Kandharasana, ArdhaChandrasana, UtthanPrishthasana, Setu Asana, Gomukhasana.

Forward Bending: Saithalyasana, JanuSirshasana, Paschimottanasana, GatyatmakPaschimottanasana, PadaPrasarPaschimottanasana, Ardha Padma Paschimottanasana, Hasta PadaAngushthasana, MeruAkarshanasana, SirshaAngusthaYogasana, UtthitaJanuSirshasana, EkaPadottanasana.

Spinal Twisting Asana: MeruWakrasana, BhuNamasana, ArdhaMatsyendrasana, ParivrittiJanuSirshasana.

Pranayama: NadishodhanaPranayama Stage:-3 & 4, BhastrikaPranayama, MoorchhaPranayama, Surya Bheda Pranayama, UjjayiPranayama, SheetalPranayama.

Mudra: Yoni Mudra, Bhairava Mudra, ShambhaviMudra, NasikagraDrishti, KhechariMudra, KakiMudra, Shanmukhi Mudra, VipareetaKarani Mudra, Prana Mudra, Yoga Mudra, Ashwini Mudra, Vajroli/Sahajoli Mudra.

Bandha: JalandharaBandha, MoolaBandha, UddiyanaBandha, MahaBandha.

Recommended Books:

- Swami Satyananda "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.

3rd Semester

PAPER – 6: SEMINAR

(Total Credit: 0, Instruction Hours: _____)

College will conduct the seminar and send the grade to the University at the time of Submission of Midsem. Exam. Marks of 3rd Semester

Grade for satisfactory - "S"

Grade for Unsatisfactory- "X"

4th Semester

PAPER - 1: SRIMAD BHAGAVAT GITA & UPANISADS

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Gita 6th Chapter (Dhyana Yoga)

Unit-1

- a) Introduction to Bhagavatgita, Its Backgraound, Writer, chapterisation
- b) Importance of Bhagavat Gita in day to day life

Unit-2

- a) Sannyasa and Yoga, Suitable place, posture and method of Dhyna (Sl. 1-15)
- b) Moderation and Yoga (Sl. 16-17), Supreme bliss experienced by a Yogi (Sl. 18-32), Fickleness of mind and measures of pacify it, fate of a Yogabhrasta

YogatattvaUpanisad

Unit-3

Introduction to the Upanisadic literature (Derivation of the word, place of Upanisads in Vedic Literature, Number of Upanisads, Division into major and minor Upanisads, names of major Upanisads and names of some minor Upanisada, main subject matter of the major Upanisads, seers of Upanisads, date of Upanisadas)

Unit-4

- a) Paramatma appearing as Jiva (Sl.1-13), Jnana and Yoga, various kinds of Yoga- Mantra Yoga, laya Yoga, Hatha Yoga and Raja Yoga (14-25), Proper Place, Posture and practice of Pranayama (26-44), Obstacles on path of Yoga, Recommended and prohibited food for a Yogi, gisns of Progress, Various Siddhis (45-56)
- b) Four Stage of Yoga (Arambha, Ghata, Parichaya and Nispatti)- Sl. 55-82, Various Siddhis, The five Dharanas, Dhyana and Samadhi (83-111), Some other Yogic Practices (MahaBandha, Maha-vedha, Khecari, Viparita-Karani, Vajroli, Amroli) Sl. 112-128, Viveka and Vairagya (Sl. 130-142)

(The examiner may ask long or short questions from the texts)

Recommended Books

1. The Bhagavatadgita: by Swami Sivananda, Published by The Divine Life Society, P.O. Sivananda Nagar, TehriGarhwal, Uttarakhand
2. Thirty Minor upanisads (Sanskrit Text and English Tranlation) by K. Narayan Swami Aiyar, Published by Parima Publications, Delhi

PAPER - 2: VARIOUS METHODS OF YOGA SADHANA

(Total Credit: 5, Instruction Hours: 75 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

Unit-1 (16 Marks)

Kundalini and Chakras

Unit- 2 (16 Marks)

Swara Yoga

Unit-3 (16 Marks)

Nada Yoga

Unit-4 (16 Marks)

- a) Jnana Yoga
- b) Mantra Yoga/Japa Yoga

Unit-5 (16 Marks)

- c) Bhakti Yoga
- d) Karma Yoga

Recommended Books:

1. Sivasamhita: translated to English by RaiBahadurSris Chandra Vasu, Panini Office, Allahabad, 1990.
2. Kundalini Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, TerhiGarhwal, Uttaranchal.
3. Svara Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, TerhiGarhwal, Uttaranchal.
4. Japa Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, TerhiGarhwal, Uttaranchal.
5. Essence of Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, TerhiGarhwal, Uttaranchal.
6. Nada Bindu Upanisad (Yogopanisadah) Edited by Pandit A. MahadevaSastri, Published by Adyar Library and research Centre, Adyar, Madras-20.
7. NaradBhaktisutra by Narada.
8. Bhagavadgita by MaharasiVyasa.

PAPER – 3: PRACTICAL VI (PHYSIOTHERAPY)

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Midsem: 20, Endsem: 80)

1. An Introduction to Movement, Exercise therapy, Active Movement, Passive Movements.
2. Starting Positions, derived positions, assisted exercises, resisted exercise.
3. Types, Location, direction and magnitude of motion, definition of forces
4. Forces of Gravity, Line of Gravity, Ground reaction Force, equilibrium, Levers, Work, etc.
5. Joint Structure, types of joints, function of joints, joint mobility
6. General effects of disease, injury and immobilization on joints.
7. Muscle Structure, Function, general effects of immobilization
8. Injury, ageing on Muscles, Manual Muscle testing (MMT).
9. Progressive resisted exercises, breathing exercises joint mobility exercises, uses of mobilization, etc.
10. Massage- Classification, Techniques, uses of Co-ordination, co-ordination exercises, general balancing exercises.

Recommended Books:

1. The Principles of Exercise Therapy by M. Dena Gardiner, 4th Edition
2. Fundamentals of Physiotherapy by Praveen Kumar, ParvatiRaju, Venkata Prasad, 2005
3. Principles of exercises in Physiotherapy by C Sivaram, 2009
4. Principles and Practices of Therapeutic Massage by Akhoury Gourang Sinha, 2010

PAPER -4: RESEARCH METHODOLOGY & DISSERTATION

(Total Credit: 5, Full Marks: 100)

Research Methodology *(Total Credit: 2, Instruction Hours: 30 hours, Full Marks: 40,
Midsem: 8, Endsem: 32)*

1. Various types of research -20 marks
2. Importance of statistics in the field of research, Measure of **Central tendency** and Variability and their application in problems - 20 marks

Recommended Book:

1. Research Methodology- Methods and techniques - CK Kothari

DISSERTATION

(Total Credit: 3, 90 hours of work, Full Marks: 60, Thesis: 40, Viva: 20)

PAPER -5: PRACTICAL-VII

(Total Credit: 5, Instruction Hours: 150 hours, Full Marks: 100, Sessional: 30, Endsem: 70)

Surya Namaskara (with awareness of Chakra, Mantra, Breath and Meditative Physical movement).

Inverted Series: Bhumi Pada Mastakasana, Moordhasana, Vipareeta Karani Asana, Sarvangasana, Padma Sarvangasana, Poorwa Halasana, Halasana, Druta Halasana, Ardha Padma Halasana, Stambhan Asana, Sirshasana, Oordhwa Padmasana.

Balancing Asana: Eka Pada Pranamasana, Natavarasana, Garudasana, Tandavasana, Saral Natarajasana, Natarajasana, Eka Padasana, Bakasana, Merudandasana, Niralamba Paschimottanasana, Baka Dhyanasana, Hamsasana, Santolanasana (Var I to III),

Every student should take any two of these advanced asana.

Advanced Asana: Poorna Bhujangasana, Koormasana, Poorna Shalabhasana, Poorna Dhanurasana, Dhanurakarshanasana, Chakrasana, Hanumanasana, Brahmacharyasana, Poorna Matsyendrasana, Mayurasana, Padma Mayurasana, Vrischikasana, Eka Pada Sirasana, Dwi Pada Kandharasana.

Every student should take any one of these advanced pranayama

Advance Pranayama: Nadi Sodhanawith Jalandhara Bandha, Nadi Sodhanawith Jalandhara & Moola Bandha, Nadi Sodhanawith Maha Bandha, Sheetalawith Jalandhara Bandha, Sheetkariwith Jalandhara Bandha, Bhramariwith Jalandhara Bandha, Bhramariwith Jalandhara & Moola Bandha, Ujjaiwith Jalandhara Bandha, Ujjaiwith Jalandhara & Moola Bandha, Bhastrika with Jalandhara Bandha, Bhastrika with Jalandhara & Moola Bandha, Bhastrika with Maha Bandha,

Chakra Sudhi: Muladhara, Svadhiasthana, Manipura, Anahata, Vishuddhi, Ajna.

Teaching Ability: Sitting Arrangement of Practical Class, How to Instruct, How to Demonstrate, Other important tips for a teacher.

Recommended Books:

- Swami Satyananda "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.
- Swami Niranjanananda, "Dharana Darshan", Sri Panchdashnam Paramahansa Alakh Bara, Deoghar.
- Swami Satyananda Saraswati, "Yoga Nidra", Bihar School of Yoga, Munger
- "Yoga Teacher's Manual", Morarji Desai National Institute of Yoga, New Delhi