



NEP and Learning Outcome-based Curriculum Framework (LOCF)

For

परास्नातक योग

M.Sc. Yoga



Department of Yoga

School of Interdisciplinary and Applied Sciences

CENTRAL UNIVERSITY OF HARYANA

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Background

Change is the law of nature, where change keeps happening, there is something new and worth learning. Continuous research is being done in all the fields of education all over the world and on the basis of the same research, changes in the teaching method also become inevitable. Yoga is such a subject, which has traveled very quickly from the caves of the mountain to the commercial world. It is becoming a part of the daily routine of the people, so in view of its need, it becomes necessary to change our curriculum, so that the students can develop the qualities, knowledge and skills in themselves according to the global need, so that they can effectively face the challenges and changes of the coming times.

Why do we need to revise our syllabus -

Due to rapidly changing employment scenario and global ecosystem

The curriculum will not only help students learn but more importantly learn how to learn.

Our syllabus should have less content and more practical skills

Curriculum should be such that students develop the ability to think critically and solve problems

Curriculum should be such that creative and multidisciplinary competence is developed

The curriculum should be such that education is more experiential, holistic, integrated, inquiry-driven, discovery-oriented, learner-centred, discussion-based, flexible and of course, enjoyable.



Programme Outcomes

After doing this course, along with the increase in the knowledge of the students, the following qualities will be included:

- **Basic and applied knowledge:** Interdisciplinary knowledge to find solution for the complex biological problems
- **Problem analysis:** Ability to analyse society related/ applied research problem, design and execute experiments to find relevant solutions
- **Advanced Usage of Technology:** Apply advanced instrumentation tools, online resources with an understanding of the troubleshooting and limitations
- **Ethics:** Commitment towards professional ethics and responsibilities as a social endeavor to bring harmony with nature
- **Lifelong learning:** Scientific skills for industrial applications and entrepreneurship



Programme Specific Outcomes

On completing M.Sc. in Yoga Programme, the students shall be able to realise the following outcomes:

PSO-1 Be acquainted with the difference between Hath Yoga and Raj Yoga.

PSO-2 They will be aware of the types of Yoga in ancient Indian literature.

PSO-3 They will learn the sequence of Hath-Yogic practices.

PSO-4 They will be able to get the practice of Yoga Practices in an effective manner.

PSO-5 Know about the anatomy and physiology of different parts of the body and explain the effects of Yoga.

PSO-6 They will develop the ability to do Yoga therapy.

PSO-7 Develop skills to cope up the change and challenges of life.



Postgraduate Attributes

- Disciplinary Knowledge
- Creative and Critical Thinking
- Reflective Thinking
- Problem Solving
- Analytical Reasoning
- Communication Skills
- Research Skills
- Life Skills
- Multicultural Competence
- Moral and Ethical Values
- Life-long Learning
- Global Competency



Structure of Programme

Semester s	Core Course (CC)	Discipline Centric Elective Courses (DCEC)	Interdisciplinary/ Generic Elective Course (GEC)	Online from Swayam portal	Total
I	20	3	-	3	26
II	20	4	4		28
III	15	4	4	2	25
IV	21	-	-	-	23
Total	76	11	8	5	100

Instructions for the Students:

Course Type

Core Course (CC): There are core courses in every semester. These courses are to be compulsorily studied by a student as core courses to complete the requirement of this discipline of study.

Discipline Centric Elective Courses (DCEC): These are Elective courses and can be chosen from a pool of papers in all Semesters. These will be supportive to gain in depth understanding in concerned field of Yoga and are mandatory as per course curriculum.

Generic Elective Course (GEC): Generic Elective Course is to be taken from an unrelated discipline available in the School. It is interdisciplinary/open elective as per course curriculum available/offered by other departments included in the School and the GEC Course offered by the Department of Yoga is meant for the students of other disciplines.

Online/Moocs/SWYAM: As stated in the new National Education Policy-2020 that 40% of the course will be given through online mode, this provision has been made keeping in mind that fact.



Introduction:

Yoga is an ancient Indian scientific system and is evolved by Vedic Rishis for holistic growth of body, mind and spirit. It has potential for prevention of physiological and psychosomatic disorders and promotion of inclusive health. The eclectic approach of Yoga brings harmony in the individual and social life. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out all over the world. Today, Yoga has become very popular and has gained essential, indispensable and even imperative space in the lives of individual dignitaries.



Structure of Program: Semester – I

Course	Title of the Paper	L	T	P	C
SIAS YOGA 1101 C 4105	Fundamentals and Foundation of Yoga	4	1	0	05
SIAS YOGA 1102 C 4105	Principles, Practices and Essentials of Haṭha-Yoga	4	1	0	05
SIAS YOGA 1103 C 00105	Yoga Practical – 1	0	0	10	05
SIAS YOGA 1104 C 4105	Yogic Practices and Human Anatomy and Physiology -1	4	1	0	05
Elective					
SIAS YOGA 1101 GEC 2124	Yoga and Self Management	2	1	2	4
SIAS YOGA 1101 DCEC 2103	Āyurvedic Svasthavṛtta and Diet	2	1	0	3
SIAS YOGA 1102 DCEC 2103	Eminent Ancient and Medieval Philosophers and Yogis of India	2	1	0	3
Total					23

- One online course can be taken as per availability

Course	Title of the Paper	L	T	P	C
Online from Swayam portal	AICTE - NITTT - Module 3 - Communication Skills, Modes & Knowledge Dissemination By Er. Amandeep Kaur National Institute of Technical Teachers Training and Research, Chandigarh				3
Online from Swayam portal	BLI-225: Communication Skills By Dr. Zuchamo Yanthan Indira Gandhi National Open University				4



Semester –II

Course	Title of the Paper	L	T	P	C
SIAS YOGA 1205 C 4105	Pātañjala-Yogasūtra	4	1	0	05
SIAS YOGA 1206 C 4105	Yogic Practices and Human Anatomy and Physiology -2	4	1	0	05
SIAS YOGA 1207 C 00105	Yoga Practical – 2	0	0	10	05
SIAS YOGA 1208 C 4105	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	4	1	0	05
Elective					
SIAS YOGA 1202 GEC 2124	Fundamentals of Yoga	2	1	2	04
SIAS YOGA 1203 DCEC 2124	Complementary And Alternative Therapy	2	1	2	04
SIAS YOGA 1204 DCEC 3104	Indian Philosophy	3	1	0	04
Total					28

Semester – III

Course	Title of the Paper	L	T	P	C
SIAS YOGA 1309 C 4105	Research Methodology and Statistics in Yoga	4	1	0	05
SIAS YOGA 1310 C 00105	Yoga Practical – 3	0	0	10	05
SIAS YOGA 1311 C 4105	Teaching methods in Yoga	4	1	0	05
Elective					
SIAS YOGA1303 GEC 2124	Yoga and Holistic Health	2	1	2	04
SIAS YOGA 1305 DCEC	Principles of Naturopathy and Natural Dietics	3	1	0	04



3104					
SIAS YOGA 1306 DCEC 2124	Holistic Health and Yoga Therapy	2	1	2	04
Total					23

- One online course can be taken as per availability

Course	Title of the Paper	L	T	P	C
Online from Swayam portal	Health Research Fundamentals By Multi Faculty National Institute of Epidemiology				2
Online from Swayam portal	Development Research Methods By Prof. Rajshree Bedamatta IIT Guwahati				2
Online from Swayam portal	Introduction to Research By Prof. Prathap Haridoss IIT Madras				2

Semester - IV

Course	Title of the Paper	L	T	P	C
SIAS YOGA 1412 C 00105	Yoga Practical -4 and Naturopathy	0	0	10	05
SIAS YOGA 1413 C 00016	Desertation/Internship	0	0	0	16
Total					21

Special Note: It is decided by acadmic council that one credit (over and above the credits already prescribed) be given to the student who recite the National Anthem, National Song and University Kulgeet.



Learning Outcome Index

I. Programme Outcomes and Programme Specific Outcomes

PO	PSO-1	PSO-2	PSO-3	PSO-4	PSO-5	PSO-6	PSO-7
PO-1	X	✓	✓	✓	✓	✓	✓
PO-2	✓	X	X	✓	✓	✓	✓
PO-3	X	✓	X	X	✓	✓	✓
PO-4	✓	✓	X	X	X	X	✓
PO-5	X	X	✓	✓	✓	✓	✓



I. Core Courses (CC):

PSO	CC-1	CC-2	C C- 3	CC-4	CC-5	CC-6	CC-7	CC-8	CC-9	CC-10	CC-11	CC-12	CC-13
PSO-1	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	✓	✓	✓
PSO-2	✓	✓	✓	X	✓	X	✓	✓	X	✓	✓	✓	✓
PSO-3	✓	✓	✓	X	✓	X	✓	✓	X	✓	✓	✓	✓
PSO-4	X	X	✓	✓	X	✓	✓	X	X	✓	✓	✓	✓
PSO-5	X	X	✓	✓	X	✓	✓	X	X	✓	✓	✓	✓
PSO-6	X	X	✓	✓	X	✓	✓	X	X	✓	✓	✓	✓
PSO-7	✓	✓	✓	X	✓	X	✓	✓	X	✓	X	✓	X



II. Elective Courses (EC):

PSO	EC-1	EC-2	EC-3	EC-4	EC-5	EC-6	EC-7	EC-8	EC-9
PSO-1	✓	✓	✓	✓	X	✓	✓	X	✓
PSO-2	✓		✓	✓	X	✓	✓	X	✓
PSO-3	✓	X	X	✓	X	X	✓	X	✓
PSO-4	X	X	✓	X	X	✓	X	X	✓
PSO-5	X	X	X	X	X	✓	X	X	✓
PSO-6	X	X	X	X	X	✓	X	✓	✓
PSO-7	✓	✓	✓	✓	✓	✓	✓	✓	✓



प्रथम सत्र - First Semester

पाठ्यक्रम का विषय: योग के आधारभूत मौलिक तत्त्व

Course Title: Fundamentals of Yoga

Course Code: SIAS YOGA 1101 C 4105

Objective:

- To equip the students basics of Yoga
- Students will familiarize themselves with Yogic terminology

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know the difference between Hath Yoga and Raj Yoga
- How many types of Yoga is there in our ancient literature

Unit-I परिचय - Introduction

1. योग का अर्थ एवं परिभाषाएँ, योग का स्वरूप, योग का उद्देश्य - Meaning, Definitions, Form and Objectives of Yoga
2. योग की उत्पत्ति, योग का इतिहास और विकास - Origin, Development and Historical Background of Yoga.
3. योग से संबन्धित भ्रामक धारणाएँ एवं उनके समाधान - Misconceptions about Yoga and their Solutions.
4. नाड़ी और प्राण की अवधारणाएँ, कुण्डलिनी एवं षट्चक्र का परिचय - Conceptions of Nāḍī and Prāṇa, Introduction to Kuṇḍalinī and Ṣaṭcakra.

Unit-II विभिन्न ग्रन्थों एवं परम्पराओं में योग - Yoga in Different Texts and Traditions

1. वेदों, उपनिषदों व गीता में योग का स्वरूप - Form of Yoga in Vedas, Upaniṣads and Gītā.
2. न्याय, वैशेषिक, सांख्य, मीमांसा, वेदान्त बौद्ध और जैन दर्शनों में योग का स्वरूप - Form of Yoga in Nyāya, Vaiśeṣika, Sāṅkhya, Mīmāṃsā and Vedānta Schools of Indian Philosophy.
3. आयुर्वेद, योगवाशिष्ठ एवं तंत्र में योग का स्वरूप - Form of Yoga in Āyurveda, Yoga-



Vāsiṣṭha and Tantras.

Unit-III योग के विभिन्न प्रकार –

1.(संक्षिप्त परिचय) - **Different Types of Yoga - 1 . (Brief Introduction)**

हठयोग - Haṭha-yoga, राजयोग - Rāja-yoga, मन्त्रयोग - Mantra-yoga, लययोग - Laya-yoga कर्मयोग - Karma-yoga, ज्ञानयोग - Jñāna-yoga, भक्तियोग - Bhakti-yoga

Unit-IV योगाभ्यास की अनिवार्यताएँ - **Essentials for Yoga Practice:**

1. योगाभ्यास के नियम एवम् अनुशासन - Rules and Disciplines in Yogic Practices
2. योगाभ्यास का स्थान एवं समय - Place and Timing of Yogic Practices
3. योगाभ्यासी की भोजन सूची एवं सारिणी - List and Schedule of Diet of Yoga Practitioner
4. योगाभ्यास के मार्ग में बाधाएँ - Obstacles in the Path of Yoga Practice
5. योगाभ्यास का अनुक्रम - Sequence of Yogic Practices

आवश्यक पठनीय - Essential Readings:

1. स्वामी विज्ञानानन्द सरस्वती, योग-विज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश - 1998
2. राजकुमारी पाण्डेय, भारतीय योगपरम्परा के विविध आयाम, राधा प्रकाशन, नई दिल्ली - 2008
3. स्वामी विवेकानन्द, ज्ञान-भक्ति-कर्म-योग और राजयोग, अद्वैत आश्रम, कलकत्ता - 2000
4. कामाख्या कुमार, योग-महाविज्ञान, Standard Publisher, New Delhi
5. कल्याण (योगाङ्क), गीता प्रेस गोरखपुर - 2002
6. कल्याण (योग तत्त्वांक), गीता प्रेस गोरखपुर - 1991
7. डॉ. ईश्वर भारद्वाज, औपनिषदिक अध्यात्म विज्ञान, सत्यम् पब्लिकेशन्स, उत्तम नगर, नई दिल्ली

सन्दर्भ ग्रन्थ - Suggested Readings:

1. योग-विज्ञानम्, आचार्य बालकृष्ण, पतञ्जलि योग-पीठ, हरिद्वार
2. वेदों में योग विद्या, स्वामी दिव्यानन्द
3. भारतीय दर्शन, आचार्य बलदेव उपाध्याय
4. भारत के महान् योगी, विश्वनाथ मुखर्जी
5. सन्त-चरित, स्वामी शिवानन्द
6. The Yoga Tradition, Motilal Banarsidass



7. K.S. Joshi - Yoga in Daily Life, Orient Paper Back Publication, New Delhi - 1985.
8. S.P. Singh - History of Yoga - PHISPC, Center for Studies of Civilization, Delhi, Ist Edn. - 2010
9. S. P. Singh and Yogi Mukesh - Foundation of Yoga, Standard Publishers, New Delhi - 2010

पाठ्यक्रम का विषय: हठयोग के सिद्धान्त, अभ्यास एवम् अनिवार्यताएँ

Course Title: Principles, Practices and Essentials of Haṭhayoga

Course Code: SIAS YOGA 1102 C 4105

Objective of the Paper:

- To equip the students basics of Hath-Yoga
- Students will familiarize themselves with Hatha-Yogic texts

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know the the sequences of Hath-Yogic practices
- Differentiate between Chaturanga Yoga and Saptanga Yoga

Unit-I परिचय - Introduction:

1. हठयोग की परिभाषा एवम् उद्देश्य - Haṭhayoga, its definition and objectives
2. हठयोग की उत्पत्ति एवं परम्परा - Origin and Tradition of Haṭhayoga
3. हठाभ्यास-हेतु उचित स्थान, वातावरण, ऋतु एवं काल का महत्त्व - Importance of proper Place, Environment, Season and Time for Haṭha practice
4. हठाभ्यास-हेतु साधक व बाधक तत्त्व - Aids and Obstructions to Haṭha practice
5. हठाभ्यास-हेतु निषिद्ध एवं संस्तुत आहार -Prohibited and Recommended Food for Haṭha practice.

Unit-II षट्कर्म की अवधारणा - Concept of Ṣaṭkarmas

1. षट्कर्म और अष्ट-कर्म का परिचय – Introduction of Ṣaṭkarmas and Ashta-karma
2. षट्कर्म का अर्थ और प्रकार – Meaning of Ṣaṭkarmas and types



3. षट्कर्म का उद्देश्य और अभ्यास की विधि – Purpose of Ṣaṭkarmas and its method of practice
4. षट्कर्म अभ्यास का समय और सावधानियाँ – Ṣaṭkarmas Practice Timings and Precautions
5. षट्कर्मों के भौतिक और योगिक महत्त्व – Physical and Yogic Significance of Ṣaṭkarmas

Unit-III आसन, प्राणायाम, मुद्रा और बन्ध की अवधारणा – Concept of Āsanas, Prāṇāyāma, Mudrā and Bandha

1. आसन, प्राणायाम, मुद्रा और बन्ध का परिचय – Introduction of Āsanas, Prāṇāyāma, Mudrā and Bandha
2. आसन का अर्थ, प्रकार और अभ्यास के तरीके – Meaning of Āsanas, types and method of practice
3. प्राणायाम, मुद्रा और बन्ध का अर्थ, प्रकार और अभ्यास के तरीके – Meaning of Prāṇāyāma, Mudrā and Bandha, types and method of practice
4. आसन अभ्यास का समय, सावधानियाँ एवं लाभ – Āsanas Practice Timings, precautions and benefits
5. प्राणायाम, मुद्रा और बन्ध अभ्यास का समय, सावधानियाँ एवं लाभ – Prāṇāyāma, Mudrā and Bandha Practice Timings, precautions and benefits

Unit-IV प्रत्याहार, धारणा, ध्यान, समाधि और नादानुसन्धान की अवधारणा – Concept of Pratyāhāra, Dhāranā, Dhyān, Samādhi and Nādānusandhāna

1. प्रत्याहार, धारणा, ध्यान, समाधि और नादानुसन्धान का परिचय – Introduction of Pratyāhāra, Dhāranā, Dhyān, Samādhi and Nādānusandhāna
2. प्रत्याहार, धारणा का अर्थ, प्रकार और अभ्यास के तरीके – Meaning of Pratyāhāra, Dhāranā types and method of practice
3. ध्यान, समाधि और नादानुसन्धान का अर्थ, प्रकार और अभ्यास के तरीके – Meaning of Dhyān, Samādhi and Nādānusandhāna, types and method of practice
4. प्रत्याहार, धारणा अभ्यास का समय, सावधानियाँ एवं लाभ – Pratyāhāra, Dhāranā Practice Timings, precautions and benefits



5. ध्यान, समाधि और नादानुसन्धान अभ्यास का समय, सावधानियाँ एवं लाभ – Dhyān, Samādhi and Nādānusandhāna Practice Timings, precautions and benefits

आवश्यक पठनीय - Essential Readings:

- 1) घेरण्ड-संहिता, स्वामी निरञ्जनानन्द, योग भारती, मुंगेर, बिहार - 1997
- 2) हठ-योग-प्रदीपिका, स्वामी दिगम्बर जी व रघुनाथ शास्त्री, कैवल्यधाम, लोनावला, पूना - 2006
- 3) घेरण्ड-संहिता, स्वामी दिगम्बर जी व एम.एल. घोरोटे, कैवल्यधाम, लोनावला, पूना - 1978
- 4) हठ-योग-प्रदीपिका, स्वामी मुक्तिबोधानन्द सरस्वती, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार - 2000
- 5) स्वामी सत्यानन्द सरस्वती, आसन-प्राणायाम-मुद्रा-बन्ध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार - 2006
- 6) स्वामी कुवलयानन्द व एस.ए. शुक्ल, गोरक्ष-षट्कर्म, कैवल्यधाम, लोनावला, पूना - 2006

सन्दर्भ ग्रंथ - Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi - 2012
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi - 2012
3. M.L.Gharote - Hatha Ratnavali, Kaivalyadham SMYM Samiti, Lonavala - 2009
4. M.L.Gharote - Siddhasiddhant Paddhati, Kaivalyadham SMYM Samiti, Lonavala - 2005

यौगिक अभ्यास

पाठ्यक्रम का विषय: यौगिक क्रियाओं का क्रमिक अभ्यास

Course Title: Sequential practice of Yoga practices

Course Code: SIAS YOGA 1103 C 00105

Objective of the Paper:

- To learn how to practice different Yogic practices
- What are the different Yogic techniques and how to perform them?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Do Yogasana practices with effective manners



- Do different Yogic Shatkarmas like Jal Neti, Sutra Neti etc.
- **षट्कर्म - Ṣaṭkarmas:** गजकरणी (कुञ्जल), जलनेति, सूत्रनेति, रबरनेति, अग्निसार, वातक्रम-कपालभाति - Gajakaraṇa, (Kuñjala), Jalaneti, Sūtraneti, Rabarneti, Agnisāra, Vātakrama-Kapālabhāti
- **सूक्ष्म-व्यायाम - Subtle Exercise:** स्वामी धीरेन्द्र ब्रह्मचारी कृत 'सूक्ष्म व्यायाम' से प्रथम बीस क्रियाएँ - First twenty exercises from the Book - 'Sūkṣma Vyāyāma' of Swami Dhirendra Brahmachari.
- **सूर्य-नमस्कार (संबद्ध मन्त्रोच्चारण-पूर्वक) - Sūrya-Namaskāra** (Along recitation of concerned mantras)
- **आसन - Āsanas:** उत्तानपादासन, भुजंगासन, शलभासन, नौकासन, विपरीत-नौकासन या नाभ्यासन, मकरासन, धनुरासन, सिद्धासन, स्वस्तिकासन, पद्मासन, उत्थित-पद्मासन, वक्रासन, अर्धमत्स्येन्द्रासन, गोमुखासन, वज्रासन, सुप्तवज्रासन, कूर्मासन, उत्तानकूर्मासन, शांकासन (गुरुप्रणामासन), दण्डासन, सिंहासन, भद्रासन, मार्जार्यासन, व्याघ्रासन, कागासन, ताड़ासन, कटिचक्रासन, पार्श्वचक्रासन, त्रिकोणासन, कोणासन, ऊर्ध्वहस्तोत्तानासन, उत्कटासन, पादहस्तासन, नटराजासन व शवासन - Uttānapādāsana, Bhujangāsana, Śalabhāsana, Naukāsana, Viparīta-Naukāsana or Nābhyāsana, Makarāsana, Dhanurāsana, Siddhāsana, Svastikāsana, Padmāsana, Utthita-Padmāsana, Vakraśana, Ardhamatsyendrāsana, Gomukhāsana, Vajrāsana, Supta-Vajrāsana, Kurmāsana, Uttāna-Kurmāsana, Śaśāṅkāsana (Gurupraṇāmāsana), Daṇḍāsana, Siṅhāsana, Bhadrāsana, Mārjāryāsana, Vyāghrāsana, Kāgāsana, Tāḍāsana, Kaṭicakrāsana, Pārśva-cakrāsana, Trikoṇāsana, Koṇāsana, Ūrdhvahastottānāsana, Utkaṭāsana, Pādahastāsana, Naṭarājāsana and Śavāsana
- **प्राणायाम - Prāṇāyāma:** नाडीशोधन, अनुलोम-विलोम, सूर्यभेदी, उज्जायी व शीत्कारी - Nāḍīśodhana, Anuloma-Viloma, Sūryabhedī, Ujjāyī, and Śītkārī
- **मुद्रा व बन्ध - Mudrā and Bandha:** उड्डियानबन्ध, मूलबन्ध, जालन्धरबन्ध, विपरीतकरणी, तड़ागी, काकी व शाम्भवी - Uḍḍiyānabandha, Mūlabandha, Jālandharabandha, Viparītakarāṇī, Taḍāgī, Kāki and Śāmbhavī
- **ध्यान - Meditation:** ओङ्कारध्यान व प्रेक्षाध्यान - Onkārādhyāna and Prekṣādhyāna

आवश्यक पठनीय - Essential Readings:

1. स्वामी धीरेन्द्र ब्रह्मचारी, सूक्ष्म व्यायाम, मोरारजी देसाई नेशनल इंस्टिट्यूट ऑव योग, निकट गोल डाकखाना, नई



दिल्ली

2. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM Samiti, Lonavala - 2012.
3. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavala.
4. स्वामी सत्यानन्द सरस्वती, आसन-प्राणायाम-मुद्रा-बन्ध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार - 2006
5. पं. श्रीराम शर्मा, प्रज्ञा अभियान का योग व्यायाम, ब्रह्मवर्चस् शोध संस्थान, शान्तिकुञ्ज, हरिद्वार - 1998.

सन्दर्भ ग्रंथ - Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala, 1993.

पाठ्यक्रम का विषय: योगाभ्यास एवं मानवीय अवयव-संघटन व शारीर संरचना- 1

Course Title: Human Anatomy, Physiology and Yogic Practices - 1

Course Code: SIAS YOGA 1104 C 4105

Objective of the Paper:

- To know about human body systems
- How Yogic practices do impact our body systems?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Anatomy and physiology of different parts of the body
- Explain the impact of Yogic practices on body systems

UNIT-I कोशिका, ऊतक, शरीर व मन का परिचय - Introduction to Cell, Tissue, Body and Mind

1. शरीर की परिभाषा, शरीर का षडंगत्व, पुरुष के आयुर्वेदोक्त चार भेद - चेतना-पुरुष, धातु-पुरुष, पंचविंशति-पुरुष, षड्धातु-पुरुष - Human Body, Its six types of organism, Four Types of Puruṣa according



to Āyurveda - Catena-Puruṣa, Dhatu-Puruṣa, Pañcaviṅṣati-Puruṣa, Ṣaḍdhātu-Puruṣa

2. मानवीय कोशिका - **Human Cell** संरचना व इसके विभिन्न अवयवों के कार्य - Structure and Functions
3. ऊतक की संरचना, प्रकार तथा कार्य – Structure, Types and Functions of Tissue
4. मन की परिभाषा, मन की उत्पत्ति, मन का स्थान, मन का निग्रह, मन के कर्म के संदर्भ में ध्यान समन्वय - Definition of Mind, Origin of Mind, Place of Mind, Keeping the Mind in Check, Meditational Sequence with regards to Functions of Mind

UNIT II अस्थि पेशीय तन्त्र एवं योग – Musculoskeletal system and Yoga

1. अस्थि की परिभाषा, अस्थि के भेद, अस्थि की संख्या, अस्थि की संरचना, अस्थि के कार्य - Definition of Bone, Types of Bones, Number of Bones, Structure of Bones, Function of Bones
2. तरुणास्थि/उपास्थि का स्थान, तरुणास्थि/उपास्थि के भेद और कार्य - Place of Cartilage, Types and Functions of Cartilage
3. सन्धि-स्थल, प्रकार, घुटने व कशेरुका सन्धि-स्थल की संरचना - Joints, their Types, Structure of the Joints of Knee and Vertebra
4. अस्थि-तंत्र पर योगाभ्यास का प्रभाव - Impact of Yoga on Skeletal System
5. मांस-धातु की संरचना, पेशी का परिचय, पेशियों की संख्या व भेद - Structure of Flesh, Introduction of Muscles, Number and Types of Muscles
6. पेशी की संरचना, पेशियों के कार्य - Structure of Muscle, Functions of Muscles
7. शरीर की प्रधान पेशियों का संक्षिप्त परिचय यथा फ्रन्टेलिस, आक्सीपीटोफ्रंटालिस, टैम्पोरोपेरन्टालिस, स्टर्नोक्लीडोमैस्टायड, लैटिसिमस-डोरसाई, ट्रैपिजियस, रेक्टस-फेमोरिस, रेक्टस-एबडोमिनिस, डैल्तायड, बाइसैप्स-ब्राची, ट्राईसैप्स-ब्राची, ट्राईसैप्स-सुराए, ग्लूटियस-मैक्सीमस, रेक्टस-फेमोरिस, सारटोरियस, गैस्ट्रोक्नीमियस - Short Introduction of Main Muscles of Body, for example - Frontalis, Occipitofrontalis, Sternocleidomastoid, Latissimus-dorsi, Trapezius, Rectus-femoris, Rectus-abdominis, Deltoid, Biceps-brachii, Triceps-brachii, Triceps-surae, Gluteus-maximus, Rectus-femoris, Sartorius, Gastrocnemius
8. योगाभ्यास का पेशी-तन्त्र पर प्रभाव - Impact of Yogic Exercises on Muscle system

UNIT III श्वसन तन्त्र एवं योग - Respiratory System and Yoga

1. श्वसन की परिभाषा, श्वसन के भेद, श्वसन तन्त्र की संरचना, श्वसन की क्रिया - बाह्य व आन्तरिक -



Definition of Respiration, Types of Respiration, Structure of Respiratory System, Inner and Outer Function of Respiration

2. गैसों का परिवहन, श्वसन-क्रिया की नियंत्रण प्रक्रियायें - Movement of Gases, Regulatory Functions of Respiration
3. श्वसन क्षमताएं व आयतनों की संक्षिप्त जानकारी - Capacity of Respiration and Short Information of Expansion
4. श्वसन तंत्र पर योगाभ्यास का प्रभाव - Impact of Yogic Exercises on Respiratory System

UNIT IV अन्तःस्रावी-तन्त्र, नाड़ी-तन्त्र एवं योग - Endocrinal System, Nervous System and Yoga

1. अन्तःस्रावी व बहिःस्रावी ग्रन्थियों का परिचय - Introduction to Endocrine and Exocrine Glands
2. एन्जाइमस व हार्मोन में अन्तर, पीयूष ग्रन्थि, पिनियल ग्रन्थि, परिचुल्लिका ग्रन्थि, चुल्लिका ग्रन्थि, बाल्य-ग्रन्थि (थाइमॉस) आदि ग्रन्थियों का परिचय - Difference between Enzyme and Harmon, Introduction to different Glands like - Pituitary Gland, Pineal Gland, Parathyroid Gland, Thyroid Gland, Thymus etc.
3. अग्नाशय तथा एड्रीनल ग्रन्थि, डिम्ब व अण्डकोष ग्रन्थियों की स्थिति, हार्मोन व उनके कार्य - Pancreas and Adrenal Glands, Position of Ovaries and Testes, Harmon and their Functions
4. योगाभ्यास का अन्तःस्रावी व बहिःस्रावी ग्रन्थियों पर प्रभाव - Impact of Yogic Exercises on Endocrine and Exocrine System of Glands
5. नाड़ी-तन्त्र – सामान्य परिचय, विभिन्न भाग, संरचना एवं कार्य - Nervous System, General Information, Different Parts, Its Structure and Function

आवश्यक पठनीय -Essential Readings:

1. Shirley Teles, A Glimpses of Human Body, Swami Vivekanand Yoga Prakashan, Bangalore- 2014
2. M.M. Gore, Anatomy and Physiology of Yogic Practices, Motilal Banarsidass, New Delhi- 2007
3. Ross and Wilson, Human Anatomy and Physiology in Health and Illness, Churchill Livingstone- 2010



पाठ्यक्रम का विषय: योग और स्व-प्रबन्धन

Course Title: Yoga and Self-Management

Course Code: SIAS YOGA 1101 GEC 2124

Objective of the Paper

- To equip the students with the knowledge of different aspects of self-management
- Students will familiarize themselves with applications of Yoga in Self-Management.

Outcome of the Paper

- Explore and increase awareness of how people and critical incidents in their life story has shaped their own personal values.
- Understand the role of character and virtues for a successful and meaningful life and increase awareness of their own personal character strengths.
- Increase capacity for self-questioning and discovering their own biases Students will have sound understanding of self-management and be able to manage themselves.

Unit – I योग का परिचय / Introduction of Yoga

1. योग का संक्षिप्त इतिहास और उत्पत्ति / Brief history and origin about Yoga
2. योग का अर्थ और परिभाषा / Meaning and definition of Yoga
3. योग की भ्रान्तियाँ / Misconceptions about Yoga
4. हठ-योग व राज-योग का संक्षिप्त परिचय / Introduction of Hath-Yoga and Raj Yoga
5. प्रायोगिक-योग / Yoga-practical

पवन मुक्तासन भाग एक, वज्रासन, दंडासन, मकरासन, पवन मुक्तासन, उदाराकर्षण, ताड़ासन, तिर्यक-ताड़ासन, कपालभाति और योगिक श्वसन/ Pawan Muktasana Part one and Vajrasana, Dandasana, Makarasana, Pawan Muktasana, Udrakarshana, Tadasana, Tiryaka-Tadasana, Kapalbhatai, Yogic breathing.

Unit – II स्व की अवधारणा / Concept of Self

1. मन की आधुनिक अवधारणा और उसके स्तर / Modern concept of mind and its levels
2. आदर्श आत्म, आत्म-छवि, आत्म-सम्मान / Ideal self, Self-image, Self-esteem
3. मन, बुद्धि, चित्त, अहंकार और अन्तःकरण चतुष्टय की योगिक अवधारणा / Yogic concept of mind, intellect, chitta, ego and concept of four states of conscience
4. योग में चेतना और उसकी अवस्थाएँ / Consciousness and its states
5. प्रायोगिक-योग / Yoga-practical

जल नेति, अग्निसार, जालन्धर बन्ध, कटिचक्रासन, शशांकासन, नौकासन, सेतुबन्धासन, उत्कटासन त्रिकोणासन, अनुलोम-विलोम प्राणायाम / Jal Neti, Agnisara, Jalandhara Bandha, Katichkrasana,



Shashankasana, Naukasana, Setubandhasana, Utkatasana Trikonasana, Anulom-Vilom Pranayama.

Unit – III विचारों की अवधारणा एवं योगिक प्रबन्धन / Conceptualization and Yogic Management of Ideas

1. सोच और इसकी प्रक्रिया क्या है? / What is thinking and its process?
2. विचारों का विकास और परिवर्तन का प्रतिरूप / Development of ideas and patterns of change
3. विचारों को प्रभावित करने वाले कारक और विचारों की शक्ति / Factors affecting thoughts and power of thoughts
4. विचारों का योगिक प्रबन्धन / Yogic management of thoughts
5. प्रायोगिक-योग / Yoga-practical

गत्यात्मक मेरु वक्रासन, नौका सञ्चालन, शशांकभुजङ्गासन, समकोणासन वृक्षासन, मूर्धासन, भ्रामरी प्राणायाम, ज्ञान मुद्रा, नासाग्र मुद्रा / Dynamic Meru Vakrasana, Boat Steering, Shashankabhujangasana, Samkonasana Vrikshasana, Murdhasana, Bhramari Pranayama, Jnana Mudra, Nasal Mudra.

Unit – IV विचारों की अवधारणा एवं योगिक प्रबन्धन / Conceptualization and Yogic Management of Ideas

1. भावनाएं और उनकी प्रक्रिया क्या हैं? / What are emotions and their process?
2. भावों का विकास और परिवर्तन का प्रतिरूप / Development of emotions and patterns of change
3. भावों को प्रभावित करने वाले कारक और भावों की शक्ति / Factors affecting emotions and power of emotions
4. भावों का योगिक प्रबन्धन / Yogic management emotions
5. प्रायोगिक-योग / Yoga-practical

तितली-आसन, सरल-धनुरासन, अर्द्ध-शलभासन, विपरीतकरणी-आसन, पद्मासना, पद-हस्तासन, पश्चिमोत्तानासन और पूर्वोत्तानासन, सीत्कारी प्राणायाम, योगनिद्रा / Butterfly-asana, Saral-Dhanurasana, Ardha-Salabhasana, Viparitakarani-asana, Padmasana, Pada-Hastasana, Paschimottanasana and Purvottanasana, Sitkari Pranayama, Yoganidra.

Essential Readings

1. Yoga and Self Management by Dr. Asha Arpit , Publisher :- Own fantasy own art, ISBN-10:- 8192388301



2. New Perspectives in Stress Management by Dr. HR Nagendra & Dr. R Nagarathna, Publisher:- Swami Vivekananda Yoga Prakashana, ISBN:- 978-81-87313-01-4
3. स्वामी धीरेन्द्र ब्रह्मचारी ,निकट गोल डाकखाना ,मोरारजी देसाई नेशनल इंस्टिट्यूट ऑव योग , व्यायामसूक्ष्म , – नई दिल्ली 1966
4. स्वामी सत्यानन्द सरस्वती,आसन-प्राणायाम-मुद्रा-बन्ध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर बिहार, 2006
5. पंडित श्रीराम शर्मा आचार्य, समय का सदुपयोग, युग निर्माण योजना विस्तार ट्रस्ट, गायत्री तपोभूमि, मथुरा, 2018.

सन्दर्भ ग्रंथ- Suggested Readings:

1. 1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi- 2012
2. 2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi- 2012
3. 3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala- 1993
4. Swami Satyananda Saraswati - Asana Pranayama Mudra Bandhas, Yoga Publication Trust, Munger, Bihar - 2006

पाठ्यक्रम का विषय: आयुर्वेदिक, स्वस्थवृत्त और आहार

Course Title: Āyurvedic Svasthavṛtta and Diet

Course Code: SIAS YOGA 1101 DCEC 2103

Objective of the Paper:

- To understand the concept of Svasthavṛtta
- To know about Ahar and Mitahar

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know Ayurvedic concept of health
- Use the teachings of daily regimen and night regimen in his/her life

Unit-I - आयुर्वेद का परिचय- Introduction of Āyurveda

1. आयुर्वेद का अर्थ एवं परिभाषा - Meaning and definition of Āyurveda



2. आयुर्वेद का इतिहास -History of Āyurveda
3. आयुर्वेद का उद्देश्य - Purpose of Āyurveda
4. आयुर्वेदिक चिकित्सा के लाभ - Benefits of Āyurvedic therapy
5. आयु की अवधारणा - Concept of Āyu

Unit-II - स्वस्थवृत्त का परिचय -Introduction of Svasthavṛtta

1. स्वस्थवृत्त का सामान्य परिचय - General introduction of Svasthavṛtta
2. त्रिदोषों की अवधारणा - Concept of Tridosha
3. स्वस्थवृत्त और ऋतुचर्या - Svasthavṛtta and Seasonal regimen
4. दिनचर्या और रात्रिचर्या - Day and Night regimen
5. स्वास्थ्य में स्वस्थवृत्त की भूमिका - Role of Svasthavṛtta in health

Unit-III - समग्र स्वास्थ्य और आहार - Holistic health and Diet

1. आहार और पोषण की अवधारणा - Concept of Diet and Nutrition
2. स्थूल पोषक तत्व और उनकी आवश्यकता - Macronutrients and their utility
3. सूक्ष्म पोषक तत्व और उनकी आवश्यकता - Micronutrients and their utility
4. पोषक तत्वों के स्रोत - Sources of nutrients
5. आहार का स्वास्थ्य पर प्रभाव - Impact of Diet on health

Unit-IV - यौगिक आहार - Yogic Diet

1. मिताहार की अवधारणा - Concept of Mitahara
2. पारंपरिक योग ग्रंथों के अनुसार यौगिक आहार का वर्गीकरण - Classification in Yogic diet according to traditional Yoga texts
3. शरीर की प्रकृति के अनुसार आहार - Diet according to the body constitution
4. योग साधना में योग आहार का महत्व और स्वस्थ जीवन में इसकी भूमिका - Importance of Yogic Diet in Yog Sadhana and its role in healthy living

आवश्यक पठनीय - Essential Readings:

1. ब्रह्मानंद त्रिपाठी, श्रीमद्भगवत् अष्टांगहृदयम्, चौखम्बा पब्लिशर्स, वाराणसी – 2015
2. शैलजा श्रीवास्तव, अष्टांग हृदयम् (सूत्रस्थान) एवम् आयुर्वेद के मूलभूत सिद्धान्त, चौखम्बा ओरिएंटल पब्लिशर्स, वाराणसी – 2017
3. विनोद वर्मा, पतंजलि और आयुर्वेदिक योग, राजकमल प्रकाशन – 2000
4. नागेंद्र कुमार नीरज, मेरा आहार मेरा स्वास्थ्य, पॉपुलर बुक डिपो, नई दिल्ली – 2012
5. सर्वेश कुमार अग्रवाल, स्वस्थवृत्त विज्ञान, चौखम्बा ओरिएंटल पब्लिशर्स, वाराणसी – 2018



6. अनीता सिंह, सम्पूर्ण आहार एवम पोषण विज्ञान, स्टार पब्लिकेशन, आगरा -2016
7. Nagendra Kumar Neeraj, Miracles of Naturopathy, Popular Book Depot – 2004

सन्दर्भ ग्रन्थ - Suggested Readings:

1. पंडित श्रीराम शर्मा आचार्य जी, जीवेम शरदः शतम, युग निर्माण योजना, मथुरा - 2004
2. David Frawley, Yoga and Ayurveda: Self-Healing and Self-Realization, Motilal Banarsidass New Delhi- 2013
3. Sunetra Roday, Food Science and Nutrition, Oxford University Press, 2018

पाठ्यक्रम का विषय: प्राचीन एवं मध्यकालीन प्रसिद्ध भारतीय दार्शनिक व योगी

Course Title: Eminent Ancient and Medieval Philosophers and Yogis of India

Course Code: SIAS YOGA 1102 DCEC 2103

Objective of the Paper:

- To know about our great Indian Yogis
- To learn about the teachings of Yogies of India

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Recognise our great Yogis and their contribution towards society
- Familiar with our great ancient Indian heritage and culture

UNIT-I संक्षिप्त जीवन-वृत्त तथा दर्शन व योग के प्रति योगदान - Short Life Sketch and their Contribution to Philosophy and Yoga

1. महर्षि मनु - Maharṣi Manu, 2. महर्षि याज्ञवल्क्य - Maharṣi Yājñavalakya, 3. महर्षि अष्टावक्र - Maharṣi Aṣṭāvakra, 4. विदेह राजा जनक - Videha Rājā Janaka, 5. ऋषिका मैत्रेयी - Ṛṣikā Maitreyi, 6. ऋषिका गार्गी - Ṛṣikā Gārgi

UNIT-II संक्षिप्त जीवन-वृत्त तथा दर्शन व योग के प्रति योगदान - Short Life Sketch and their Contribution to Philosophy and Yoga

1. महर्षि वाल्मीकि - Maharṣi Vālmīki, 2. महर्षि वेदव्यास - Maharṣi Vedavyāsa, 3. महर्षि वसिष्ठ - Maharṣi Vasiṣṭha, 4. महर्षि विश्वामित्र - Maharṣi Viśvāmitra



UNIT- III संक्षिप्त जीवन-वृत्त तथा दर्शन व योग के प्रति योगदान - Short Life Sketch and their Contribution to Philosophy and Yoga

1. मुनि अक्षपाद गौतम - Muni Akṣapāda Gautama, 2. मुनि कणाद - Muni Kaṇāda, 3. मुनि कपिल - Muni Kapila, 4. पतञ्जलि - Muni Patañjali मुनि जैमिनि - Muni Jaimini, 2. मुनि बादरायण - Muni Bādarāyaṇa,

UNIT-IV संक्षिप्त जीवन-वृत्त तथा दर्शन व योग के प्रति योगदान - Short Life Sketch and their Contribution to Philosophy and Yoga

1. 1. आदि शंकराचार्य - Ādi Śaṅkarācārya, 2. योगी मत्स्येन्द्रनाथ - Yogi Matsyendranātha, 3. योगी गोरक्षनाथ - Yogi Gorakshanātha, 4. सन्त ज्ञानेश्वर - Santa Jñāneśwara , 5. मुनि गौतम बुद्ध - Muni Gautama Buddha, 6. मुनि महावीर जिन - Muni Mahavira Jina

आवश्यक पठनीय - Essential Readings:

- 1) विश्वनाथ मुखर्जी, भारत के महान् योगी, विश्वविद्यालय प्रकाशन, नई दिल्ली - 2005
- 2) विश्वनाथ मुखर्जी, भारत की महान् साधिकायें, विश्वविद्यालय प्रकाशन, नई दिल्ली - 2005
- 3) कल्याण (भक्त अङ्क), गीता प्रेस गोरखपुर
- 4) कल्याण (सन्त अङ्क), गीता प्रेस गोरखपुर
- 5) पं. श्रीराम शर्मा, प्रज्ञा अभियान का योग व्यायाम, ब्रह्मवर्चस् शोध संस्थान, शान्तिकुञ्ज, हरिद्वार - 1998.

सन्दर्भ ग्रंथ- Suggested Readings:

1. कल्याण (योग-तत्त्वांक व योगाङ्क), गीता प्रेस गोरखपुर, क्रमशः 1991 व 2002
2. राकेश दीक्षित, शरीर-रचना एवं क्रिया-विज्ञान, भाषा भवन, मथुरा - 2005
3. डॉ. भास्कर गोविन्द घाणेकर, सुश्रुत (शरीर स्थान)
4. डॉ. मुकुन्द स्वरूप वर्मा, शरीर रचना विज्ञान



द्वितीय सत्र -Second Semester

पाठ्यक्रम का विषय: पातञ्जल योगसूत्र

Course Title: Pātañjala Yogasūtra

Course Code: SIAS YOGA 1205 C 4105

Objective of the Paper:

- To provide teachings of Patanjali Yoga Sutra
- How does one can control their mental fluctuations?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know mental fluctuations and methods of control them.
- Use the teachings of Patanjali in daily life.

Unit-I पातञ्जल योगसूत्र का परिचयचित्त , की भूमियाँ, चित्तवृत्तियाँ, अभ्यास और वैराग्य रूपी संसाधन,

योगअंतराय-, चित्तप्रसादन - Introduction of Patañjali's Yogasūtra, Cittabhūmis, Cittavṛttis, Abhyāsa & Vairāgya as the tools, Yoga-Antarāyas, Citta-Prasādana

Unit-II क्रियायोग- और उसके प्रकार, ईश्वर का स्वरूप, पंच क्लेश, चतुर्व्यूहवाद, कर्म सिद्धान्त - Kriyā-Yoga

and its Kinds, Concept of Īśvara, Pañca-kleśas, Caturvyūhavāda, Karma Theory

अष्टाङ्गयोग, यम ,नियम-वितर्क और महाव्रत की अवधारणा ,आसन, प्राणायाम, प्रत्याहार और उनकी सिद्धियाँ - Eight Steps of Yoga, Yamas & Niyamas, Concept of Vitarka and Mahāvratas, Āsanas, Prāṇāyāma, Pratyāhāra and their Siddhis

Unit-III धारणा, ध्यान एवं समाधि का परिचय और संयम का स्वरूप, समाधि के प्रकारसम्प्रज्ञात -, असम्प्रज्ञात, ऋतम्भरा प्रज्ञा, विवेकख्याति, धर्ममेघ समाधि - Introduction of DhāraṇāDhyān ,aNature of ,and Samādhi SaṁyamaKinds of Samādhi , -Samprajñāt aAsampra ,jñāta, Ṛtambharā PrajñāVivek ,a ,khyāti DharamameghaSamādhi



यौगिक अभ्यास

पाठ्यक्रम का विषय: यौगिक क्रियाओं का क्रमिक अभ्यास -2

Course Title: Sequential practice of Yoga practices-2

Course Code: SIAS YOGA 1207 C 00105

Objective of the Paper:

- To learn how to practice different Yogic practices
- What are the different Yogic techniques and how to perform them?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Do Yogasana practices with effective manners
- Do different Yogic Shatkarmas like Jal Neti, Sutra Neti etc.
- Perform all the Sukshama and sthul vyayama

टिप्पणी - प्रथम सत्र के पाठ्यक्रम में आई सभी षट्कर्म क्रियायें, सूक्ष्म व्यायाम, आसन, प्राणायाम, मुद्रा, बन्ध व ध्यान द्वितीय सत्र में भी सम्मिलित रहेंगे - Ṣaṭkarmas (Kriyās), Subtle Exercises, Āsanas, Prāṇāyāma, Mudrās, Bandhas and Meditation practiced in the first semester shall also be included in the syllabus of the second semester

1. **षट्कर्म** - व्युत्क्रम, कपालभाति- दण्डधौति (दाएँ व बाएँ, मध्य) नौलि, - **Ṣaṭkarmas** - Vyutkrama-Kapālabhāti, Daṇḍadhauti, Naulī (Central, Right and Left)
2. **सूक्ष्मव्यायाम** - स्वामी धीरेन्द्र ब्रह्मचारी कृत 'सूक्ष्म व्यायाम' से सभी 1) से 48 क्रियाएँ (- **Sūkṣma Vyāyāma** (Subtle Exercises) of Svāmī Dhīrendra Brahmācārī 1) to 48)
3. **सूर्यनमस्कार** - (संबद्ध मन्त्रोच्चारणपूर्वक-) - **Sūrya-Namaskāra** (Along recitation of concerned mantras)
4. **आसन** - ध्यानात्मक व विश्राम-दायक आसन - सिंहासन, मुक्तासन, भद्रासन, स्वस्तिक आसन, मकरासन - **Āsanas** - **Meditative and Relaxative Āsanas** - Simhāsana, Mukṭāsana, Bhadrāsana, Svastikāsana, Makarāsana - सांस्कृतिक आसन - खड़े होकर किए जाने वाले आसन - उत्कटासन, पादहस्तासन, वृक्षासन, गरुडासन - **Cultural Āsanas** - **Standing Āsanas** - Utkāṭāsana, Pādahastāsana, Vṛkṣāsana, Garuḍāsana - कमर के बल लेट कर किए जाने वाले आसन - सर्वांगासन, मत्स्यासन, चक्रासन, हलासन - **Spine Yoga Asanas** - Sarvāṅgāsana, Matsyāsana, Halāsana, Cakrāsana - **पेट के बल लेटकर किए जाने वाले आसन** - भुजंगासन, विपरीत-नौकासन, एकपाद-धनुरासन - **Prone Yoga Āsanas** - Bhujaṅgāsana, Viparīta-Naukāśana, Ekapāda-Dhanurāsana - **बैठकर किए जाने वाले आसन** - जानुशीर्षासन, बद्धपद्मासन, तोलाङ्गुलासन, आकर्णधनुरासन, - **Sitting Yoga Āsanas** -



Jānuśirṣāsana, Ākarnadhānurāsana, Tolāṅgulāsana, Baddha-Padmāsana - उन्नत आसन -
एकपादस्कन्दासन, बकासन, पूर्ण उष्ट्रासन, शीर्षासन - **Advance Āsanas** - Ekpādaskandāsana,
Bakāsana, Pūrṇa Uṣṭrāsana, Śīrṣāsana

5. प्राणायाम - भस्त्रिका शीतली व भ्रामरी , - Prāṇāyāma - Bhastrikā, Sītālī and Bhrāmārī

6. मुद्रा व बन्ध - अश्विनीमुद्रा, महामुद्रामहावेधमुद्रा व शक्तिचालिनीमुद्रा , महाबन्ध , - **Mudrās and Bandhas** -
Aśvinīmudrā, Mahāmudrā, Mahābandha, Mahāvedhamudrā and Śakticālinīmudrā

.7ध्यान - सोऽहम् साधना, गायत्रीध्यान व-मन्त्र- विपश्यना-ध्यान - Dhyānas (Meditation) - So'ham Sādhana,
Gāyatrī-Mantra-Meditation, Vipāśyanā-Meditation

आवश्यक पठनीय -Essential Readings:

5. स्वामी धीरेन्द्र ब्रह्मचारीनई , निकट गोल डाकखाना , व योगमोरारजी देसाई नेशनल इंस्टिट्यूट ऑ , सूक्ष्म व्यायाम ,
- दिल्ली 1966
6. स्वामी सत्यानन्द सरस्वती 2006 - बिहार , मुंगेर , योग पब्लिकेशन्स ट्रस्ट , बन्ध-मुद्रा-प्राणायाम-आसन ,
7. O.P. Tiwari - Asana Why and How, Kaivalyadham SMYM Samiti, Lonavala- 2012
8. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavala - 1982
9. पं - हरिद्वार , शान्तिकुञ्ज , ब्रह्मवर्चस् शोध संस्थान , प्रज्ञा अभियान का योग व्यायाम , श्रीराम शर्मा .1998

सन्दर्भ ग्रंथ- Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi- 2012
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi- 2012
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala- 1993
4. Swami Satyananda Saraswati - Asana Pranayama Mudra Bandhas, Yoga Publication Trust,
Munger, Bihar - 2006



पाठ्यक्रम का विषय: मुख्य उपनिषद्, श्रीमद्भगवद्गीता और योगवासिष्ठ

Course Title: Principal Upaniṣads, Gītā and Yogavāsiṣṭha

Course Code: SIAS YOGA 1208 C 4105

Objective of the Paper:

- To know about principal Upanishads
- To learn about the teachings of Upanishadas

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Understand about teachings of Upanishadas
- How Upanishads are helpful to human beings

Unit-I ईशावास्योपनिषद् - कर्म-निष्ठा, विद्या और अविद्या, ब्रह्म का स्वरूप - **Īśāvāsyopaniṣad**- Karmaniṣṭhā, Vidyā & Avidyā, Nature of Brahman - **केनोपनिषद्** - आत्मा और मन, सत्य की अनुभूति, यक्ष के उपाख्यान का संदेश - **Kenopaniṣad** - Ātmā and the Mind, Realization of Truth, Message of Yakṣa-Episode - **कठोपनिषद्** - योग की परिभाषा, आत्मा का स्वरूप एवं आत्मानुभूति का महत्त्व - **Kaṭhōpaniṣad** - Definition of Yoga, Nature of Soul, Importance of Self Realization - **प्रश्नोपनिषद्** - प्राण और रयि की अवधारणा, पंचप्राण - **Praśnopaniṣad** - Concept of Prāṇa & Rayi (Creation), Pañcaprāṇa

Unit-II मुंडकोपनिषद् - विद्या - परा तथा अपरा, ब्रह्मविद्या की विशेषताएं, तप और गुरुभक्ति, सृष्टि की उत्पत्ति, ध्यान का उद्देश्य - **Muṇḍakopaniṣad** - Vidyā - Parā & Aparā, Characteristics of Brahmavidyā, Tapas & Gurubhakti, Creation, Goal of Meditation - **माण्डूक्योपनिषद्** - चेतना की चार अवस्थाएँ एवं ओंकार से इनका संबंध - **Māṇḍukyopaniṣad** - Four States of Consciousness and their relation with Om-kāra; **ऐतरेयोपनिषद्** - आत्मा, ब्रह्माण्ड और ब्रह्म की अवधारणा - **Aitareyopaniṣad** - Concepts of Ātmā, Universe and Brahman

Unit-III तैत्तिरीयोपनिषद् - पंचकोश, शिक्षावल्ली, आनंदवल्ली, भृगुवल्ली का संक्षिप्त विवरण - **Taittirīyopaniṣad** - Pañcakośa, Śikṣāvallī; Ānandavallī and Bhṛguvallī in short; **छान्दोग्योपनिषद्** - ओम ध्यान, शाण्डिल्य-विद्या - **Chāndogyopaniṣad** - Om Meditation, Śāṅḍilyavidyā - **बृहदारण्यकोपनिषद्** - याज्ञवल्क्य-मैत्रेयी-संवाद - **Bṛhadāranyakopaniṣad** - Dialogue between Yājñavalkya and Maitreyī, **योगवासिष्ठ** - योगवासिष्ठ का सामान्य परिचय, आधि और व्याधि, मुक्ति के चार द्वारपाल, सत्वगुण का विकास, ध्यान के आठ चरण, सप्त भूमियाँ - **Yogavāsiṣṭha**



- General Introduction of Yogavāsīṣṭha, Three Methods of Yoga, Ādhi & Vyādhi, Four Gatekeepers of Salvation, Promotion of Sattva Guṇa, Eight Steps of Meditation, Sapta Bhūmis

IV-Unit श्रीमद्भगवद्गीता - Bhagavadgītā - योग की परिभाषाएं - आत्मा का स्वरूप, स्थितप्रज्ञ, सांख्ययोग (अध्याय-2), कर्मयोग (अध्याय-3), ध्यानयोग (अध्याय-6), भक्तों के प्रकार (अध्याय-7), भक्ति की प्रकृति (अध्याय-12), भक्तियोग के साधन और साध्य, त्रिगुण और प्रकृति का स्वरूप, योगी का आहार एवं उसका वर्गीकरण (अध्याय 14 व 17), देवासुर संपद्विभागयोग (अध्याय-16), मोक्ष का उपदेश (अध्याय-18) - Definitions of Yoga, Concepts of Ātmā, Sthitaprajña, Sāmkhyayoga (Chapter-II), Karmayoga (Chapter-III), Dhyānayoga (Chapter-VI), Types of Bhakta (Chapter-VII), Nature of Bhakti (Chapter-XII), Means and Goal of Bhaktiyoga, the Trigūnas and Concept of Prakṛti, Food prescribed for Yoga Practitioner & Classification of Food (Chapter-XIV & XVII), Daivāsurasampad-vibhāgayoga (Chapter-XVI), Concept of Salvation (Chapter-XVIII)

सन्दर्भ ग्रंथ- Suggested Readings:

1. उपनिषद् अंक, कल्याण, गीता प्रेस गोरखपुर 2015 -
2. उपनिषद् प्रकाशसत्यव्रत सिद्धांतालंकार - , विजयकृष्ण लखनपाल, डब्ल्यू 77 - ए, ग्रेटर कैलाश, नई दिल्ली- 1981
3. साधक संजीवनी - स्वामी प्रेमसुख दास जी महाराज, गीता प्रेस गोरखपुर 1990 -
4. उपनिषद् दीपिका वेदालंकार डॉ० रामनाथ -
5. श्रीमद्भगवद्गीता, शाङ्करभाष्य, गीताप्रेस, गोरखपुर 2015 -
6. गीता रहस्य - बाल गंगाधर तिलक 2019 -
7. गीताभाष्य - सत्यव्रत सिद्धांतालंकार, उत्तर प्रदेश 2013 -
8. The Principal Upanishads, S.Radha Krishan, Harpee Collins Publishers, A-75, Sector 37, Noida ,Uttar Pradesh - 201301



पाठ्यक्रम का विषय: योग के मूल तत्त्व

Course Title: Fundamentals of Yoga

Course Code: SIAS YOGA 1202 GE 2124

Objective of the Paper:

- To know about Yoga
- To eradicate the misunderstanding about Yogic practices

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know about meaning and definition of Yoga
- Familiar with an authentic foundation of Yogic practices

Unit-I योग का अर्थ, परिभाषाएँ, योग का लक्ष्य व उद्देश्य, योग का इतिहास, वर्तमान समय में योग की प्रासंगिकता, योग पद्धतियाँ - ज्ञानयोग, भक्तियोग, कर्मयोग, हठयोग एवं राजयोग - Meaning of Yoga, Definitions, Aim and objectives of Yoga, History of Yoga, Relevance of Yoga in modern times, Mantra-Yoga, Jñānayoga, Bhakti-Yoga, Karma-Yoga, Haṭha-Yoga and Rāja-Yoga विभिन्न शास्त्रों में योग का स्वरूप - उपनिषद्, गीता, सांख्य, - **Form of Yoga in different Texts-** Upaniṣads, Gītā, Sāṃkhya,

प्रायोगिक-योग / Yoga-practical

पवन मुक्तासन भाग एक, वज्रासन, दंडासन, मकरासन, पवन मुक्तासन, उदाराकर्षण, ताड़ासन, तिर्यक-ताड़ासन, कपालभाति और योगिक श्वसन/ Pawan Muktasana Part one and Vajrasana, Dandasana, Makarasana, Pawan Muktasana, Udrakarshana, Tadasana, Tiryaka-Tadasana, Kapalbhathi, Yogic breathing.

Unit-II यौगिक ग्रन्थों का सामान्य परिचय - पातंजल योगसूत्र, श्रीमद्भगवद्गीता- शिवसंहिता- एवं हठरत्नावली - **General Introduction to Yogic Texts** - Patanjali Yoga Sūtra, Śrīmadbhagavadgītā, Śivasāṃhitā and Haṭharatnāvalī

प्रायोगिक-योग / Yoga-practical

जल नेति, अग्निसार, जालन्धर बन्ध, कटिचक्रासन, शशांकासन, नौकासन, सेतुबन्धासन, उत्कटासन त्रिकोणासन, अनुलोम-विलोम प्राणायाम / Jal Neti, Agnisara, Jalandhara Bandha,



Katichkrasana, Shashankasana, Naukasana, Setubandhasana, Utkatasana
Trikonasana, Anulom-Vilom Pranayama.

Unit-III प्रसिद्ध आधुनिक योगियों का संक्षिप्त परिचय एवं योग- न्धी योगदानसम्ब- महर्षि दयानन्द सरस्वती, स्वामी विवेकानन्द, श्री अरविन्द, महर्षि रमण, पंडित श्रीराम शर्मा, महर्षि शिवानन्द, टी कृष्णमाचार्य, , महर्षि महेश योगी व स्वामी राम (हिमालय) - **Short Introduction and Contribution of Prominent Modern Yogis Regarding Yoga** - Mahārṣi Dayānanda Sarasvatī, Swami Vivekananda, Shri Aurobindo, Mahārṣi Ramaṇa, Pt. Śrīrām Śarmā, Mahārṣi Śivānanda, T. Kṛṣṇāmacārya, Mahārṣi Maheśa Yogi and Svāmī Rām (Himālaya)

प्रायोगिक-योग / Yoga-practical

गत्यात्मक मेरु वक्रासन, नौका सञ्चालन, शशांकभुजङ्गासन, समकोणासन वृक्षासन, मूर्धासन, भ्रामरी प्राणायाम, ज्ञान मुद्रा, नासाग्र मुद्रा / Dynamic Meru Vakrasana, Boat Steering, Shashankabhujangasana, Samkonasana Vrikshasana, Murdhasana, Bhramari Pranayama, Jnana Mudra, Nasal Mudra.

Unit-IV भारत के प्रमुख योग संस्थानों का संक्षिप्त परिचय - कैवल्यधाम, लोनावला; बिहार योग भारती, मुंगेर; मोरारजी देसाई राष्ट्रीय योग संस्थान, नई दिल्ली; स्वामी विवेकानन्द योग अनुसन्धान संस्थान बंगलुरु ,; पतञ्जलि योगपीठ, हरिद्वार; गुरुकुल कांगड़ी विश्वविद्यालय हरिद्वार , और देव संस्कृति विश्वविद्यालय- हरिद्वार , **Short Introduction of The Chief Yoga Schools in India** - Kaivalyadhāma, Lonavla; Bihar Yoga Bhāratī, Munger; Morarji Desai National Institute of Yoga, New Delhi; Swami Vivekananda Yoga Research Institute, Bengaluru; Patañjali Yogapeetha, Haridwar; Gurukul Kangri Vishwavidyalaya, Haridwar and Dev Sanskriti Vishwavidyalaya, Haridwar.

प्रायोगिक-योग / Yoga-practical

तितली-आसन, सरल-धनुरासन, अर्द्ध-शलभासन, विपरीतकर्णी-आसन, पद्मासना, पद-हस्तासन, पश्चिमोत्तानासन और पूर्वोत्तानासन, सीत्कारी प्राणायाम, योगनिद्रा / Butterfly-asana, Saral-Dhanurasana, Ardha-Salabhasana, Viparitakarani-asana, Padmasana, Pada-Hastasana, Paschimottanasana and Purvottanasana, Sitkari Pranayama, Yoganidra.

Essential Readings:

1. Vijnananand Saraswati - Yog Vijyan, Yoga Niketan Trust, Rishikesh - 1998
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, Radha Publication, New



Delhi - 2008

3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta - 2000
4. Kamakhya Kumar - Yoga Mahavigyan, Standard Publisher, NewDelhi - 2011
5. Kalyan (Yogank) - Gita Press Gorakhpur - 2002
6. Kalyan (Bhakt Ank) - Gita Press Gorakhpur, Kalyan (Sant Ank) - Gita Press, Gorakhpur - 1928

Suggested Readings:

1. K.S. Joshi - Yoga in Daily Life, Orient Paperback Publication, New Delhi - 1985
2. S.P. Sing - History of Yoga - PHISPC, Center for Studies of Civilization Ist - 2010

पाठ्यक्रम का विषय: पूरक और वैकल्पिक चिकित्सा

Course Title: Complementary and Alternative Therapy

Course Code: SIAS YOGA 1203 DCEC 2124

Objective of the Paper:

- To equip students with alternative therapies
- To heal themselves and society

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- To do therapies from Yoga and alternate methods
- To provide Aquapressure and Marma therapy

Unit – I परिचय / Introduction

पूरक और वैकल्पिक चिकित्सा/ Complementary and Alternative Therapy:

1. संक्षिप्त इतिहास, अर्थ, परिभाषा, उद्देश्य और प्रकार / Brief history , Meaning, Definition Objectives and Types
2. व्यापकता, अनुप्रयोग और सीमाएं / Prevalence, Applications and Limitations

Mind Body Therapy:

3. उत्पत्ति, अर्थ, परिभाषा, उद्देश्य, सिद्धांत/ Origin, Meaning, Definition, Aims, and Principles,
4. कारक, प्रभाव, व्यापकता, अनुप्रयोग और सीमाएं/ Factors, Impacts, Prevalence, Applications and Limitations.



5. मन शरीर की औषधि की आवश्यकता, मन शरीर संबंध और आधुनिक चिकित्सा / Need of mind body medicine; Mind body relationship and modern medicine

पूरक और वैकल्पिक चिकित्सा के प्रयोग / Application of complementary and Alternative

Therapy: विद्यार्थियों को वैकल्पिक चिकित्सा से संबंधित चार्ट और उपकरण दिखाकर उनका परिचय कराना/

Introducing students to alternative medicine by showing them charts and tools

Unit – II

• शरीर-मन के आमूल-चूल परिवर्तन पर आधारित चिकित्सा / **Manipulative -Body Based Therapy (MBT)**

1. अर्थ, परिभाषा, उद्देश्य, सिद्धांत, प्रकार / Meaning, Definition, Aims, Principles, Types

2. प्रभाव, व्यापकता, अनुप्रयोगों और सीमाएं / Impacts, Prevalence, Applications and Limitations.

एक्यूप्रेसर / Acupressure

3. उत्पत्ति, अर्थ, परिभाषा / Origin, Meaning, Definition,

4. पांच तत्व सिद्धांत, ची क्लॉक साइकिल सिद्धांत /Five elements theory, Principles of Chi Clock Cycle

5. मेरिडियन सिस्टम और 12 प्रमुख मेरिडियन और रिफ्लेक्सोलॉजी पर एक्यूपॉइंट्स का पता लगाना / Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology

प्रयोग/Practical

एक्यूप्रेसर, ची क्लॉक साइकिल और मेरिडियन सिस्टम के प्रयोग/ Uses of Acupressure, Chi Clock Cycle and Meridian System

Unit – III

• ऊर्जा चिकित्सा / **Energy Medicine:**

1. इतिहास, अर्थ, परिभाषा, और प्रकार / History, Meaning, Definition, and Types

2. सिद्धांत, अनुप्रयोग और सीमाएं / Principles, Applications and Limitations

• प्राणिक हीलिंग / **Pranic Healing:**

3. इतिहास, अर्थ, परिभाषा, प्राण के स्रोत; सिद्धांत, प्रकार / History, Meaning and Sources of Prana; Principles, Types



4. जैव प्लाज्मिक-बॉडी/आभा :संरचना प्रकार और आकार / Bio-Plasmic Body/Aura: Structure types and size
 - ऊर्जा केंद्र / Energy Centers (EC):
5. अर्थ, प्रकार) मेजर, माइनर और मिनी(, / Meaning, Types (Major, Minor and Mini),
6. आकार, रंग, कार्य और उनके रोगों के परिणाम / Sizes, colors, Functions and Consequences of their dysfunctions

प्रयोग/Practical

प्राणिक हीलिंग के प्रयोग/ Uses of Pranic Healing

Unit – IV

- मर्म चिकित्सा / Marma Therapy

उत्पत्ति, इतिहास, अर्थ, परिभाषा, उद्देश्य, आधारभूत-तत्त्व/ बुनियादी बातें, वितरण और मानव शरीर में मर्म-बिंदुओं का वर्णन / Origin, History, Meaning, Aims, Fundamentals, Distributions and

Description of Marma Points in the human body. पीठ दर्द, अवसाद, उच्च रक्तचाप/हाइपोटेंशन, माइग्रेन, अनिद्रा, मिर्गी, चिंता, मासिक धर्म विकार, अस्थमा, निमोनिया, वैरिकाज़ नसें, संकट और मायोपियास / Back Pain, Depression, Hypertension / Hypotension, Migraine, Insomnia, Epilepsy, Anxiety, Menstrual Disorder, Asthma, Pneumonia, Varicose Veins, Distress and Myopias

प्रयोग/Practical

मर्म-चिकित्सा के प्रयोग/ Uses of Marma-Therapy

सन्दर्भ ग्रंथ- Suggested Readings:

1. Acharya, B. (2005). Ayurveda Jodi-buti Rahasya. Haridwar, India: Divya Prakshan.
2. Holford, P. & Burne, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
3. Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
4. Joshi, K.S. (2010). Marma Science & Principle of Marma Therapy. (1sted.) Haridwar, India: Martyunjay Mission.
5. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pictorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. Ullmann.
6. Micozzi, M.S. (2015). Fundamentals of complementary and alternative medicine (5thed.). China. ELSEVIER SAUNDERS.
7. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.



8. Peeters, J. (2008). Reflexology. Bath BAIHE, UK:Paragon.
9. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
10. Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
11. Sah, R, L, Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
12. Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.

पाठ्यक्रम का विषय: भारतीय दर्शन

Course Title: Indian Philosophy

Course Code: SIAS YOGA 1204 DCEC 3104

Objective of the Paper:

- To provide knowledge about Theistic Philosophy and Anti-Theistic Philosophy
- To enhance the understanding about philosophical terminology

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- They will be recognize the different schools of philosophy
- They will be familiar Shad-darshanas

Unit-I - परिचय-Introduction

1. दर्शन का अर्थ एवं परिभाषा - Meaning and definition of Philosophy
2. भारतीय-दर्शन का परिचय और उसकी उपयोगिता - Introduction of Indian Philosophy and its relevance .
3. षड्दर्शन की सामान्य अवधारणा - Basic concepts of Shad-darshanas
4. ज्ञान-मीमांसा तत्व-मीमांसा आचार-मीमांसा तथा मुक्ति, सांख्य-योग और वेदान्त-दर्शन के विशेष सन्दर्भ में - Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana

Unit-II - आस्तिक दर्शनों का परिचय -Introduction of Theistic Philosophy

1. योग-दर्शन का सामान्य परिचय -General introduction of Yoga Philosophy
2. योग-दर्शन- चित्त-वृत्ति, प्रमाण, चित्त-प्रसादन, क्लेश -Yoga Philosophy-Chitta, Vritti, Evidence, Mind-appeasement, Tribulation
3. सांख्य-दर्शन का सामान्य परिचय - General introduction of Sankhya Philosophy
4. वेदान्त-दर्शन का सामान्य परिचय -General introduction of Vedant Philosophy



Unit-III - आस्तिक दर्शनों का परिचय - Introduction of Anti-Theistic Philosophy

1. न्याय-दर्शन का सामान्य परिचय - General introduction of Nyay Philosophy
2. वैशेषिक-दर्शन का सामान्य परिचय - General introduction of Vaisheshika Philosophy
3. मीमांसा-दर्शन का सामान्य परिचय – General introduction of Mimansa Philosophy

Unit-IV - नास्तिक दर्शनों का परिचय - Introduction of Theistic Philosophy

1. चार्वाक-दर्शन का सामान्य परिचय - General introduction of the Charvak Philosophy
2. बौद्ध-दर्शन का सामान्य परिचय - General introduction of the Buddhist Philosophy
3. जैन-दर्शन का सामान्य परिचय - General introduction of The Jain Philosophy

आवश्यक पठनीय - Essential Readings:

1. हेरेन्द्र प्रसाद सिन्हा, भारतीय दर्शन की रूपरेखा, मोतीलाल बनारसी दास, नई दिल्ली - 2006
2. आचार्य बलदेव उपाध्याय, भारतीय दर्शन, चौखम्बा पब्लिशर्स, वाराणसी - 2000
3. स्वामी विवेकानन्द, वेदान्त, रामकृष्ण मठ नागपुर - 2000
4. राहुल सांकृत्यायन, बौद्ध दर्शन, किताब महल, नई दिल्ली - 2018
5. पंडित श्रीराम शर्मा आचार्य जी, दर्शन, युग निर्माण योजना, मथुरा - 2004
6. पंडित श्रीराम शर्मा आचार्य जी, वैशेषिक दर्शन, युग निर्माण योजना, मथुरा - 2004
7. आचार्य उदयवीर शास्त्री, सांख्य दर्शनम्, सुबोध पब्लिकेशन, नई दिल्ली - 2017

सन्दर्भ ग्रन्थ - Suggested Readings:

1. खेमराज श्रीकृष्णदास, सांख्य दर्शनम्, खेमराज श्रीकृष्णदास, मुम्बई - 2015
2. शशिप्रभा कुमार, वैशेषिक दर्शन में पदार्थ निरूपण, डी के प्रिंटवर्ड - 2013
3. जयदेव वेदालंकार, भारतीय दर्शन शास्त्र का इतिहास (न्याय-वैशेषिक), नई भारतीय पुस्तक निगम - 2006
4. महेन्द्र कुमार जैन, जैन दर्शन, श्री गणेश वर्णी जैन शोध संस्थान, वाराणसी - 2009
5. M. Hiriyanna - Outline of Indian Philosophy, Motilal Banarasi Das -1993
6. C.D. Sharma - A critical survey of Indian Philosophy, Motilal Banarsidass -2016.
7. Dutta and Chatterjee - Indian Philosophy - Rupa & Co; 2010.
8. S.N Das Gupta - History of Indian Philosophy (1-5 Vol), Motilal Banarasi Das -1975.
9. S. Radhakrishnan - Indian Philosophy, Oxford - 2008



तृतीय सत्र - Third Semester

पाठ्यक्रम का विषय: योग में अनुसंधान पद्धति और सांख्यिकी

Course Title: Research Methodology and Statistics in Yoga

Course Code: SIAS YOGA 1309 C 4105

Objective of the Paper:

- To understand the methods of research
- To know type of research and research design

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Organize, manage and present data
- Analyze statistical data graphically using frequency distributions and cumulative frequency distributions

Unit-I अनुसन्धान परिचय - Introduction of Research

1. अनुसन्धान का अर्थ, परिभाषा, प्रकृति और प्रकार - Meaning, definition, nature and types of research
2. अनुसन्धान का संक्षिप्त इतिहास और विकास - Brief history and development of research
3. योग में अनुसन्धान की आवश्यकता और महत्व - Require and importance of research in Yoga
4. शोध समस्या- इसके अर्थ और विशेषताएं - Research problem- its meaning and characteristics
5. परिकल्पना - अर्थ, प्रकृति और प्रकार - Hypothesis - meaning, nature and types

Unit-II - अनुसन्धान के चर, प्रतिदर्श और प्रतिदर्श चयन – Research Variables, Sample and Sampling

1. चर का अर्थ और स्वरूप - Meaning and Nature of Variable
2. चर के प्रकार और चर को प्रभावित करने वाले कारक - Types of Variables and factors affecting the variables
3. प्रतिदर्श, प्रतिदर्श आकार और इसकी गणना - Sample, sample size and its calculation
4. प्रतिदर्श आकार गणना की आवश्यकता और प्रतिदर्श आकार को प्रभावित करने वाले कारक - Need of sample size calculation and factors affecting sample size
5. प्रतिदर्श चयन का अर्थ , प्रकृति और प्रकार - Meaning, Nature and Types of sampling



Unit-III - अनुसन्धान के तरीके और रूपरेखा – Research Design and methods

1. अनुसन्धान के लक्षण - Characteristics of research
2. अनुसन्धान के तरीके और उनके प्रकार (अवलोकन / प्रतिभागी अवलोकन, सर्वेक्षण, साक्षात्कार, केन्द्रित समूह, प्रयोग, माध्यमिक तथ्य विश्लेषण / अभिलेखीय अध्ययन, मिश्रित तरीके (उपरोक्त में से कुछ का संयोजन)) - Research methods and their types (Observation / Participant Observation, Surveys, Interviews, Focus Groups, Experiments, Secondary Data Analysis / Archival Study, Mixed Methods (combination of some of the above))
3. अनुसंधान रूपरेखा के लक्षण - Characteristics of research design
4. अनुसंधान रूपरेखा के प्रकार (गुणात्मक अनुसंधान रूपरेखा, मात्रात्मक अनुसंधान रूपरेखा और उनके विभाजन) - Types of Research Design (Qualitative research design, Quantitative research design and their divisions)
5. शोध प्रतिवेदन लेखन की विधि तथा शैली - Method and style of writing research report
6. शोध प्रतिवेदन लेखन - Research Report Writing

Unit-IV - सांख्यिकी और उसके अनुप्रयोग - Statistics and its application

1. अनुसंधान तथ्यों का लेखाचित्र निरूपण और पैरामीट्रिक / गैर पैरामीट्रिक परीक्षण (सहसंयोजक का विश्लेषण, विचरण का विश्लेषण, टी-परीक्षण, कार्ई-वर्ग) - Graphical representation of Research data and Parametric/Non-parametric tests (Analysis of covariance, Analysis of variance, t-test, Chi-square)
2. केंद्रीय प्रवृत्ति की माप : माध्य, माध्यिका और बहुलक- Measures of Central Tendency: Mean, Median and Mode
3. परिवर्तनशीलता की माप - औसत विचलन, चतुर्थक विचलन, मानक विचलन, श्रेणी और भिन्नता - Measures of Variability – Average Deviation Quartile deviation, Standard deviation, Range and Variance
4. सांख्यिकी में एक्सेल का प्रयोग – Use of Excel in statistics
5. कुछ उपयोगी सांख्यिकीय उपकरण (सामाजिक विज्ञान के लिए सांख्यिकीय पैकेज (SPSS), सांख्यिकीय कम्प्यूटिंगके लिए आर फाउंडेशन (R) , द मैथवर्क्स (MATLAB) – Some useful statistical tools (Statistical Package For The Social Sciences (SPSS), R Foundation for Statistical Computing(R), The Mathworks (MATLAB))

आवश्यक पठनीय - Essential Readings:

1. एस एम शुक्ल, सांख्यिकी के मूल तत्व, साहित्य भवन प्रकाशन, आगरा – 2019
2. एस.पी.सिंह, सांख्यिकी: सिद्धान्त एवं व्यवहार, एस. चंद प्रकाशन, दिल्ली – 1978
3. Bell, J. Doing Your Research Project: A Guide for First-time Researchers in Education and Social Science, Viva Books, New Delhi- 1997



4. Bulmer, M.C., Sociological Research Methods: An Introduction, Macmillan, Hong Kong - 1984
5. Festinger L. and Katz, D. (ed.), Research Methods in the Behavioral Sciences, Amerind Publishing, New Delhi – 1977

सन्दर्भ ग्रंथ - Suggested Readings:

1. Holloway, I, Basic Concepts of Qualitative Research, Blackwell Science, London -1997
- Jain, G., Research Methodology: Methods and Techniques, Mangal Deep, Jaipur – 1998

पाठ्यक्रम का विषय: यौगिक क्रियाओं का क्रमिक अभ्यास -3

Course Title: Sequential practice of Yoga practices-3

Course Code: SIAS YOGA 1310 C 00105

Objective of the Paper:

- To learn how to practice different Yogic practices
- What are the different Yogic techniques and how to perform them?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Do advance Yogasana practices with effective manners
- Do different Yogic Shatkarmas like Jal Neti, Sutra Neti, Kapalbhāti and Nauli.

टिप्पणी – प्रथम सत्र और द्वितीय सत्र के पाठ्यक्रम में आई सभी क्रियायें, सूक्ष्म व्यायाम, आसन, प्राणायाम, मुद्रा, बन्ध व ध्यान तृतीय सत्र में भी सम्मिलित रहेंगे-Ṣaṭkarmas (Kriyās), subtle Exercises, Postures, Prāṇāyāma, Mudrās, Bandhas and Meditation practiced in the first semester and second semester shall also be included in the syllabus of the third semester.

यौगिक क्रियाओं का क्रमिक अभ्यास - Sequence of Yoga Practices

- **षट्कर्म - Ṣaṭkarmas:** गजकरणी (कुञ्जल), जलनेति, सूत्रनेति, वस्त्रधौति, अग्निसार, वातक्रम, व्युत्क्रम और शीतक्रम-कपालभाति - Gajakaraṇī (Kuñjala), Jalaneti, Sūtraneti, Vastradhauti, Agnisāra, Vātakrama, Vyutkram and Shitkram-Kapālabhāti



- **सूक्ष्म-व्यायाम - Subtle Exercise:** स्वामी धीरेन्द्र ब्रह्मचारी कृत 'सूक्ष्म व्यायाम' से सभी अड़तालीस क्रियाएँ और स्थूल व्यायाम – All forty-eight exercises and Sthool Vyayam from the Book - 'Sūkṣma Vyāyāma' of Swami Dhirendra Brahmachari
- **सूर्य-नमस्कार (संबद्ध मन्त्रोच्चारण-पूर्वक) - Sūrya-Namaskāra** (Along recitation of concerned mantras)
- **आसन - Āsanas:** ध्यानात्मक व विश्राम-दायक आसन- पदमासन, सिद्धासन, वज्रासन, सिंहासन, मुक्तासन, भद्रासन, स्वास्तिकासन, अदवासना, मकरासन, जयेष्टिकासना, आनन्दमदिरासना, **Meditative and Relaxative Postures-** Padmāsana, Siddhāsana, Vjrasana, Simhāsana, Muktāsana, Bhadrāsana, Svastikāsana, Makarāsana, Jyestikāsana, Ananda-Madirasana **सांस्कृतिक आसन- खड़े होकर किए जाने वाले आसन -** तिर्यक-कटि-चक्रासन, मेरु-प्रतिष्ठासन, समकोणासन, द्विकोणासन, उत्थिता लोलसाना, डोलसाना, शीर्ष-अंगुष्ठ-योगासन, उत्थित-जनु-शीर्षासन, मूर्धासन, उत्कटासन, पादहस्तासन, वृक्षासन, गरुडासन- **Cultural Postures- Asana performed in standing position-**Tiryaka Kati Chakrāsana, Meru Prishthāsana, Samakonāsana, Dwikonāsana, Utthita Lolāsana, Dolāsana, Sirshā-Angustha-Yogasana, Utthita-Janu-Sirshāsana, Moordhāsana, Utkatāsana, Pādahastāsana, Vṛkṣāsana, Garudāsana. **कमर के बल लेट कर किए जाने वाले-** हस्तपाद-अंगुष्ठासन, मेरु-आकर्षणासन, सर्वांगासन , मत्स्यासन ,हलासन ,चक्रासन- **Lying in Supine-Position-** Hasta-Pada-Angushthasana, Meru-Akarshansana, Sarvāṅgāsana, Matsyāsana, Halāsana, Cakrāsana. **पेट के बल लेटकर किए जाने वाले-** गुप्त-पद्मासन, सर्पासन, उत्तान-प्रतिष्ठासन, अर्ध-पद्म-पश्चिमोत्तानासन, भुजंगासन, विपरीत-नौकासन, एकपाद धनुरासन- **Lying in Prone Position-** Gupta-Padmāsana, Sarpāsana, Utthān-Prishthāsana, Ardha-Padma-Paschimottānāsana, Bhujāṅgāsana, Viparīta-Naukāsana, Eka-Pāda Dhanurāsana. **बैठकर किए जाने वाले-** अर्ध-पद्म-पश्चिमोत्तानासन, जानुशीर्षासन ,आकर्णधनुरासन ,तोलाङ्गुलासन ,बद्धपद्मासन- **Sitting Postures** – Ardh-Padm-Paschimottānāsana Jānuśirṣāsana, Ākarṇadhanurāsana, Tolāṅgulāsana, Baddha-padmāsana. **उन्नत आसन -** पूर्ण-शलभासन, पूर्ण-धनुरासन, कन्धरासन, एकपादस्कंदासन, बकासन, पूर्ण उष्ट्रासन, शीर्षासन- **Advance Postures-** Poorna-Shalabhasana, Poorna-Dhanurasana, Kandharasana, Ekpādaskandāsana, Bakāsana, Purṇa Uṣṭrāsana, Śīrṣāsana.
- **प्राणायाम - Prāṇāyāma:** नाड़ीशोधन, अनुलोम-विलोम, सूर्यभेदी, उज्जायी व शीत्कारी, भस्त्रिका ,शीतली व भ्रामरी - Nāḍīśodhana, Anuloma-Viloma, Sūryabhedī, Ujjāyī, and Śītkārī, Bhastrikā, Sītalī and Bhrāmārī



- **मुद्रा व बन्ध - Mudrā and Bandha:** अश्विनीमुद्रा, महामुद्रा ,महाबन्ध ,महावेधमुद्रा, उड्डियानबन्ध, मूलबन्ध, जालन्धरबन्ध, विपरीतकरणी, तडागी, काकी व शाम्भवी - Aśvinimudrā, Mahāmudrā, Mahābandha, Mahāvedhamudrā, Uḍḍiyānabandha, Mūlabandha, Jālandharabandha, Viparītakaraṇī, Taḍāgī, Kākī and Śāmbhavī
- **ध्यान - Meditation:** योग निद्रा और सविता की ध्यान धारणा - Yoga Nidrā, Savitā Ki Dhyān Dhāraṇa

आवश्यक पठनीय - Essential Readings:

1. स्वामी धीरेन्द्र ब्रह्मचारी, सूक्ष्म व्यायाम, मोरारजी देसाई नेशनल इंस्टिट्यूट ऑव योग, नई दिल्ली
2. स्वामी सत्यानन्द सरस्वती, आसन-प्राणायाम-मुद्रा-बन्ध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार-2006
3. पं. श्रीराम शर्मा, प्रज्ञा अभियान का योग व्यायाम, ब्रह्मवर्चस् शोध संस्थान, शान्तिकुञ्ज, हरिद्वार-1998
4. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM Samiti, Lonavala-2012
5. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavala
6. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.

सन्दर्भ ग्रंथ - Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi-2012
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi-2012
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala-1993

पाठ्यक्रम का विषय: योग में शिक्षण विधियाँ

Course Title: Teaching methods in Yoga

Course Code: SIAS YOGA 1311 C 4105

Objective of the Paper:

- To know about Yoga teachings
- Students will equip with teaching tools

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know meaning and definition of education
- Deliver an effective lecture cum demonstration

Familiar with an authentic foundation of Yogic therapy



Unit-I - शिक्षण और अधिगम - Teaching and Learning

1. शिक्षा का अर्थ और परिभाषा, Meaning and definition of education
2. शिक्षण के सिद्धान्त और उसके आयाम, Principles of teaching and its dimensions
3. अधिगम के सिद्धान्त और उसके आयाम, Principles of learning and its dimensions
4. अधिगम और शिक्षण में सम्बन्ध, Relationship between learning and teachings
5. शिक्षण को प्रभावित करने वाले कारक, Factors influencing teaching methods

Unit-II - योग में शिक्षण विधियाँ – Teaching Methods in Yoga

1. योग शिक्षक की भूमिका और गुण – Role and characteristics of Yoga teacher
2. योग के विशेष संदर्भ के साथ शिक्षण विधियाँ - Teaching methods with special reference to Yoga
3. योग शिक्षण को प्रभावित करने वाले कारक - Factors influencing Yoga teaching
4. योग शिक्षण के आवश्यक तत्व - Essential elements of Yoga teaching
5. एक व्यक्ति, छोटे समूह और बड़े समूह को योग सिखाने के तरीके - Methods of teaching Yoga to an individual, small group and large group
6. योग में व्याख्यान सह प्रदर्शन: इसका अर्थ, महत्व और इसकी प्रस्तुति का तरीका - Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation

Unit-III - पाठ योजना- Lesson plan

1. पाठ योजना: इसका अर्थ और आवश्यकता - Lesson plan: Its meaning and need
2. योग में पाठ योजना तैयार करना - Preparation of lesson plan in Yoga
3. विशिष्ट योग साधनाओं में पाठों की प्रस्तुति - Presentation of lessons in specific Yogic practices

Unit-IV - शिक्षण सहायता प्रणाली - Teaching Support System

1. शिक्षण सहायता प्रणाली: पारंपरिक, आधुनिक और आईसीटी आधारित - Teaching Support System: Traditional, Modern and ICT based
2. शिक्षण में पॉवर पॉइंट प्रेजेंटेशन का परिचय और आवश्यकता – Introduction of Power Point Presentation in teachings and its need
3. शिक्षण में पॉवर पॉइंट प्रेजेंटेशन के लाभ – Benefits of Power Point Presentation in teachings

आवश्यक पठनीय - Essential Readings:

1. M L Gharote Shri S K Ganguly, Teaching method for yogic Practice, Kaivalyadhama, Pune – 2001
2. S. K. Mangal, Uma Mangal, Essentials of Educational Technology, PHI Learning Pvt. Ltd., 2009
3. एस.एस.चहल, स्वास्थ्य, शारीरिक एवं योग शिक्षा, भारत बुक हाउस, 2018

सन्दर्भ ग्रंथ - Suggested Readings:



1. Mark Stephens, Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books - 2010
2. Yoga Training Manual for School Children, Morarji Desai National Institute of Yoga, New Delhi- 2010
3. Swami Kuvalyananda Scientific Survey Yogic Poses Extract from the book Asana, Kaivalyadhama - 2006
4. Aruna Goel, Yoga Education: Philosophy and Practice, Deep & Deep Publication - 2007

पाठ्यक्रम का विषय: योग और समग्र स्वास्थ्य

Course Title: Yoga and Holistic Health

Course Code: SIAS YOGA 1303 GEC 2124

Objective of the Paper:

- To know about holistic health
- Students will equip with preventive care tools of Yoga

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Familiar with Pancha Prana, Panch kosha and Panch Mahabhutas
- Know the ways of healthy livings

Unit-I परिचय - Introduction:

1. स्वास्थ्य की परिभाषा और महत्व - Definition & Importance of Health
2. स्वास्थ्य के आयाम: शारीरिक, मानसिक, सामाजिक और आध्यात्मिक - Dimensions of Health: Physical, Mental, Social and Spiritual
3. त्रिगुणों की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Trigunas and their role in Health and Healing
4. पञ्च-महाभूत व षट-चक्र की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Pancha-mahabhutas and Shat-chakra, their role in Health and Healing
5. पञ्च-प्राण व पञ्च-कोष की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Pancha-prana and Pancha-koshas, their role in Health and Healing

प्रायोगिक-योग / Yoga-practical

पवन मुक्तासन भाग एक, वज्रासन, दंडासन, मकरासन, पवन मुक्तासन, उदाराकर्षण, ताड़ासन, तिर्यक-ताड़ासन, कपालभाति और योगिक श्वसन/ Pawan Muktasana Part one and Vajrasana, Dandasana,



Makarasana, Pawan Muktasana, Udrakarshana, Tadasana, Tiryaka-Tadasana, Kapalbhathi, Yogic breathing.

Unit-II - निवारक स्वास्थ्य देखभाल में योग की भूमिका - Role of Yoga in preventive health care

1. जीवन के एक तरीके के रूप में योग - Yoga as a way of life
2. मानसिक और भावनात्मक स्वास्थ्य और योग - Mental and Emotional Health and Yoga
3. स्वस्थ रहने के योगिक सिद्धांत (आहार , विहार, आचार और विचार)-Yogic Principles of Healthy Living (Ahara, Vihara, Achara and Vichara)
4. स्वस्थ जीवन के लिए योगिक सकारात्मक दृष्टिकोण (मैत्री, करुणा, मुदिता और उपेक्षा) की भूमिका - Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living

प्रायोगिक-योग / Yoga-practical

जल नेति, अग्निसार, जालन्धर बन्ध, कटिचक्रासन, शशांकासन, नौकासन, सेतुबन्धासन, उत्कटासन त्रिकोणासन, अनुलोम-विलोम प्राणायाम / Jal Neti, Agnisara, Jalandhara Bandha, Katichkrasana, Shashankasana, Naukasana, Setubandhasana, Utkatasana Trikonasana, Anulom-Vilom Pranayama.

Unit-III - समग्र स्वास्थ्य हेतु यौगिक अवधारणा – Yogic concept of holistic health

1. त्रिदोषों की अवधारणा - Concept of Tridosha
2. स्वस्थ वृत्त और ऋतुचर्या - Swastha Vritta and Seasonal regimen
3. दिनचर्या और रात्रिचर्या - Day and Night regimen
4. समग्र स्वास्थ्य में इनकी भूमिका - Role of Yogic concept in holistic health

प्रायोगिक-योग / Yoga-practical

गत्यात्मक मेरु वक्रासन, नौका सञ्चालन, शशांकभुजङ्गासन, समकोणासन वृक्षासन, मूर्धासन, भ्रामरी प्राणायाम, ज्ञान मुद्रा, नासाग्र मुद्रा / Dynamic Meru Vakrasana, Boat Steering, Shashankabhujangasana, Samkonasana Vrikshasana, Murdhasana, Bhramari Pranayama, Jnana Mudra, Nasal Mudra.

Unit-IV - समग्र स्वास्थ्य और आहार - Holistic health and Diet

1. आहार और पोषण की अवधारणा - Concept of Diet and Nutrition
2. स्थूल पोषक तत्व और उनकी आवश्यकता - Macronutrients and their utility
3. सूक्ष्म पोषक तत्व और उनकी आवश्यकता - Micronutrients and their utility



4. आहार का समग्र स्वास्थ्य पर प्रभाव - Impact of Diet on holistic health

प्रायोगिक-योग / Yoga-practical

तितली-आसन, सरल-धनुरासन, अर्द्ध-शलभासन, विपरीतकर्णी-आसन, पद्मासना, पद-हस्तासन, पश्चिमोत्तानासन और पूर्वोत्तानासन, सीत्कारी प्राणायाम, योगनिद्रा / Butterfly-asana, Saral-Dhanurasana, Ardha-Salabhasana, Viparitarani-asana, Padmasana, Pada-Hastasana, Paschimottanasana and Purvottanasana, Sitkari Pranayama, Yoganidra.

आवश्यक पठनीय - Essential Readings:

1. पंडित श्रीराम शर्मा आचार्य जी, चिकित्सा उपचार के विविध आयाम, अखण्ड ज्योति संस्थान, मथुरा – 1995
2. सुरेश लाल बर्णवाल, योग और मानसिक स्वास्थ्य, न्यू भारती बुक कॉर्पोरेशन, दिल्ली - 2002
3. स्वामी रामदेव, योग साधना एवं योग चिकित्सा रहस्य, दिव्य प्रकाशन-2004
4. अरुण कुमार साव और डॉ अखिलेश्वर साव, योग चिकित्सा (सिद्धांत व व्यवहार), चौखम्भा ओरिएण्टलिआ - 2019
5. कामाख्या कुमार, योग चिकित्सा संदर्शिका, श्री वेदमाता गायत्री ट्रस्ट, हरिद्वार - 2014
6. मनोरमा नीखरा, मानसिक समस्याएं योग एवं प्राणचिकित्सा, देव संस्कृति विश्वविद्यालय शान्तिकुञ्ज, हरिद्वार -2017
7. एम.एम. गोरे, शरीर विज्ञान और योगाभ्यास, मोतीलाल बनारसीदास, नई दिल्ली – 2007
8. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998
9. R. Nagarathna and Dr. H.R. Nagendra, Yoga and Health, Swami Vivekananda Yoga Prakashana - 2002
10. R. Nagarathna and Dr. H. R. Nagendra, Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana-2004
11. Swami Satyananda Saraswati - Yogic Management of Common, Yoga Publication Trust, Munger, Bihar - 2002

सन्दर्भ ग्रंथ - Suggested Readings:

1. Sat Bir Singh Khalsa Principles and Practice of Yoga in Health Care, Sage Publishing- 2016
2. Ganesh Shankar-Classical And Modern Approaches to Yoga, Pratibha Prakashan, New Delhi
3. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015
4. K.S. Joshi-Speaking Of Yoga & Nature Cure Therapy, Sterling Publishers Private Ltd



पाठ्यक्रम का विषय: प्राकृतिक चिकित्सा और प्राकृतिक आहार विज्ञान के सिद्धांत

Course Title: Principles of Naturopathy and Natural Dietetics

Course Code: SIAS YOGA 1305 DCEC 3104

Objective of the Paper:

- To know how does Naturopathy work
- To provide knowledge about therapeutic effect of Naturopathy

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Know about hydrotherapy
- Know about mud therapy

Unit-I - प्राकृतिक चिकित्सा का सामान्य परिचय – General Introduction of Naturopathy

1. प्राकृतिक चिकित्सा का अर्थ और परिभाषा - Meaning and definition of Naturopathy
2. प्राकृतिक चिकित्सा का संक्षिप्त इतिहास - Brief history of Naturopathy
3. प्राकृतिक चिकित्सा का महत्व - Importance of Naturopathy
4. प्राकृतिक चिकित्सा के मूल सिद्धान्त - Basic principles of Naturopathy
5. रोग का मूल कारण, रोगों की जीर्ण और तीव्र अवस्था - Root cause of disease, Chronic and acute states of diseases
6. विजातीय विषाक्तता का सिद्धान्त, उभार का सिद्धान्त - Principle of foreign poisoning matter, Aggregative principles

Unit-II - जल चिकित्सा – Hydrotherapy

1. जल चिकित्सा और पानी के गुणों का महत्व - Importance of water therapy and properties of water
2. जल चिकित्सा के सिद्धांत और पानी के उपयोग के तरीके - पानी का सेवन - Principles of Water therapy and techniques of water use - Water-intake
3. मानव शरीर पर विभिन्न तापमान के पानी का प्रभाव - Effects of water of different temperature on human body
4. विभिन्न प्रकार के स्नान - प्राकृतिक स्नान, सरल और घर्षण स्नान, मेरुदण्ड स्नान, मेहन स्नान, भाप स्नान, कटि स्नान, गर्म पानी से पैर स्नान - Different type of bath - Natural bath, Simple and Frictional bath, Spinal bath, Mehan bath, Steam bath, Trunk bath, hotfoot bath
5. विभिन्न प्रकार की पट्टी - पूरे शरीर का गीला आवरण, छाती, पेट, गर्दन, हाथ और पैर की पट्टी - Different type of Wraps – Wet wrap of whole body, bandage of chest, stomach, neck, hand and foot
6. स्पंजी और एनीमा - Sponging and Enema



Unit-III - विभिन्न तत्वों से चिकित्सा – Therapy from different elements

1. मिट्टी चिकित्सा - मिट्टी के प्रकार और विशेषताएं, शरीर पर मिट्टी के प्रभाव - Mud Therapy - Mud types and characteristics, effects of mud on body
2. मिट्टी की पट्टी और मिट्टी स्नान - Mud packs and Mud-bath
3. सूर्य-किरणों का महत्व, मानव शरीर पर सूर्य-किरणों की क्रिया-प्रतिक्रियाएँ - Importance of Sun-rays, action-reactions of Sun-rays on human body
4. सूर्य स्नान और विभिन्न रंगों के उपयोग - Sun-bath and uses of various colours
5. वायु का महत्व, वायु का स्वास्थ्य पर प्रभाव, वायु-स्नान - Importance of Air, health effects of Air, Air-bath

Unit-IV – – Aakash and Diet Therapy

1. आहार चिकित्सा परिचय, विधि एवं लाभ- Introduction of diet therapy, method and benefits
2. उपवास - इसके सिद्धान्त और शारीरिक प्रभाव - Fasting - Its principles and physiological effects
3. उपवास के नियम और उपवास के प्रकार – Rules of fasting and types of fasting
4. स्वास्थ्य और रोगों पर उपवास का प्रभाव – Impact of fasting on health and diseases
5. उपवास के विभिन्न तरीके - जल, रस, फल, एक आहार – Different modes of fasting - Water, Juice, Fruit, One Diet
6. विभिन्न प्रकार के आहार - आदर्श आहार, प्राकृतिक आहार, उपचार के लिए उचित आहार – Different types of diet - Ideal diet, Natural diet, Proper diet for treatment
7. आदर्श आहार और संतुलित आहार में अंतर – Difference between ideal diet and balanced diet

आवश्यक पठनीय - Essential Readings:

1. Henry Lindlahr, Nature Cure Philosophy and Practice Based on the Unity of Disease and Cure, Nabu Press, Charleston, South Carolina -2014
2. नागेंद्र कुमार नीरज, मेरा आहार मेरा स्वास्थ्य, पॉपुलर बुक डिपो, नई दिल्ली – 2012
3. नागेंद्र कुमार नीरज, जल चिकित्सा, पॉपुलर बुक डिपो, नई दिल्ली – 2018
4. पी.डी. मिश्रा, प्राकृतिक चिकित्सा: सिद्धान्त एवं व्यवहार, उत्तर प्रदेश हिन्दी संस्थान - 2012
5. गणेश नारायण चौहान, भोजन के द्वारा चिकित्सा -1, पॉपुलर बुक डिपो, नई दिल्ली – 2012
6. राकेश जिन्दल, प्राकृतिक आयुर्विज्ञान, आयोग्य सेवा प्रकाशन - 2019

सन्दर्भ ग्रंथ - Suggested Readings:

5. Edwin D Babbitt, Human culture and cure, in 6 parts, College of Fine Forces; 2nd edition- 1887
6. John Harvey Kellogg, Art of Massage, Tech Services, Inc, United States - 1997
Rudolph M. Ballentine, Diet and Nutrition: A Holistic Approach, Himalayan Institute Press, Honesdale - 2005



पाठ्यक्रम का विषय: समग्र स्वास्थ्य और योग चिकित्सा

Course Title: Holistic Health and Yoga Therapy

Course Code: SIAS YOGA 1306 DCEC 2124

Objective of the Paper:

- To know about Yoga therapy
- To eradicate the misunderstanding about Yoga therapy

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Principles of Yoga therapy
- Familiar with an authentic foundation of Yogic therapy

Unit-I योग चिकित्सा परिचय – Introduction to Yoga Therapy:

1. योग चिकित्सा का अर्थ और परिभाषा – Meaning and definition of Yoga Therapy
2. योग चिकित्सा का इतिहास – History of Yoga Therapy
3. योग चिकित्सा के सिद्धान्त – Principles of Yoga Therapy
4. योग चिकित्सा की सीमाएं – Limitations of Yoga Therapy

योग चिकित्सा के अनुप्रयोग / Applications of Yoga Therapy

सरल रोगों की योग चिकित्सा जैसे कब्ज, अम्लीयता, पेट में गैस का बनना आदि/ Yoga therapy for simple diseases like constipation, acidity, gas formation in the stomach etc.

Unit-II - निवारक स्वास्थ्य देखभाल में योग की भूमिका - Role of Yoga in preventive health care

1. जीवन के एक तरीके के रूप में योग - Yoga as a way of life
2. मानसिक और भावनात्मक स्वास्थ्य और योग - Mental and Emotional Health and Yoga
3. स्वस्थ रहने के योगिक सिद्धान्त (आहार , विहार, आचार और विचार)-Yogic Principles of Healthy Living (Ahara, Vihara, Achara and Vichara)
4. स्वस्थ जीवन के लिए योगिक सकारात्मक दृष्टिकोण (मैत्री, करुणा, मुदिता और उपेक्षा) की भूमिका - Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living

योग चिकित्सा के अनुप्रयोग / Applications of Yoga Therapy



सरल रोगों की योग चिकित्सा जैसे कमर दर्द, ग्रीवा का दर्द घुटनों का दर्द आदि/ Yoga therapy for simple diseases like back pain, cervical pain, knee pain etc.

Unit-III - योग से स्वास्थ्य – Health through Yoga

1. स्वास्थ्य की परिभाषा और महत्व - Definition & Importance of Health
2. स्वास्थ्य के आयाम: शारीरिक, मानसिक, सामाजिक और आध्यात्मिक - Dimensions of Health: Physical, Mental, Social and Spiritual
3. त्रिगुणों की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Trigunas and their role in Health and Healing
4. पञ्च-महाभूत व षट-चक्र की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Pancha-mahabhutas and Shat-chakra, their role in Health and Healing
5. पञ्च-प्राण व पञ्च-कोष की अवधारणा-स्वास्थ्य और स्वास्थ्य-लाभ में उनकी भूमिका - Concepts of Pancha-prana and Pancha-koshas, their role in Health and Healing

योग चिकित्सा के अनुप्रयोग / Applications of Yoga Therapy

सरल रोगों की योग चिकित्सा जैसे उच्च रक्तचाप, मोटापा और मधुमेह आदि / Yoga therapy for simple diseases like high blood pressure, obesity and diabetes etc.

Unit-IV - योग चिकित्सा के एकीकृत दृष्टिकोण - Integrated Approach of Yoga therapy

1. खराब-स्वास्थ्य के संभावित कारण - Potential causes of Ill-health
2. आधि और व्याधि की अवधारणा - Concepts of Aadhi and Vyadhi
3. आरामतलब जीवन शैली विकारों का योगिक प्रबन्धन (कब्ज, मोटापा, मधुमेह, गठिया, उच्च रक्तचाप) - Yogic management of sedentary lifestyle disorders (Constipation, Obesity, Diabetes, Arthritis, Hypertension)
4. मानसिक विकारों का योग प्रबन्धन (तनाव, अनिद्रा, अवसाद, दुश्चिन्ता) - Yogic management of mental disorders (Stress, Insomnia, Depression, Anxiety)

योग चिकित्सा के अनुप्रयोग / Applications of Yoga Therapy

सरल रोगों की योग चिकित्सा जैसे तनाव दुश्चिन्ता और अवसाद आदि / Yoga therapy for simple diseases like stress, anxiety and depression etc.

आवश्यक पठनीय - Essential Readings:

1. पंडित श्रीराम शर्मा आचार्य जी, चिकित्सा उपचार के विविध आयाम, अखण्ड ज्योति संस्थान, मथुरा – 1995



2. सुरेश लाल बर्णवाल, योग और मानसिक स्वास्थ्य, न्यू भारती बुक कॉर्पोरेशन, दिल्ली - 2002
3. स्वामी रामदेव, योग साधना एवं योग चिकित्सा रहस्य, दिव्य प्रकाशन-2004
4. अरुण कुमार साव और डॉ अखिलेश्वर साव, योग चिकित्सा (सिद्धांत व व्यवहार), चौखम्भा ओरिएन्टलिआ - 2019
5. कामाख्या कुमार, योग चिकित्सा संदर्शिका, श्री वेदमाता गायत्री ट्रस्ट, हरिद्वार - 2014
6. मनोरमा नीखरा, मानसिक समस्याएं योग एवं प्राणचिकित्सा, देव संस्कृति विश्वविद्यालय शान्तिकुब्ज, हरिद्वार -2017
7. एम.एम. गोरे, शरीर विज्ञान और योगाभ्यास, मोतीलाल बनारसीदास, नई दिल्ली – 2007
8. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998
9. R. Nagarathna and Dr. H.R. Nagendra, Yoga and Health, Swami Vivekananda Yoga Prakashana - 2002
10. R. Nagarathna and Dr. H. R. Nagendra, Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana-2004
11. Swami Satyananda Saraswati - Yogic Management of Common, Yoga Publication Trust, Munger, Bihar - 2002

सन्दर्भ ग्रंथ - Suggested Readings:

1. Sat Bir Singh Khalsa Principles and Practice of Yoga in Health Care, Sage Publishing- 2016
2. Ganesh Shankar-Classical And Modern Approaches to Yoga, Pratibha Prakashan, New Delhi
3. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015
4. K.S. Joshi-Speaking Of Yoga & Nature Cure Therapy, Sterling Publishers Private Ltd



चतुर्थ सत्र -Fourth Semester

पाठ्यक्रम का विषय: यौगिक अभ्यास-4 और प्राकृतिक चिकित्सा

Course Title: Yoga Practical -4 and Naturopathy

Course Code: SIAS YOGA 1412 C 00105

Objective of the Paper:

- To learn how to practice different Yogic practices
- What are the different naturopathy techniques?

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Do Yogasana practices with effective manners
- Familiar with Naturopathy practices

टिप्पणी – प्रथम सत्र, द्वितीय सत्र और तृतीय सत्र के पाठ्यक्रम में आई सभी क्रियायें, सूक्ष्म व्यायाम, आसन, प्राणायाम, मुद्रा, बन्ध व ध्यान चतुर्थ सत्र में भी सम्मिलित रहेंगे-Ṣaṭkarmas (Kriyās), subtle Exercises, Postures, Prāṇāyāma, Mudrās, Bandhas and Meditation practiced in the first semester, second semester and third semester shall also be included in the syllabus of the fourth semester.

यौगिक क्रियाओं का क्रमिक अभ्यास - Sequence of Yoga Practices

- **षट्कर्म - Ṣaṭkarmas:** गजकरणी (कुञ्जल), जलनेति, सूत्रनेति, वस्त्रधौति, अग्निसार, वातक्रम, व्युत्क्रम और शीतक्रम-कपालभाति - Gajakaraṇī (Kuñjala), Jalaneti, Sūtraneti, Vastradhauti, Agnisāra, Vātakrama, Vyutkram and Shitkram-Kapālabhāti
- **सूक्ष्म-व्यायाम - Subtle Exercise:** स्वामी धीरेन्द्र ब्रह्मचारी कृत 'सूक्ष्म व्यायाम' से सभी अड़तालीस क्रियाएँ और स्थूल व्यायाम – All forty-eight exercises and Sthool Vyayam from the Book - 'Sūkṣma Vyāyāma' of Swami Dhirendra Brahmachari
- **सूर्य-नमस्कार (संबद्ध मन्त्रोच्चारण-पूर्वक) - Sūrya-Namaskāra** (Along recitation of concerned mantras)



- **आसन - Āsanas:** अर्धबद्धपद्मोत्तानासन, अर्धचंद्रासन, अर्धपद्महलासना, अर्धपद्मपद्मोत्तानासन, अष्टांगनमस्कार, अष्टावक्रासन, बकध्यानासन, बकासन, भूनमनासन, भूमिपाद मस्तकासन, ब्रह्मचर्यासना, धनुराकर्षणासना, डोलासन, द्रुतउत्कटासन, द्रुतहलासना, द्वयहस्तभुजंगासन, द्वयजानुनमन, द्वयपादकंधारसाना, द्वयपादशीर्षासन, द्विकोणासन, गर्भपिण्डासन, गत्यात्मकमेरुवक्रासन, गोरक्षासन, हनुमानासन, ज्येष्ठिकासन, कंधरासन, कपिलासन, कश्यपासन, लोलासन, मत्स्यक्रीडासन, मयूरासन, मेरुदण्डासन, मेरुपृष्ठासन, नटराजासन, निरालाम्ब-पश्चिमोत्तानासन, निरालाम्बा-शीर्षासन, उर्ध्वपद्मासन, पादप्रसार-पश्चिमोत्तानासन, पदाधीरासन, पद्ममयूरासन, पद्मपार्वतासन, सैथिल्यासन, समकोणासन, सन्तुलनासना, शीर्षांगुष्ठयोगासन, शीर्षपादभूमिसर्पासन, स्कन्धचक्र, स्तम्भन-आसन, तोलांगुलासन, उत्थितहस्त-मेरुदण्डासन, वशिष्ठासन, वातायन आसन, विश्वामित्रासन, वृश्चिकासन Ardha-Baddha-Padmottanasana, Ardha-Chandrasana, Ardha-Padma-Halāsana, Ardha-Padma-Padmottanasana, Ashtanga-Namaskara, Astavakrasana, Baka-Dhyanasana, Bakasana, Bhu-Namanasana, Bhumi-Pada-Mastakasana, Brahmacharyasana, Dhanurakarshanasana, Dolasana, Druta-Utkatasana, Druta-Halāsana, Dwi-Hasta-Bhujangasana, Dwi-Janu-Naman, Dwi-Pada-Kandharasana, Dwi-Pada-Sirasana, Dwikonasana, Garbha-Pindasana, Gatyatmak-Meru-Vakrasana, Gorakshasana, Hanumanasana, Jyestikasana, Kandharasana, Kapali-Asana, Kashyapasana, Lolasana, Matsya-Kridasana, Mayurasana, Merudandasana, Meru Prishthasana, Natarajasana, Niralamba-Paschimottanasana, Niralamba Sirshasana, Oordhwa Padmasana, Pada-Prasar-Paschimottanasana, Padadhirasana, Padma-Mayurasana Padma-Parvatasana, Saithalyasana, Samakonasana, Santolanasana, Sirsha-Angustha-Yogasana, Sirshapada-Bhumi Sparshasana, Skandha Chakra, Stambhan Asana, Tolangulasana, Utthita-Hasta-Merudandasana, Vashishthasana, Vatayanasana, Vishwamitrasana, Vrischikasana.
- **प्राणायाम - Prāṇāyāma:** बाह्यवृत्ति, अभ्यान्तरवृत्ति, स्तम्भवृत्ति प्राणायाम - Bahyavritti, Abhyantarvritti, Stambhavritti Pranayama
- **मुद्रा व बन्ध - Mudrā and Bandha:** अश्विनीमुद्रा, महामुद्रा, महाबन्ध, महावेधमुद्रा, उड्डियानबन्ध, मूलबन्ध, जालन्धरबन्ध, विपरीतकरणी, तड़ागी, काकी व शाम्भवी - Aśvinimudrā, Mahāmudrā, Mahābandha, Mahāvedhamudrā, Uḍḍiyānabandha, Mūlabandha, Jālandharabandha, Viparītakaraṇī, Taḍāgī, Kākī and Śāmbhavī
- **ध्यान - Meditation:** चक्रीय ध्यान, भावातीत ध्यान - Cyclic Meditation, Transcendental Meditation
- **प्राकृतिक चिकित्सा- Naturopathy**
 - (i) आहार चिकित्सा -- Diet Therapy
 - (ii) उपवास चिकित्सा - Fasting Therapy
 - (iii) अभ्यंग चिकित्सा - Masso Therapy
 - (iv) वायु चिकित्सा - Air Therapy



- (v) सूर्य चिकित्सा – Sun Therapy
- (vi) जल चिकित्सा – Hydorthrapy
- (vii) मृदा चिकित्सा - Mud Therapy

आवश्यक पठनीय - Essential Readings:

1. स्वामी धीरेन्द्र ब्रह्मचारी, सूक्ष्म व्यायाम, मोरारजी देसाई नेशनल इंस्टिट्यूट ऑव योग, नई दिल्ली
2. स्वामी सत्यानन्द सरस्वती, आसन-प्राणायाम-मुद्रा-बन्ध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार-2006
3. पं. श्रीराम शर्मा, प्रज्ञा अभियान का योग व्यायाम, ब्रह्मवर्चस् शोध संस्थान, शान्तिकुञ्ज, हरिद्वार-1998
4. नागेंद्र कुमार नीरज, मेरा आहार मेरा स्वास्थ्य, पॉपुलर बुक डिपो, नई दिल्ली – 2012
5. नागेंद्र कुमार नीरज, जल चिकित्सा, पॉपुलर बुक डिपो, नई दिल्ली – 2018
6. पी.डी. मिश्रा, प्राकृतिक चिकित्सा: सिद्धान्त एवं व्यवहार, उत्तर प्रदेश हिन्दी संस्थान - 2012
7. गणेश नारायण चौहान, भोजन के द्वारा चिकित्सा -1, पॉपुलर बुक डिपो, नई दिल्ली – 2012
8. राकेश जिन्दल, प्राकृतिक आयुर्विज्ञान, आयोग्य सेवा प्रकाशन - 2019
9. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM Samiti, Lonavala-2012
10. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavala
11. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
12. Stewart Mitchell, Naturopathy, Vermillion; New Ed edition, London -2001
13. Krishan Kumar Suman, Naturopathy Modern Way of Life, Lotus Press, Delhi - 2010

सन्दर्भ ग्रंथ - Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi-2012
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi-2012
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM Samiti, Lonavala-1993



पाठ्यक्रम का विषय: शोध-निबंध

Course Title: Dissertation

Course Code: SIAS YOGA 1413 C 00016

Objective of the Paper:

- To provide practical knowledge of Yoga research
- To familiar with working environment of research

Outcome of the Paper: Upon successful completion of this course, students will be able to:

- Write a project for research
- Present their research papers in seminars
- Prepare for Ph.D.

Guidelines for Dissertation

Research experience is as close to a professional problem-solving activity as anything in the curriculum. It provides exposure to research methodology and an opportunity to work closely with a faculty guide. It usually requires the use of advanced concepts, a variety of experimental techniques, and state-of-the-art instrumentation. Research is genuine exploration of the unknown that leads to new knowledge which often warrants publication. But whether or not the results of a research project are publishable, the project should be communicated in the form of a research report written by the student. Sufficient time should be allowed for satisfactory completion of reports, taking into account that initial drafts should be critiqued by the faculty guide and corrected by the student at each stage.

The file is the principal means by which the work carried out will be assessed and therefore great care should be taken in its preparation.

In general, the File should be comprehensive and include

- A short account of the activities that were undertaken as part of the project;
- A statement about the extent to which the project has achieved its stated goals.
- A statement about the outcomes of the evaluation and dissemination processes engaged in as part of the project;
- Any activities planned but not yet completed as part of the project, or as a future initiative directly resulting from the project;
- Any problems that have arisen that may be useful to document for future reference.
- The guidelines and format for dissertation is given below:

Dissertation Guidelines



1. **GENERAL** : The manual is intended to provide broad guidelines to the M.Sc. candidates in the preparation of the dissertation report. In general, the project report shall report, in an organised and scholarly fashion an account of original research work of the candidate leading to the discovery of new facts or techniques or correlation of facts already known.
2. **NUMBER OF COPIES TO BE SUBMITTED**: Students should submit three copies to the Head of the Department concerned on or before the specified date
3. **ARRANGEMENT OF CONTENTS OF DISSERTATION**: Dissertation material should be arranged as follows:
 - Cover Page & Title page
 - Declaration
 - Certificate
 - Abstract (Hindi and English)
 - Acknowledgements
 - Table of Contents
 - List of Tables
 - List of Figures
 - List of Symbols, Abbreviations and Nomenclature (Optional)
 - Chapters
 - References
 - Research Papers (if published)
 - Appendices
 - One page CV

The Tables and Figures shall be introduced in the appropriate places.

4. **PAGE DIMENSIONS AND MARGIN**: The dimensions of the dissertation should be standard A4 size paper may be used for preparing the copies, standard margin with 1.5 line spacing.
5. **MANUSCRIPT PREPARATION**: The general text of thesis shall be typed in font style Times New Roman and font size 12. Same quality of paper should be used for the preparation of the entire report/thesis; except figure, photos are shown.
 - 5.1 Cover Page & Title Page - A specimen copy of the Cover page & Title page for report/thesis are given in Annexure I.
 - 5.2 Certificate-The Bona-fide Certificate as per the format shown in Annexure II
 - 5.3 Abstract: Abstract should be an essay type (HINDI and ENGLISH) of narration not exceeding 500 words outlining the research problem, the methodology used for tackling it and a summary of the findings, typed in 1.5line spacing.



- 5.4 Acknowledgements: The acknowledgements shall be brief and should not exceed one page. The student's signature shall be made at the right bottom above his / her name typed in capitals.
- 5.5 Table of contents - The table of contents should list all material following it as well as any material which precedes it. The title page, Bona-fide Certificate and Acknowledgment will not find a place among the items listed in the Table of Contents but the page numbers in lower case Roman letters are to be accounted for them. One and a half spacing should be adopted for typing the matter under this head. A specimen copy of the Table of Contents for report / thesis is given in Annexure III.
- 5.6 List of Table - The list should use exactly the same captions as they appear above the tables in the text and the caption shall follow 'sentence case'. One and a half spacing should be adopted for typing the matter under this head.
- 5.7 List of Figures - The list should use exactly the same captions as they appear below the figures in the text and the caption shall follow 'sentence case'. One and a half spacing should be adopted for typing the matter under this head.
- 5.8 List of Symbols, Abbreviations and Nomenclature - One and a half spacing should be adopted for typing the matter under this head. Standard symbols, abbreviations etc. should be used.
- 5.9 Chapters - The chapters may include
Chapter I – Introduction
Chapter II - Literature Review
Chapter III –Aims and objectives
Chapter IV –Materials and Methods
Chapter V- Results and Discussion
Chapter VI –Conclusion and limitations
Chapter VII –References
- 5.10 Research output/outcome if any published or presented in conference/seminar/symposium may be included.
- 5.11 List of References - Any works of other researchers, if used either directly or indirectly, should be indicated at appropriate places in the report/thesis. The citation may assume any one of the following forms.
American Psychological Association (APA) Style. APA in-text citation style uses the author's last name and the year of publication, for example: (Field, 2005).
Example:
Derwing, T. M., Rossiter, M. J., & Munro, M. J. (2002). Teaching native speakers to listen to foreign-accented speech. *Journal of Multilingual and Multicultural Development*, 23(4), 245- 259.

Thomas, H. K. (2004). Training strategies for improving listeners' comprehension of foreign accented speech (Doctoral dissertation). University of Colorado, Boulder.

6. TYPING INSTRUCTIONS



6.1 General

This section includes additional information for final typing of the thesis. Some information given earlier under 'Manuscript preparation' shall also be referred. The impressions on the typed/duplicated/printed copies should be black in colour. Corrections, interlineations and crossing out of letters or words will not be permitted in any of the copies of the report/thesis intended for submission. Erasures, if made, should be neatly carried out in all copies. A subheading at the bottom of a page must have at least two full lines below it or else it should be carried over to the next page. The last word of any page should not be split using a hyphen. One and a half spacing should be used for typing the general text. The general text shall be typed in Font Style Times New Roman and Font Size 12.

Single spacing should be used for typing:

- (i) Long Tables
- (ii) Long quotations
- (iii) Foot notes
- (iv) Multilane captions
- (v) References

For Hindi typing one can use Hindi Kruti Dev 010 Font size 16, Kokila font size 18, Line spacing 1.5 in text, Line spacing for references 1.15, Heading should be bold, font size for references will be reduced by 2 points in each.

6.2 Chapters

The format for typing chapter headings, division headings and sub division headings shall be same as given in Table of Contents.

7. BINDING SPECIFICATIONS

8. Thesis should be spiral or soft cover book bound, the cover of thesis should be of dark Saffron color, printed with silver ink and the text for printing should be identical as prescribed for the title page.

Instructions for the internship:

During this course students will be given internship opportunity, selection for internship will be on the basis of merit. About 50% students can be given internship opportunity. It will depend on how many institutes willing to offer internship.

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Teaching Learning Process

- Lectures
- Discussions
- Practice of Yogic Practices
- Practice of Yogic Shatkarmas
- Therapy application
- Alternative therapies applications
- Participative Learning
- Interactive Sessions
- Seminars
- Research-based Learning/Dissertation or Project Work
- Technology-embedded Learning



Blended Learning

Concept: Blended Learning is a pedagogical approach that combines face to-face classroom methods with computer-mediated activities in the process of teaching and learning. It implies nice blend of face-to-face and online activities to make the learning processes more interesting and engaging. It focuses on integration of traditional classroom activities and innovative ICT-enabled strategies. It emphasises student-centric learning environment where the teacher is the facilitator for productive and measurable learning outcomes. It optimises and compliments the face to face learning, giving ample freedom and flexibility to the students and teachers to access and explore the wide range of open-access sources such as video lectures, recordings and articles through digital platforms. It gives freedom and autonomy to the teachers in selection of appropriate digital platforms, resources and time-slots to complement and supplement face to face learning. The Blended Learning doesn't undermine the role of the teacher, rather it gives him/her an opportunity to explore the unexplored in accordance with the requirements of the curriculum.

Key Features of Blended Learning:

- Student-Centric Pedagogical Approach focusing on flexibility in timing, quality content, needs and interests of students and freedom to study through the mode of his/her choice;
- Freedom to select variety of mediums and techniques;
- Increased student engagement in learning;
- Enhanced teacher and student interaction;
- Improved student learning outcomes;
- More flexible teaching and learning environment;
- More responsive for self and continuous learning;
- Better opportunities for experiential learning;
- Increased learning skills;
- Greater access to information, improved satisfaction and learning outcomes.



Assessment and Evaluation

- Continuous Comprehensive Evaluation at regular after achievement of each Course-level learning outcome
- Participate in University level, district level, state level and national level Yogasana competition and quiz.
- Yoga therapeutical and alternative therapies application in camps organized by Department level.
- Formative Assessment on the basis of activities of a learner throughout the programme instead of one-time assessment
- Oral Examinations to test presentation and communication skills
- Open Book Examination for better understanding and application of the knowledge acquired
- Group Examinations on Problem solving exercises
- Seminar Presentations
- Review of Literature
- Collaborative Assignments



Key Features of Revised Curriculum

The following changes have been made in the subject matter prepared by the Department of Yoga on the basis of national education policy 2020 which are as follows -

- Further efforts have been made to enhance Indian knowledge, tradition, language, culture and values in the subject matter.
- The subject matter has been made research oriented.
- Entire content is kept bilingual.
- Keeping in mind the technical and online medium, two such courses have been added which can be done through SWYAM.
- A curriculum has been set up among the students to improve their communication skills.
- A curriculum has been set up for research so that the skill of writing research papers can be developed in students.
- Efforts have been made to keep the subject matter more experimental than theoretical, with 2 hours of practical added each week in the elective and therapy subjects.
- Elective subjects have been added in each semester to give more autonomy to the students.



Keywords

- ❖ LOCF
- ❖ SWAYAM, MOOCs
- ❖ NEP-2020
- ❖ Blended Learning
- ❖ Face to face (F to F) Learning
- ❖ Programme Outcomes
- ❖ Programme Specific Outcomes
- ❖ Course-level Learning Outcomes
- ❖ Postgraduate Attributes
- ❖ Learning Outcome Index
- ❖ Formative Assessment and Evaluation
- ❖ Comprehensive and Continuous Evaluation



References

- ❖ National Education Policy-2020.
https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf
- ❖ The draft subject specific LOCF templates available on UGC website.
https://www.ugc.ac.in/ugc_notices.aspx?id=MjY5OQ==
- ❖ Draft Blended Mode of Teaching and Learning: Concept Note available on UGC website.
https://www.ugc.ac.in/pdfnews/6100340_Concept-Note-Blended-Mode-of-Teaching-and-Learning.pdf
- ❖ Communication Skills Modes & Knowledge Dissemination
https://onlinecourses.swayam2.ac.in/ntr21_ed37/preview
- ❖ Health Research Fundamentals, https://onlinecourses.nptel.ac.in/noc21_hs62/preview



Appendix

Curricular Reforms— Extracts from National Education Policy-2020

I. National Education Policy: Vision of Higher Education:

- ❖ Enabling the development of an enlightened, socially conscious, knowledgeable, and skilled nation
- ❖ The basis for knowledge creation and innovation thereby contributing to a growing national economy.
- ❖ The key to more vibrant, socially engaged, cooperative communities and a happier, cohesive, cultured, productive, innovative, progressive, and prosperous nation.
- ❖ Contributing towards sustainable livelihoods and economic development of the nation
- ❖ Creating holistic, thoughtful, creative and well-rounded individuals equipped with the key 21st century skills.

II. NEP: Emphasis on Integrated Approach:

- ❖ An integrated higher education system, including professional and vocational education;
- ❖ Enabling and encouraging high-quality multidisciplinary and cross-disciplinary education;
- ❖ 21st century capacities in fields across the arts, humanities, languages, sciences, social sciences, and professional, technical, and vocational fields;
- ❖ Even engineering institutions, such as IITs, to move towards more holistic and multidisciplinary education with more arts and humanities.
- ❖ Students of arts and humanities will aim to learn more science
- ❖ Efforts to incorporate more vocational subjects and soft skills in general education
- ❖ Integration of the humanities and arts with STEM for positive learning outcomes.

III. NEP: Recommendation on Curricular Aspects:

- ❖ Revamping curriculum, pedagogy, assessment, and student support for enhanced student experiences;
- ❖ Developing real understanding and learning how to learn - away from the culture of rote learning.
- ❖ Developing character, ethical and Constitutional values, intellectual curiosity, scientific temper, creativity, spirit of service
- ❖ Prepare the students for more meaningful and satisfying lives and work roles
- ❖ Identifying specific sets of skills and values across domains, while enabling the students to become economically independent.

IV. NEP: Recommended Skills

- ❖ 21st century capabilities across the range of disciplines;
- ❖ Personal accomplishment and enlightenment;
- ❖ Constructive public engagement;



- ❖ Productive contribution to the society;
- ❖ Scientific temper and evidence-based thinking;
- ❖ Creativity and innovativeness;
- ❖ Critical thinking and higher-order thinking capacities,
- ❖ Communication skills,
- ❖ Current affairs and knowledge of critical issues facing local communities, States, country and the world.
- ❖ In-depth learning and mastery of curricula across fields
- ❖ Social and moral awareness,
- ❖ Sense of aesthetics and art;
- ❖ Oral and written communication;
- ❖ Health and nutrition;
- ❖ Physical education, fitness, wellness, and sports;
- ❖ Collaboration and teamwork;
- ❖ Problem solving and logical reasoning;
- ❖ Environmental awareness, water/resource conservation, sanitation and hygiene
- ❖ In-depth learning and mastery of curricula across fields
- ❖ Social and moral awareness,
- ❖ Sense of aesthetics and art;
- ❖ Oral and written communication;
- ❖ Health and nutrition;
- ❖ Physical education, fitness, wellness, and sports;
- ❖ Collaboration and teamwork;
- ❖ Problem solving and logical reasoning;
- ❖ Environmental awareness, water/resource conservation, sanitation and hygiene

V. NEP: Recommended Reforms

- ❖ Introduction of contemporary subjects such as Artificial Intelligence, Design Thinking, Holistic Health, Organic Living, Environmental Education, Global Citizenship Education (GCED), etc. to develop various important skills among students.
- ❖ Skills and values to be imbibed through engaging processes of teaching and learning
- ❖ Curriculum content to be reduced to make space for critical thinking and more holistic, inquiry-based, discovery-based, discussion-based, and analysis-based learning
- ❖ Content will focus on key concepts, ideas, applications, and problem solving
- ❖ Experiential learning including hands-on learning, arts-integrated and sports-integrated education,
- ❖ Story-telling-based pedagogy in each subject.
- ❖ Various aspects and forms of art and culture as the basis for learning of concepts across subjects
- ❖ Imbibing the Indian ethos through integration of Indian art and culture in teaching and learning process



- ❖ Curriculum and pedagogy to be strongly rooted in the Indian and local context and ethos in terms of culture, traditions, heritage, customs, language, philosophy, geography, ancient and contemporary knowledge, societal and scientific needs, indigenous and traditional ways of learning etc.
- ❖ Empowering the students through flexibility in course choices
- ❖ Imaginative and flexible curricular structures to enable creative combinations of disciplines for study
- ❖ Offering multiple entry and exit points by removing currently prevalent rigid boundaries and creating new possibilities for life-long learning.
- ❖ Indian standards will be aligned with the International Standard Classification of Occupations maintained by the International Labour Organization.
- ❖ No hard separation among ‘curricular’, ‘extracurricular’, or ‘co-curricular’, among ‘arts’, ‘humanities’, and ‘sciences’, or between ‘vocational’ or ‘academic’ streams.
- ❖ Exposure to Indian knowledge system, cultural traditions and classical literature through promotion of multilingualism and reverence for Indian classical languages
- ❖ Weaving the cultural aspects of the languages - such as films, theatre, storytelling, poetry, and music with various relevant subjects and real-life experiences
- ❖ “Knowledge of India” to educate the students about knowledge from ancient India and its contributions to modern India
- ❖ Basic ethical reasoning, traditional Indian values and human and Constitutional values to be developed in all students.
- ❖ Credit-based courses and projects in the areas of community engagement and service, environmental education, and value-based education.
- ❖ Opportunities for internships with local industry, businesses, artists, crafts persons, etc. so that students engage with the practical side of their learning to improve their employability.
- ❖ Focus areas for vocational education will be chosen based on skills gap analysis and mapping of local opportunities.
- ❖ Focus on research and innovation through start-up incubation centres; technology development centres; and greater industry-academic linkages;
- ❖ Technical Education requires closer collaborations between industry and higher education institutions to drive innovation in curricular planning for desired outcomes.
- ❖ Technical education should have a renewed focus on opportunities to engage deeply with other disciplines for enhancing the employability of the youth.
- ❖ Continuous formative assessment to further the goals of each programme.
- ❖ Moving away from high-stakes examinations towards more continuous and comprehensive evaluation.
- ❖ Assessing the student achievement based on the learning goals for each programme, making the system fairer and outcomes more comparable.
- ❖ All programmes, courses, curricula, and pedagogy across subjects, including those in-class, online, and in ODL modes to achieve global standards of quality.



- ❖ Faculty be given the freedom to design their own curricular and pedagogical approaches within the approved framework, including textbook and reading material selections, assignments, and assessments.
- ❖ Empowering the faculty to conduct innovative teaching, research, and service as they see best.
- ❖ Classroom transactions to shift towards competency-based learning and education
- ❖ The assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each subject