

POST GRADUATION COURSE IN YOGA
M.A. YOGA
(1 Year Program)

Option-I (Only Course Work)			
SEMESTER-I			
SUBJECT CODE	SUBJECT	SUBJECT	MARKS
CC- 31	Hatha Yogic Texts	6	100
CC- 32	Human Consciousness, Psychology and Yoga	6	100
PC- 31	Practicum – 1 (Yogic Practices)	4	100
PC- 32	Practicum – 2 (Technique of Acupressure)	4	100
	Internship/Apprenticeship/ Seminar	2	100
SEMESTER-II			
CC-41	Applications of Yoga	6	100
CC-42	Indian Philosophy	6	100
PC-41	Practicum – 1 (Yogic Practices)	4	100
PC-42	Practicum – 2 (Yogic Practices for different Ailments)	4	100
	VAC	2	100

POST GRADUATION COURSE IN YOGA

M.A. YOGA

(1 Year Program)

Option-II (Course Work & Research Work)			
SEMESTER-I			
CC- 31	Hatha Yogic Texts	6	100
CC- 32	Human Consciousness, Psychology and Yoga	6	100
PC- 31	Practicum – 1 (Yogic Practices)	4	100
PC- 32	Practicum – 2 (Technique of Acupressure)	4	100
	Internship/Apprenticeship/ Seminar	2	100
SEMESTER-II			
	Research Thesis/ Project/Patent	22	100

POST GRADUATION COURSE IN YOGA
M.A. YOGA
(1 Year Program)

Option-III (Only Research Work)		
SEMESTER-I		
	Research Thesis/Research Project	100
SEMESTER-II		
	Research Thesis/Research Project	100

SEMESTER-III

Part A : Introduction			
Program: PG 1 Year		Class: M.A.	Year: II (sem-III) Session: 2025-26
	Subject	Yoga	
1	Course Code	CC31	
2	Course Title	HATHA YOGIC TEXTS	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> • To become familiar with the historical background of Hatha Yoga. • Develop an understanding in various pre-requisites of Hatha Yoga practice. • Distinguish the various specific personalities of Hatha yogis. • Understand the concept of Pranayama and Samadhi • Understand the deep concept of Hatha Yoga according to various ancient and authentic Hatha yogic texts 	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Maximum Marks: 40+60
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	Introduction to Hatha Yoga Texts: Hatha Pradipika, Gheranda Samhita, and Shiva Samhita; Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution. Activity: <ul style="list-style-type: none"> • Group Discussion on Hatha Yoga Parampara and different cults of Hatha Yogis • Debate on misconceptions related to Hatha Yoga & Hatha Yogis • Poster Making showing Hatha Yoga as a staircase to Raja Yoga 	18	

II	Hatha Pradipika: Concept of Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Pathya (conducive) and Apathya (non-conducive) diet, Shatkarma, Asanas, Pranayamaas, Mudras, Nadaanusandhana, Kundalini	18
III	Gheranda Samhita: Concept of Ghat Shuddhi, Philosophy of Gheranda Samhita, Saptanga Yoga: Asana, Shatkriya, Pratyahara, Dharana, Pranayama, Dhyana, Samadhi	18
IV	Vashishtha Samhita: Human Anatomy in human context (Nadis, Marma Sthana), Yamas & Niyamas, Ashtanga Yoga: Asana, Pranayamaa, Pratyahara, Dharana, Dhyana, Samadhi	18
V	Shiv Samhita: Philosophical aspect of Shiv Samhita, Concept of Karma Kanda and Jnana Kanda, Chaitanya-Nature, Chaitanya evam Jagat, Moksha evam Mukti. Human Body- Concept of body from philosophical aspect, Prana- Location and Functions Processes of Mantra Sadhana	18

Keywords/Tags: Hatha Yoga, Hathapradipika, Gheranda Smhita, Vashistha Samhita, Shiva Samhita, Sadhaka-Badhaka Tattva, Matha, Pathya-Apathya, Shatkarma, Kumbhaka, Nadanusandhana, Mudra, Bandha, Kundalini, Marmasthan, Ashtanga Yoga, Chaitanya, Moksha Evam Mukti, Prana

Part C : Learning Resources

Textbooks, Reference Books, Other Resources

Suggested Readings:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Commentary of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
4. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
5. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

6. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.		
7. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali		
Suggested Equivalent Online Courses:		
Part D : Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks		
Internal Assessment: Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
External Assessment: University Exam Section Time: 3:00 Hours	Section (A): Very Short Questions Section (B): Short Questions Section (C): Long Questions	60
Any Remarks/ Suggestions:		

Program: PG		Class: M.A.	Year: II (sem-III)	Session: 2025-26
	Subject	Yoga		
1	Course Code	CC32		
2	Course Title	HUMAN CONSCIOUSNESS, PSYCHOLOGY AND YOGA		
3	Course Type (Core Course/Discipline Specific Elective)	Core Course		
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.		
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> • To become familiar with the concept of Consciousness • Understand the nature of Psychology. • Understand the concept of Personality according to Psychology. • Understand the causes of Psychosomatic and Psychological Disorders. 		
6	Credit Value	6		
7	Total Marks	Maximum Marks: 40+60		Maximum Marks: 40+60

Part B : Content of the Course

Total No. of lectures-Tutorials-Practical (in hours per week):

L-T-P:

Unit	Topics	No. of Lectures (1 hour Each)
I	Human Consciousness: Meaning, Definition, Nature, Areas Scientific aspects of Human Consciousness, Traditional and Modern theories of Consciousness. Activity: <ul style="list-style-type: none"> • Poster Making on traditional and modern theories about the Human Consciousness • Group Discussion on Yoga as the supreme science for expansion of Consciousness 	18
II	Psychology: Meaning, definition, brief history. Main perspective of modern psychology. Psychological methods of data collection. Personality: Meaning and definition, Factors determining the personality. Influence of heredity and environmental factors on personality. Levels of personality development, Personality theories -	18

	Freud and Skinner.	
III	Stress: Meaning, definition and types Causes and sources of stress. Methods of stress management, Reaction to stress Factors influencing stress. Tools used to measure stress. Stress management techniques.	18
IV	Memory: Meaning, elements and states Intelligence- meanings, definitions, types and nature Perception- meaning, definition and types Learning- meaning, definition and theory Sleep and states of sleep	18
V	Mental health: Causes and consequences of mental conflict and frustration Introduction to common psychological Disorders: insomnia, depression, stress, anxiety disorders and their yogic management.	18
Keywords/Tags: Psychology, Human Consciousness, Personality, Stress, Memory, Intellect, Perception, Learning, Sleep, Mental Health, Insomnia, Anxiety, Depression, Yogic Management		
Part C : Learning Resources		
Textbooks, Reference Books, Other Resources		
Suggested Readings: <ol style="list-style-type: none"> 1. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.:Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006 2. Passer, M.W. & Smith, R.E.:Psychology: The Science of Mind and Behavior. New Delhi: Tata McGraw-Hill, 2010 3. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007 4. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007 5. Agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000 6. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990 7. Bhatia, Hans Raj:General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005 		

8. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
9. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology.
10. Bhardwaj, I.; Manav chetna ; Sataym publication
11. Varnwal Suresh; Yog aur manshik swasthya; New Bharti Publication, New Delhi

Suggested Equivalent Online Courses:

Part D : Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks

Continuous Comprehensive Evaluation (CCE): 40 Marks, University Exam: 60 Marks

Internal Assessment: Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
External Assessment: University Exam Section Time: 3:00 Hours	Section (A): Very Short Questions Section (B): Short Questions Section (C): Long Questions	60

Any Remarks/ Suggestions:

Part A: Introduction			
Program: PG		Class: M.A.	Year: II(sem-III)
Session: 2025-26			
	Subject	yoga	
1	Course Code	PC31	
2	Course Title	PRACTICUM-I(YOGIC PRACTICES)	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> • Understand the principle and practice of Yogic practices. • Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc. • Demonstrate each Asana and explain its procedure. • Explain the benefits, limitation and subtle points of each practice. 	
6	Credit Value	4	
7	Total Marks	Maximum Marks: 100	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): 120			
L-T-P:			
Unit		Topics	No. of Lectures (2 hour Each)
I		Shatkarma: Gajakarni, Vastra Dhauti, Jalneti, Sutrarneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka.	24
II		Surya Namaskara along with recitation of mantras	08
III		<p>Asanas: Sukshama yogic kriyas</p> <p>Cultural poses- Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, janusirshasana Pashchimottanasana, ardhamatsendrasana, Ushtrasana,</p>	60

	<p>mandukasana uttanmandukasana</p> <p>Ardhachakrasana, Katichakrasana, Padahastasana, Vrikshasana, Tadasana.</p> <p>Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ek- pada-bakasana.</p> <p>Meditative poses Swastikasana, padmasana ardhapadmasana siddhasana</p> <p>Relaxative poses shavasana makarasana</p>	
IV	<p>Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa</p> <p>Bandha and mudra: moolbandha uddiyanbandha, jalandharbandha mahabandha mahamudra sambhavi, ashwini mudra, tadagi, brahmamudra</p>	16
V	<p>Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mindfulness Meditation</p>	12
Keywords/Tags: Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, Pranayama, Breathing Exercises, Dhyan, Bandha, mudra, Meditation, Advance Asana		
Part C : Learning Resources		
Textbooks, Reference Books, Other Resources		
<p>Suggested Readings: Suggested Readings:</p> <ol style="list-style-type: none"> 1. Kuvalyananda Swami, Pranayamaa, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 2. Kuvalyananda Swami, Asana, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1st edition (2024), Success Point Publications, Bhopal (M.P.) 4. Iyengar B.K.S., Light on Yoga, 14th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi 		

5. Iyengar B.K.S., Pranayamaa, 14th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi

Suggested Equivalent Online Courses:

Part D : Assessment and Evaluation

Internal Assessment	Marks	Internal Assessment	Marks
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)		Table Works/Experiments	
TOTAL			100
Any Remarks/ Suggestions:			

Part A: Introduction			
Program: PG		Class: M.A.	Year: II(Sem-III)
Session: 2025-26			
	Subject	yoga	
1	Course Code	PC32	
2	Course Title	PRACTICUM-II (TECHNIQUES OF ACUPRESSURE)	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> • Understand about Body's Energy System • Understand about Meridian system • Know about acupoints • Know about Treatment of Common Disorders 	
6	Credit Value	4	
7	Total Marks	Maximum Marks: 100	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): 120			
L-T-P:			
Unit		Topics	No. of Lectures (2 hour Each)
I		Introduction and History of Acupressure Origin and development of acupressure Introduction to Traditional Medicine	24
II		Body's Energy System Meridian system Concept of Qi (energy) and blockages	24
III		Points and Techniques Location of acupressure points (acupoints) Techniques to locate points Methods like pressing, tapping, rubbing, etc.	24
IV		Treatment of Common Disorders Headache, stress, fatigue, insomnia Digestive issues, joint pain, etc.	24
V		Practical Training Case studies Live demonstrations and practice sessions	24
Keywords/Tags: Acupressure, Meridian system, body's energy system Qi- energy,			

Part C : Learning Resources			
Textbooks, Reference Books, Other Resources			
1. "Acupressure's Potent Points" Michael <i>Reed Gach</i> 2. "Acupressure for Emotional Healing" Michael <i>Reed Gach Beth Ann Henning</i> 3. "The Healing Power of Acupressure and Acupuncture" <i>Matthew D. Bauer</i> 4. "Acupressure for Common Ailments" <i>Dr. Devendra Vora</i> 5. "Acupressure- singha attar ,manav publication			
Suggested Equivalent Online Courses:			
Part D : Assessment and Evaluation			
Internal Assessment	Marks	Internal Assessment	Marks
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)		Table Works/Experiments	
TOTAL			100
Any Remarks/ Suggestions:			

SEMESTER-IV

Part A : Introduction			
Program: PG		Class: M.A.	Year: II (Sem-IV) Session: 2025-26
	Subject	Yoga	
1	Course Code	CC41	
2	Course Title	APPLICATIONS OF YOGA	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> • Understand the principles of yoga and its application for different age groups. • Understand the principles of yoga and its application for corporate, Medical Professionals, Army Professionals and athletes. • plan about Yogic Diet, Yogic lifestyle and other yogic practices. 	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Maximum Marks: 40+60
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	Yoga for Different Age Groups Yogic practices for skill enhancement in students, Positive Lifestyle alterations through Yoga in different age groups, Yoga for Pregnancy Activity: <ul style="list-style-type: none"> • Poster Making on Yogic Garbhasamskara • Debate on Modern v/s Yogic Lifestyle: Pros & Cons 	18	
II	Yoga for corporate <ul style="list-style-type: none"> • Introduction and challenges of corporate life. • Yoga for Skill enhancement among corporate. • Applications of yogic diet • Yogic lifestyle and stress management. 	18	

III	Yoga for Medical Professionals <ul style="list-style-type: none"> • Introduction and challenges of Medical Professionals. • Yoga for Skill enhancement among Medical Professionals. • Applications of yogic diet • Yogic lifestyle and stress management. 	18
IV	Yoga for Army Professionals. <ul style="list-style-type: none"> • Introduction and challenges of Army Professionals. • Yoga for Skill enhancement among Army Professionals. • Applications of yogic diet • Yogic lifestyle and stress management. 	18
V	Yoga for Sports Professionals <ul style="list-style-type: none"> • Introduction of challenges faced. • Yogic practices for skill enhancement. • Applications of yogic diet • Yogic lifestyle and stress management. 	18
Keywords/Tags: Yoga, Corporate Yoga, Skill Enhancement, Yogic Diet, Lifestyle Management, Yoga During Pregnancy, Yoga for Professionals, Workplace Yoga		
Part C : Learning Resources		
Textbooks, Reference Books, Other Resources		
1. Dr. Prakash C. Malshe - Yoga Book for Doctors 2. Shameem Akthar- Yoga in the Work Place 3. Kristin Felted - Yoga for runners 4. Related Research		
Suggested Equivalent Online Courses:		
Part D : Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks		
Internal Assessment: Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
External Assessment: University Exam Section Time: 3:00 Hours	Section (A): Very Short Questions Section (B): Short Questions Section (C): Long Questions	60
Any Remarks/ Suggestions:		

Part A : Introduction			
Program: PG		Class: M.A.	Year: II (Sem- IV)
Subject		Yoga	
1	Course Code	CC42	
2	Course Title	INDIAN PHILOSOPHY	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> • Understand the foundational texts of Yoga. • Study the concept of Yoga as described in the ancient texts. • Understand the importance of Yoga Philosophy in the stream of philosophical thought. 	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Maximum Marks: 40+60
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	<ul style="list-style-type: none"> • Nature of Yoga in Upanishads • Meaning and Introduction of the Upanishads. • Place of Upanishads in Indian literature. • Introduction to ten major Upanishads Activity: <ul style="list-style-type: none"> • Role Play on Krishna-Arjuna Samvad to get knowledge on Indian thought system. • Poster Making on Bhagvad Gita • Debate on importance of Principal v/s Yoga Upanishads 	18	
II	<ul style="list-style-type: none"> • General Introduction to Indian Philosophy • Meaning, Definition and objectives and features of Philosophy • Classification of Indian Philosophy: Astika & Nastika • Importance of Yoga Philosophy in 	18	

	philosophical literature.	
III	<ul style="list-style-type: none"> • Introduction to Nastika (Heterodox) Philosophy • Basic principles and characteristics of Buddhist Philosophy: Four Noble Truths & Ashtanga Marga • Basic principles and characteristics of Jain Philosophy: Panch Mahavratas, Theory of Syadvada, Concept of Jeev & Ajeev 	18
IV	Samkhya Philosophy Nature and twenty-five elements of the Evolution process Principle of Triguna Concept of Satkaryavada Differences and similarities between Samkhya & Yoga Philosophy	18
V	Nyaya-Vaisheshik Concept of Substance, Quality & Realism Theories of Knowledge Concept of Apavarga (Liberation)	18
Keywords/Tags: Yoga, Corporate Yoga, Skill Enhancement, Yogic Diet, Lifestyle Management, Yoga During Pregnancy, Yoga for Professionals, Workplace Yoga		
Part C : Learning Resources		
Textbooks, Reference Books, Other Resources		
1. Sri Arvind Ishavasyopanisad Sri Arvind Society, Pondicherry 2. Baldev Upadhyay Indian Philosophy Motilal Banarsidas, 1979 3. Swami Omanand Tirtha Patanjalyoga Pradeep GeetaPress, Gorakhpur 1998 4. Dr. Rajkumari Pandey - Various Dimensions of Indian Yoga Tradition - Radha Publication New Delhi 2008 5. Jadunath Sinha - Indian Philosophy - Motilal Banasidas Publishers Delhi 2000 6. Dr. Radhakrishnan - Indian Philosophy 1,2 Rajpal & Sons Delhi 2008		
Suggested Equivalent Online Courses:		
Part D : Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks		
Internal Assessment: Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
External Assessment: University Exam Section Time: 3:00 Hours	Section (A): Very Short Questions Section (B): Short Questions Section (C): Long Questions	60
Any Remarks/ Suggestions:		

Part A : Introduction			
Program: PG		Class: M.A.	Year: II(IV)
Session: 2025-26		Yoga	
1	Subject	Yoga	
2	Course Code	PC41	
3	Course Title	PRACTICUM- I(YOGIC PRACTICES)	
4	Course Type (Core Course/Discipline Specific Elective)	Core Course	
5	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
6	Couse Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> • Understand the principle and practice of Yogic practices. • Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc. • Demonstrate each Asana and explain its procedure. • Explain the benefits, limitation and subtle points of each practice. 	
7	Credit Value	4	
8	Total Marks	Maximum Marks: 100	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): 120			
L-T-P:			
Unit	Topics	No. of Lectures (2 hour Each)	
I	Shatkarma: Gajakarni, Vastra Dhauti, Jalneti, Sutrarneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka.	24	
II	Surya Namaskara along with recitation of mantras	08	
III	<p>Asanas: Sukshama yogic kriyas</p> <p>Cultural poses- Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, janusirshasana bhadrasana baddhakonasana ,gomukhasna</p>	60	

	<p>Pashchimottanasana, ardhamatsendrasana Ushtrasana, mandukasana uttanmandukasana Ardhashakrasana, Katishakrasana, Padahastanasana, Vrikshasana, Tadasana.</p> <p>Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, akarnadhanurasana Rajakapotasana, chakrasana matsyendrasana vatayana Vrikshchikasana, Ek-pada-bakasana gorakshasana.</p> <p>Meditative poses Swastikasana, padmasana ardhapadmasana siddhasana guptasana</p> <p>Relaxative poses shavasana makarasana</p>	
IV	<p>Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa</p> <p>Bandha and mudra: moolbandha uddiyanbandha, jalandharbandha mahabandha mahamudra sambhavi, ashwini mudra, tadagi, brahmamudra</p>	16
V	<p>Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mindfulness Meditation yoganindra</p>	12
Keywords/Tags: Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, relaxation, Pranayama, Breathing Exercises, Dhyan, Bandha, Mudra, Advance Asana		
Part C : Learning Resources		
Textbooks, Reference Books, Other Resources		
<p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. Kuvalyananda Swami, Pranayamaa, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 2. Kuvalyananda Swami, Asana, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 		

3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1 st edition (2024), Success Point Publications, Bhopal (M.P.) 4. Iyengar B.K.S., Light on Yoga, 14 th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi 5. Iyengar B.K.S., Pranayamaa, 14 th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi			
Suggested Equivalent Online Courses:			
Part D : Assessment and Evaluation			
Internal Assessment	Marks	Internal Assessment	Marks
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)		Table Works/Experiments	
TOTAL			100
Any Remarks/ Suggestions:			

Part A : Introduction			
Program: PG		Class: M.A.	Year: II(IV)
Session: 2025-26		Subject	
Yoga		Yoga	
1 Course Code		PC42	
2 Course Title		YOGA PRACTICUM II (Yogic Practices for different Ailments)	
3 Course Type (Core Course/Discipline Specific Elective)		Core Course	
4 Pre-requisite (if any)		To study this course, a student must have Yoga in degree.	
5 Couse Learning Outcomes (CLO)		On successful completion of this course, the students will be able to: • Understand the principle and practice of Yogic practices. • Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc. • Demonstrate each Asana and explain its procedure. • Explain the benefits, limitation and subtle points of each practice.	
6 Credit Value		2	
7 Total Marks		Maximum Marks: 100	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): 120			
L-T-P:			
Unit	Topics	No. of Lectures (2 hour Each)	
I	Digestive Disorders: Constipation, Indigestion, IBS, Hyperacidity, Peptic ulcer.	24	
II	Respiratory Disorders: Sinusitis, Asthma, Bronchitis, Recurrent allergies, COPD.	24	
III	Cardiavascular Disorders: Hypertension, Atherosclerosis, Hypotension, Dyslipidemia, CAD	24	
IV	Musculoskeletal Disorders: Arthritis, Low Back Pain, Cervical & Lumbar Spondylosis.	24	
V	Metabolic and Endocrinal Disorders: Diabetes, Obesity, Thyroid hormone imbalances.	24	
Keywords/Tags: Obesity, Diabetes, Asthma, Hypertension, Thyroid, CAD, COPD			

Part C : Learning Resources			
Textbooks, Reference Books, Other Resources			
Suggested Readings: <ol style="list-style-type: none"> 1. Kuvalyananda Swami, Pranayamaa, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 2. Kuvalyananda Swami, Asana, 7th edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1st edition (2024), Success Point Publications, Bhopal (M.P.) 4. Iyengar B.K.S., Light on Yoga, 14th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi 5. Iyengar B.K.S., Pranayamaa, 14th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi 			
Suggested Equivalent Online Courses:			
Part D : Assessment and Evaluation			
Internal Assessment	Marks	Internal Assessment	Marks
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)		Table Works/Experiments	
TOTAL			100
Any Remarks/ Suggestions:			

