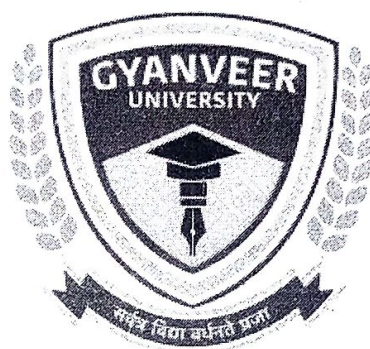


Academic Year: 2023-2024

Master of Art

Yoga



**Syllabus & Scheme
Semester – I & II**

**School of Arts, Humanities
& Social Science**



GYANVEER UNIVERSITY, SAGAR (M.P.)

Scheme of Examination M.A. (Yoga) I Semester

School of Art, Humanities & Social Science (Academic Session 2023-24)

Subject wise distribution of marks and corresponding credits

S. No.	Paper Type	Subject	Subject Code	Paper Name	Maximum Marks Allotted									Total Marks	Contact Periods Per week			Total Credits
					Theory Slot				Practical Slot						L	T	P	
					End Term Exam	Internal Assesment Class test (Descriptive & Objective)/Assignment/Seminar			Internal Assesment			External Assesment						
						FINAL EXAM	Internal Assesment I	Internal Assesment II	Internal Assesment III	Class Interaction	Attendance	Practical/Presentation/Lab Record	Viva Voce		Lab Work			
1	Core Course	M.A. (Yoga)	MAYOG211T	Fundamentals of Yoga	60	20	20	20	-	-	-	-	-	100	6	0	0	6
2	Core Course		MAYOG212T	Principle & Practice of Hatha Yoga	60	20	20	20	-	-	-	-	-	100	6	0	0	6
3	Core Course		MAYOG213T	Eminent Indian Yogic	60	20	20	20	-	-	-	-	-	100	6	0	0	6
4	Core Course		MAYOG214T	Essence of Shrimad Bhagvad Gita	60	20	20	20	-	-	-	-	-	100	6	0	0	6
5	Elective		MAYOG215P	Yoga Practical -I	60	20	20	20	-	-	-	-	-	100	4	0	0	4

Total of Creditd is 6+6+6+6+4 = 28



Note*: Allotment of Marks for Internal Assesment for theory portion is Best of Two / either of two and addition of them.

**M.A YOGA
SEMESTER- I
MAYOG211T- FUNDAMENTALS OF YOGA**

Objectives:

- To develop a strong foundation in Indian Yogic Science
- To gain an insight on misconceptions about Yoga and their solutions
- To understand the Concept of Yoga and its Historical development
- To understand about the insights of Indian Philosophy
- To attain knowledge about the different Schools of Yoga

Course Content:

(Lecture -12)

Unit – I General Introduction to Yoga and Indian Philosophy:

Brief Introduction to Origin of Yoga, Psychological aspects leading to origin of Yoga, History & Development of Yoga: Etymology and Definitions of Yoga, Aim & Objectives of Yoga, Misconceptions about Yoga, Principles of Yoga and Yogic practices for healthy living: Relevance of Yoga in modern age & scope. Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bhartiya Darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas):

Unit – II Foundations of Yoga and Yoga Traditions-1

(Lecture -12)

General introduction to Vedas & Upanishads, Yoga in Pre-Vedic and Vedic period. Yoga in Principle Upanishads, Yoga in Yogopanishad Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta.

Unit – III Foundations of Yoga and Yoga Traditions-II:

(Lecture – 12)

General introduction to Epics, Yoga in Ramayana & Mahabharat; Introduction to Smritis Yoga in Smritis, Introduction to Puranas. Nature of Yoga in Shrimad Bhagwad Purana. Yoga in Yoga Vashishtha, Yoga in Ayurveda, Tantras and classification of Tantras, Concept of Shiva & Shakti, Yoga in Shakta Tantra, Hatha Yoga Traditions.

Unit – IV Foundations of Yoga and Yoga Traditions – III

(Lecture -12)

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism. Introduction to Jainism, Concept of Tri-ratnas, Concept of You in jaina Darshan Introduction to Buddhisme: Concept of Arya-satya or Four Noble truths, Arya-astangikamarga or Noble – eight-fold- path.

Unit – V Concept and Implications of Important Schools of Yoge

(Lecture -12)

Jnana Yoga , Bhakti Yoga, Karma Yoga, Rajayoga & Mantra Yoga.

Learning Outcomes:

After completion of the course, the student

- will be able to understand how to develop a strong foundation in Indian Yogic Science
- will be able to gain an insight on misconceptions about Yoga and their solutions
- will be able to understand the Concept of Yoga and its Historical development
- will be able to understand about the insights of Indian Philosophy



Essential Reading:

1. Vijnananand Saraswati – Yoga Vijyan, Yoga nketan turst, Rishikesh, 1998.
2. Rajkumari pandey – Bhartiya yoga Parampara ke Vividh Ayam, radha publication, New Delhi, 2008.
3. Swami Vivekanand – Jnana, Bhakti, Karma Yoga & Rajayoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar – Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank) – Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank) – Gita press Gorakhpur, 1991.

Suggested Readings:

1. Prof. Ramharsh Singh – Yoga avm yoga chikitsa, Chaukhambha Sanskrit Pratishthan, Delhi – 07
2. K.S. Joshi – Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
3. Stephen sturgess – The yoga book, Motilal banarsi das, New Delhi.
4. S.P. Sing – History of Yoga-PHISPC, Center for studies of civilization Ist 2010.
5. S.P. Sing & Yogi Mukesh – Foundation of Yoga, Standard publisher, New Delhi 2010.



**M.A YOGA
SEMESTER- I**

MAYOG212T - Principal & Practices of Hatha Yoga

Objectives:

- To attain Knowledge about the Concept of Hatha Yoga and its basic text
- To get an in – depth knowledge about the prerequisites of Hatha Yoga, the Principles of Hatha Yoga and essential Hatha Yoga texts
- To get introduced to various Yoga practices described in Hatha Pradepika & Gheranda Samhita.

Course Content:

(Lecture -12)

Unit-I Hatha Yoga: Its Philosophy, Practices, Essentials

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, The Origin of Hatha Yoga, Hatha Yogic parampara (Brief introduction to Great Hatha Yogi's of Natha Cult and their contributions to Yoga). Concept of Matha. Rules & Regulations to be followed by the Hatha Yoga Practitioner. Concept of Mitahara, Pathya & Apathya. Obstacles (Badhak) & Helps (Sadhak) in Hatha Yoga as in Hatha Yoga Pradipika: Environment & Season for Hatha sadhana. Relationship between Hatha Yoga & RajaYoga.

(Lecture -12)

Unit – II Introduction to Hathayogic Texts & their Implications

Introduction to Basic Hatha Yogic Texts: their nature and objectives, Siddhasiddhantapaddhati. Goraksha Sambuta/Shatak, Shiva Samhita, Vashishtha Samhita, Vogabija, Hatha Ratnavali. Hatha Pradeepika, Gheranda Samhita. Applications of Hatha Yogic Practices as elementary practices of Raj Yoga and Holistic Health Promotion. Disease Prevention.

(Lecture -12)

Unit – III Hatha Yoga Practices: Shodhana-Kriyas & Asanas

Shodhana-Kriyas in Hatha Yoga Pradepika & Gheranda Samhita & their techniques, benefits & precautions, Role of Shodhana-kriyas in Yoga Sadhana & their importance in Modern day life

Asana: its definition, Salient features and importance in Hatha Yoga Sadhana, Asanas in Hatha Yoga Pradepika and Gheranda Samhita: their techniques, benefits, precautions & importance.

(Lecture -12)

Unit – VI Hatha Yogic Practices: Pranayama, Bandhas & Mudras

Pranayama:

The concept of Prana, Kinds of Prana and Upo pranas, Pranama A importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, in ctique and importance. Pe requisites of Pranayama: Pranayama practices in Hatha Yoga Pratipiks and hands Samhita, their techniques, benefits and precautions

Bandhas and role of Bandhatrayas in Yoga Sadhana, Pindamental Mostras in IVT G.S. Their techniques, benefits and precautions



(Lecture -12)

Unit – V Principles of Hatha Yoga: Pratyahara, Dharana, Dhyana, Nadamudhana & Kundalin

Concept of Pratyahara, Dharana and Dana in Cheranda Samba and their thighs & benents,

Concept of Samadiu in Hatha Prodesta & Grand Samina & Halha d Lakshanam

Concept of Nadi, Swear, Chakra and Granth Patch Kesha man avata Nadanusandhan,

Kundalini Yo Meaning and N, Kundali Prabodhan Gatran) and Shatchakes han

Learning Outcomes: At the end of course, students will be able:

- to have Knowledge about the Concept of Hatha Yoga and its basic text
- to have knowledge about the prerequisites of Hatha Yoga, the Principles of Hatha Yoga and essential Hatha Yoga texts
- to understand various Yoga practices described in Hatha Pradepika & Gheranda Samhita

Essential Readings:

1. Sw. Niranjananda – Gheranda Samhita, Bihar Yoga Bharti, Munger,1997.
2. Sw. Digambergi & M.L. Gharote – Gheranda Samhita, Kaivalyadham SMYM samiti, Lonavala,1978.
3. Sw. Digambergi & Raghunaath Shastri – Hatha Yoga Pradipika, Kaivalyadham SMYM samiti, Lonavala,2006.
4. Sw. Muktibodhananda Sarswati – Hatha Yoga Pradipika, Yoga publication trust, Munger. 2000.
5. Swami Satyananda Saraswati – Asan, Pranayama, Mudra, Bandha, Yoga Publication trust. Munger,2006.
6. Shiv Samhita – SMYM Samti, Lonavla
7. Vashishtha Samhita – SMYM Samiti, Lonavala.

Suggested Readings:

1. Sw. Kuvalyananda & S.A. Shukla – Goraksha Shatakam, Kaivalyadham SMYM samiti, Lonavala,2006.
2. M.L. Gharote- Hatha Ratnavali, Kaivalyadham SMYM samiti, Lonavala, 2009.
3. M.L. Gharote- Siddhasidhant Padhati, Kaivalyadham SMYM samiti, Lonavala, 2005.
4. B.K.S. Iyengar – Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
5. B.K.S. Iyengar – Light onPranayama, Harper Collins Publisher, New Delhi, 2012.



M.A YOGA
SEMESTER- I
MAYOG213T - Eminent Indian Yogic

Objectives:

- To describe life sketches of the Indian Yogis.
- To describe contributions of Eminent Yogi's in the field of Yoga.
- To know about the life character of Yogis which will the motivation to adopt yogic life style.

Course Content:

(Lecture-12)

UNIT – I Life sketch, Yogic Life and their contribution for the development and promotion of Yoga.

- Maharshi Yagyavalakya
- Maharshi Patanjali
- Maharshi Ved Vyasa
- Maharshi MatsyendraNath

(Lecture-12)

UNIT – II Life sketch, Yogic Life and their contribution for the development and promotion of Yoga.

- Adi Shankracharya
- Maharshi Gorakshanath
- Sant Jnaneshwar
- Swami Ramakrishna Paramhansa

(Lecture-12)

UNIT – III Life sketch, Yogic Life and their contribution for the development and promotion of Yoga.

- Shri Shyama Charan Lahidi
- Swami Vishuddhanand
- Maharshi Aurobindo,
- Maharshi Ramana

(Lecture-12)

UNIT – VI Life sketch, Yogic Life and their contribution for the development and promotion of Yoga.

- Maharshi Dayanand Saraswati
- Shri T. Krixhnamacharya
- Swami Shivanand Saraswati
- Swami Satyanand



UNIT – V Life sketch, Yogic Life and their contribution for the development and promotion of Yoga.

- Swami Kuvalyananda
- Pt. Shri Ram Sharma Acharya
- Swami Rama
- Maharshi Mahesh Yogi

Learning Outcomes:

After completion of the course, students:

- Will have knowledge of life sketches of the Indian Yogis.
- will be able to understand and have knowledge of Eminent Yogi's in the field of Yoga.
- will be have knowledge about the life character of Yogis which will the motivation to adopt yogic life style.

Essential Readings:

1. Vishwanath Mukharjee – Bharat ke Mahan Yogi, Vishwavidyalaya prakshan, New Delhi, 2005.
2. Vishwanath Mukharjee – Bharat ke Mahan Saadhikayen, Vishwavidyalaya prakshan. New Delhi, 2005.
3. Kalyan (Bhakt Ank) – Gita press Gorakhpur.
4. Kalyan (Sant Ank) – Gita press Gorakhpur.

Suggested Readings:

1. Kalyan (Yogank) – Gita press Gorakhpur,2002.
2. Kalyan (Yoga Tatwank) – Gita press Gorakhpur,1991.



M.A YOGA
SEMESTER- I
MAYOG214T - Ensence of Shrimad Bhagvad Gita

Objectives:

- Understand the significance of Bhagavad Gita and its essence. He will be able to use his spiritual knowledge for developing harmony in the society, Serve the poor, tribal people and ensure Yogkshem for the mankind.
- Understand the concept of Atman, Paramatman, and Sthitaprajna.
- Have a deep understanding between the qualities of a Jnana, Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.

Course Content:

(Lecture-12)

Unit – I Significance of Shrimad Bhagavad Gita as Synthesis of Yoga:

Introduction to Shrimad Bhagavadgita; Synthesis of Yoga; Definitions of Yoga in Shrimad Bhagavadgita and their relevance: Shrimad Bhagavadgita and traditional commentaries (Shankar Bhashya, Ramanuj Bhashya)

Unit – II Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Shrimad Bhagavd Gita

Concept of Samkhya Yoga in Shrimad Bhagavadgita, Concept of Sthita Prajna, its stages and characteristics of it; Concept of Atman (Parusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristics in Shrimad Bhagavadgita: Concept of Jnana and Jnana Yoga, Origin of the world as described in Shrimad Bhagavadgita 3 Karma Yoga and Bhakti yoga in Shrimad Bhagavadgita.

(Lecture-12)

Unit – III Karma Yoga and Bhakti Yoga in Shrimad Bhagavadgita

Concept of Karma & Karma Yoga in Bhagavadgita, Swadharma. Concept of Bhakti, Types of Bhakta (Chap.7), Nature of Bhakti (Chap. 12), Concept of Shraddha and its relevance in as described in Shrimad Bhagavad Gita, Synthesis of Karmyoga, Bhaktiyoga and Inanayoga in Bhagavad Gita

(Lecture-12)

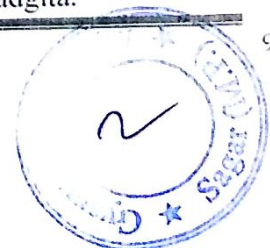
Unit – VI Concept of Dhyana Yoga and Role of Shrimad Bhagavadgita in Mental & Spiritual Health

Nature of Personality types of personality, Role of Shrimad Bhagvdgita in personality development (With special reference to Dhyana yoga); Different techniques of Yoga for Spritual Health. personality development and Healthy Living. Role of Shrimad Bhagavadgita in Mental & Spritual Health.

(Lecture-12)

Unit – V Concept of Ahara and Role of Shrimad Bhagavadgita in Healthy

Living Role of Shrimad Bhagavadgita in daily life; Concept and classification of Ahara (Satvik, Rajsik and Tamsik Alara) as described in Bhagavadgita. Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Shrimad Bhagavadgita. Theory of Adjustment in healthy living as described in Shrimad Bhagavadgita.



Learning Outcomes :

After completion of the course, students:

- Will be able to understand the significance of Bhagavad Gita and its essence, will be able to use his spiritual knowledge for developing harmony in the society, Serve the poor, tribal people and ensure Yogkshem for the mankind.
- Will be able to understand the concept of Atman. Paramatman, and Sthitaprajna.
- Will be have a deep understanding between the qualities of a Jnana, Karma and Bhakti yogi & Understand the concept of Ahara its role in healthy living.

Essential Readings:

- Radhakrishnan The Bhagavadgita, Harper Element, 2015
- Shankar Gita Bhashya, Geeta Press, Gorakhpur.
- Swami Adidevananda Sri Kamanuja Gita Bhasya, Advait ashram, Culcutta, 2009
- Sant Jnaneshwar Jnaneswari Geeta, Indian Press Ltd., Prayag, 1924.
- Bal Gangadhar Tilak - Gecta Rahasya, Ram Chandra Balvant Tilak, Pune, 1933,
- Swami Gambhiranand; Bhagavadgita (with Gudharth Dipikal Sri Ramkrishna Matha Madras
- Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press, Gorakhpur
- Swami Ranganathananda; Bhagavadgita, Advaita Ashrama Sub Dept-5 Delhi Entally Road, Kolkata

Suggested Readings:

- Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
- Swami Tapasyananda, Srimadbhagavadgita Sri Ramkrishna Matha, Madras
- Swami Abhidananda, Bhagvatgita, The Divine Message, Ramakrislina Vedanta Matha, Kolkata, 1990
- Swami Raghvendrananda; Universal Message of the Bhagvalgita, Advita Ashrama, Kolkata, 2000



M.A YOGA
SEMESTER- I
MAYOG215P - Yoga Practical

Objectives:

- To perform all the selected Mantra, Asana, Pranayama, Mudra, Bandha Shatkarma & Meditation
- To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices
- To illustrate how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health
- To again Knowledge about the benefit of Yoga Practices for an all round development of human personality

Course Content:

Unit – I

(Lecture- 12)

Prayers - All Mantra & Yogic Prayers (Selected by Department)

Starting Practice - Pawan Muktasana Part – 1,2,3, Marjariasan, Tadasama. Triyak Tadasana, Kati Chakrasana.

Suryanarnaskara / Pragma yoga - With Mantras & Breathing Pattern.

Unit – II

(Lecture- 12)

Cultural Standing - Utkatasana, Padahasthasana, Trikonasana, Veerasana. Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti. Murdhasana.

Cultural Sitting - Badha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana. Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana.

Cultural Lying - Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).

Unit – III

(Lecture- 12)

Pranayama - Breathing – Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan. Bhastrika, Bhramri, Sheetal, Shitkari.

Mudra/ Bandhas - Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmudhimudra.

Unit – IV

(Lecture- 12)

Meditative /Relaxative Asana: Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddharana.



Shatkarma - Neti-Jala and Sutra, Vamandhauti, Kapalabhati, Agnisara, Trataka, Dandadhauti,

Unit – V

(Lecture- 12)

Meditation - Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvatran , Panch Kosha, Dhyana Yoga Nidra.

Learning Outcomes:

After completion of the course, the student

- will be able to understand Mantra, Asana, Pranayama, Mudra, Bandha Shatkarma & Meditation
- will have knowledge about the prevention of health problems by promoting positive health through Yoga practices
- will be able to understand how to strengthen the different systems of human body using Yoga which will help them to prevent health problems and promote positive health
- will have Knowledge about the benefit of Yoga Practices for an all round development of human personality

Essential Reading:

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Sw. Satyanada Saraswati – Asana, Pranayama, Mudra, Bandha, Yoga Publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma – Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas, Shantikung, Haridwar, 1998.
5. AK Sao & A Sao – Yoga Chikitsa, Chaukhambha Orientalia, New Delhi, 2019.

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 Kuvlayanand – Prnayama, Kaivalyadham SMYM samiti, Lonavala, 1993.
5. M.L. Gharote – Guidelines for Yogic Practices, Medha Publication, Lonavala.
6. O.P. Tiwari – Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
7. K.S. Joshi – Yogic Pranayama, Orient Paperbacks, New Delhi.

