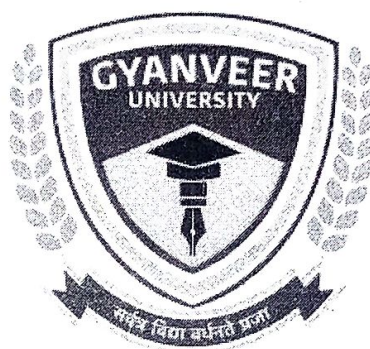


Academic Year: 2023-2024

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) II 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					
1	Core Course	M.A. (Yoga)	MAYOG221T	Human Anatomy Physiology & Yoga	60	20	20	20	-	-	-	-	-	100	6	0	0	6
2	Core Course		MAYOG222T	Patanjal Yoga	60	20	20	20	-	-	-	-	-	100	6	0	0	6
3	Core Course		MAYOG223T	Applied Yoga	60	20	20	20	-	-	-	-	-	100	6	0	0	6
4	Core Course		MAYOG224T	Essence of Upanishadas	60	20	20	20	-	-	-	-	-	100	6	0	0	6
5	Elective		MAYOG225P	Yoga Practical - II	60	20	20	20	-	-	-	-	-	100	0	0	4	4

Total of Creditd is 6+6+6+6+4+2 = 30



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 -II

MAYOG221T - Human Anatomy Physiology & Yoga

Objectives:

- To describe inclusive knowledge of the gross structure and development of human body.
- To provide a basis for enhancing the knowledge of body's structure and function.
- To get familiarized with the structure of the different systems in the human body.
- To illustrate Anatomy and Physiology of various systems.

Course Content:

(Lecture-12)

Unit – I Human Body, Cell, Tissue and Skeletal System

Concept & Importance of Human body; Cells & Tissues of the human body, types, structure & functions of the cells; types, structure & functions of tissues (epithelial, connective, muscle, & nervous), Meaning of anatomical terms (median plane, directional terms & regional terms).

Skeletal System:

Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

(Lecture-12)

Unit – II Muscular System:

Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Yogic effect on Muscular System.

Respiratory System:

Concept, Gross Anatomy & Physiology & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center: Lungs Capacity, Yogic effect on Respiratory System.

(Lecture-12)

Unit – III Cardiovascular System:

Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets); Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system

Urinary System

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerules, Nephron and Renal tubules; Composition and formation process of urine. Urination and its control; Effect of Yoga on Urinary System.



Unit – IV Digestive System

Anatomy-Gross and Histological, Anatomy and Function of-Stomach, Liver, and Pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on Digestive System

Lymphatic System and Immune System

Lymphoid organ-Bone marrow, Thymus, Spleen, Lymph node, Composition and function of Lymph, Immunity. Types of Immunity-Innate immunity and acquired immunity. Antigen and Antibody. Hypersensitivity, Autoimmunity.

(Lecture-12)

Unit – V Nervous System

Gross anatomy of Nervous System; Structure, types and properties of neurons and nerves. Types of NS (CNS and PNS); CNS Brain (Cerebrum, Cerebellum and Spinal Cord) Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions: Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions): Effect of Yoga on.

Learning Outcomes:

After completion of the course, the students

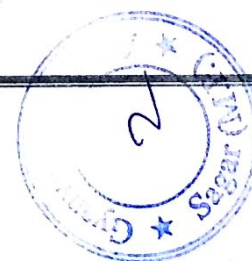
- will have knowledge of the gross structure and development of human body.
- will have basis for enhancing the knowledge of body's structure and function.
- will get familiarized with the structure of the different systems in the human body.
- will be able to understand the Anatomy and Physiology of various systems.

Essential Readings:

1. Shirley Teles - A Glimpse of the Human Body, Sw. Vivekanand Yoga Prakashan, Bangalore.
2. M.M. Gore Anatomy and Physiology of Yogic Practices, Motilal Banarasidas, New Delhi, 2007.
3. Ross & Wilson Human Anatomy and Physiology in Health & Illness, Churchill Livingstone, 2010

Suggested Readings:

1. Dr. Rakesh Dixit-Sharir Rachana Evam Kriya Vijnan, Bhasha Bhavan, Mathura, 2005.
2. Inderveer Singh-Anatomy and Physiology for Nurses, Jaypee Brother's Publisher, 2008.
3. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Motilal Banarasidas, Delhi
4. Frawley, D. & Kozak, S. S. (2006). Yoga for Your Type. India: New Age Books, New Delhi,
5. Gupta, A.P. (2011). Human Anatomy and Pshysiology.: Sumit Prakashan, Agra, India
6. Guyton, A.C. & Hall, J.E. (2006). Text book of Medical Physiology (11th ed.). Pennsy vania: Elseve
7. Kaminoff. L. (2007). Yoga Anatomy, Champaign: Human Kinetics
8. Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Pr Center for Yoga.



M. A. YOGA
SEMESTER -II
MAYOG222T - Patanjali Yoga

Objectives:

- To develop a strong foundation in Indian Yogic science
- To describe Patanjali's contribution to the field of Yoga
- To get well verse with the Yogic principles and it's meaning mentioned in Patanjali Yoga Sutra
- To understand Human's Psychology as explained by Patanjali
- To impart knowledge about the Eight limbs of Yoga.

Course Content:

(Lecture-12)

Unit - I Introduction to Yoga Darshana of Patanjali:

Brief Introduction to Maharshi Patanjali, Patanjali Yoga Sutra & their commentaries; Concept of Mana, Buddhi, Ahamkar and Chitta; Concept of Chitta Bhoomis (Kshipta, Mudh, Vikshipta, Ekagra, Nirudha),

(Lecture-12)

Unit - II Samadhi Pada:

Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Concept of Samprajnata; Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta- prasadanam in Yoga Sadhana. Types of Samadhi (Samprajnata and Asamprajnata Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Asmita); Types of Asamprajnata Samadhi (Bhava pratyaya and Upaya pratyaya

(Lecture-12)

Unit - III Sadhan Pada:

Concept of Kriya Yoga of Palanjali, Theory of Kleshes (Avidya, Asmita, Raga, Dwesh. Abhinivesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishya. Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Yama-Niyama; Concept of Vitarka & Mahavrata: Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

(Lecture-12)

Unit - IV Vibhuti Pada:

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Vivek Khyati, Kaivalya.

(Lecture-12)

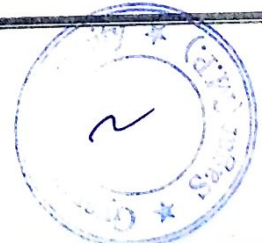
Unit - V Kaivalya Pada:

Satvapurushanyatakhyati, Kaivalya Nirvachana; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas Dharmamegha Samadhi.

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 have knowledge of Patanjali's contribution to the field of Yoga
- will have knowledge the Yogic principles and it's meaning mentioned in Patanjali Yoga Sutra
- will be able to understand Human's Psychology as explained by Patanjali



- will have knowledge about the Eight limbs of Yoga

Essential Reading :

1. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000.
2. Woods, J.H.: The Yoga System of Patanjali M.L.B.D., Delhi, 1988
3. Sw. Omanand Patanjali Yoga Pradeep, Geeta Press, Gorakhpur.
4. Krishnadas Goyandaka Patanjalyoga Darshana, Geeta Press Gorakhpur, 2007.
5. Sw. Satyananda Saraswati Four Chapters on Freedom, Yoga Publication Trust. Munger, Bihar, 2001
6. PV.Karambolkar Patanjali Yoga Sutra, Kaivalyadham SMYM Samiti, Lonavala, 2011
7. Shriram Sharma Acharya-Sankhya Darshan Aur Yoga Darshan, Akhand Jyoti, Mathura, 1998, Suggested Readings

Suggested Reading :

1. Sriram Sharma Acharya Sadhana Paddhatiyon Ka Gyan Aur Vigyan, Akhand Jyoti, Mathura, 1998
2. Mahashi Vyas Vyas Bhashya (Yoga Sutra), Chaukhambha Sanskrit Sansthan, Varanasi
Essential e-Resources Introduction to Yoga Darshana of Patanjali:



M. A. YOGA
SEMESTER -II
MAYOG223T - Applied Yoga

Objectives:

- To give an overview of the applications of yoga
- To teach the concept of Yoga and Psychology
- To teach the role of Yoga in Personality Development
- To teach the concept of Yoga and Stress Management
- Have an overview of the applications of Yoga. After attaining knowledge applied aspects of Yoga, the students will manage stress at individual level and be master of stress management at the level of society also

Course Content:

(Lecture-12)

Unit-I Application of Yoga For Personality Development:

Physical level: Shat Kriyas (Detoxifying), Asans (Strength), Mudras (Steadiness), Pranayama (Lightness). Dhyana (Perception); Vita! Level: Pranayama; Mental level: Personal Discipline. Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Diyana; Emotional level: Ishwara Pranidhana (Surrendering to the Supreme); Spiritual level: Practice of Higher states of Meditation (Super consciousness states), Kriyayoga

(Lecture-12)

Unit-II Application of Yoga For Stress Management:

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health: Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Stress Management through Patanjali Yoga and Bhagavad Gita.

(Lecture-12)

Unit-III Application of Yoga for Health care of different groups:

Children and their problem & Yoga Practices. Adolescence and their problem & Yoga Practices, Women and their problem & Yoga Practices, General introduction to Geriatric Care: Ageing: Causes and features, Premature ageing; Common Geriatric problems: Application of Yoga in common Geriatric problems and their prevention & management

(Lecture-12)

Unit - IV Application of Yoga for Sports:

Ideal performance and Peak performance for Sportmen; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; Vital Level: Pranayama (Lang capacity), Emotional capacity: Emotional balance through emotional culture (surrender to the Divine); Mental capacity: Practice of Karma Yoga and Meditation, Spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana.

Unit-V Application of Yoga for Corporate Sector, Army & Tourism:

The Importance of Yoga for the employees of Industrial and Commercial institutions, Yogic methods for stress and time management of employees. Health Prevention and stress & Depression management of military force, paramilitary force, and police force etc., Concept of Yogic tourism. Role of Yoga in Hhe development of Tourism Possibility of development of Yoga Centres, Special Yoga practices for Pilgrims.

Learning Outcomes:

After completion of the course, students

- will be able to understand the role of Yoga in Personality Development
- will be able to understand the concept of Yoga and Stress Management
- will have knowledge about applications of Yoga. & applied aspects of Yoga, will manage stress at individual level and be master of stress management at the level of society also

Essential Readings:

1. Nagendra, HR & Nazarathna New Perspective of Stress Management, SVYP, 2010 2.
2. Nagendra, HR & Mayarathna: Personality Development Series, SYYP 2012

Suggested Readings:

1. Basavaraddi, IV: Yoga: Teachers Manual for School Children. MDNIY, New Delhi. 2010
2. Basavaraddi, IV: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev, HJ: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A Complete Illustrated Guide to Yoga. UBS Publishers Distributors Pvt. Ltd, 2008
5. Nancy Williams: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007 6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga Therapy for every Special Child, Singing Dragon London and Philadelphia, 2010



M. A. YOGA
SEMESTER -II
MAYOG224T - Essence of Upanishadas

Objectives:

- To discuss Upanishads as basic philosophical and theoretical foundations of Yoga.
- To a deeper understanding to Yogic concepts mentioned in them.
- To relate and implement Upanishadic Values in everyday activities and motivate others to follow Yogic style of living.
- To develop a Spiritual Understanding of Thy Self
- To Create an awareness about the rich Cultural & Spiritual Heritage of India

Course Content:

(Lecture-12)

Unit – I: Brief Introduction of Principal Upanishads I:

Meaning & definition of Upanishad; Importance of Upanishad.

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

Kena Upanishad: Self and the Mind: Intuitive realization of the Truth; Moral of Yaksha Upakhyana.

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas: The Six Main questions

(Lecture-12)

Unit-II: Brief Introduction of Ten Principal Upanishads II:

Mundaka Upanishad: Two approaches to Brahma Vidya- Para and Apara; The greatness of Brahavidya; Worthlessness of Selfish-karma: Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhrigu Valli.

(Lecture-12)

Unit – III: Brief Introduction of Ten Principal Upanishads III:

Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Swetaswataropanishad: (Chapter II) Techniques and importance of Dhyanyoga, suitable place for Dhyana, sequence of Pranayama & its importance, Prior symptoms of Yogasiddhis, of Yogasiddhis, Tattvajnana, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.



Unit – IV: Brief Introduction of Selected Yoga Upanishads I:

Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self- realization.

Yogachudamadi Upanishad: The description of the Six Limbs of Yoga, their results and sequence

Trishikhibrahmanopanishad: description of Ashtangayoga Karmayoga and Jnanayoga.

Yogatattva Upanishad: Mantrayoga, Layayoga. Hathyoga, Rajavoga and their stages, Diet and Dincharya, primary symptoms of yoga siddhis and precautions.

(Lecture-12)

Unit – V: Brief Introduction of Selected Yoga Upanishads II

Dhyanbindoopanishad: Importance of Dhyanayoga. Nature of Pranay Techniques of Pranav Meditation, Shadangvogs, Aim darshan through Nadanusandhan.

Nadabindoopanishad: lanavidva des iplion of various limbs of Omkar. 12matras of Omkar and its results of their pleation with Franas. Types of Nada, nature of Nadanusandhan s adhana, state of Malave

Yogarajopnishad: Mantrayoga, layayoga, hathayoga, Rajayoga procedures of dhyna and its results

Learning Outcomes:

After completion of the course, students

- will be able to understand the basic philosophical and theoretical foundations of Yoga.
- will be able to understand to Yogic concepts mentioned in them.
- will be able to understand how to relate and implement Upanishadic Values in everyday activities and motivate others to follow Yogic style of living.
- will be able to understand how to develop a Spiritual Understanding of Thy Self

Essential Readings

- शास्त्री, केशवलाल आचार्य, उपनिषत्संचयनम् प्रथम, द्वितीय एवं तृतीय खण्ड, चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली, 2015.
- शर्मा, श्रीराम आचार्य, शर्मा, भगवती देवी, 108 उपनिषद्: प्रथम-ज्ञानखण्ड, द्वितीय-साधनाखण्ड एवं तृतीय: ब्रह्मविद्याखण्ड, युग निर्माण योजना ट्रस्ट, गायत्री तपोभूमि, मथुरा, 2010.
- भारती, परमहंस स्वामी अनंत, योगउपनिषद् संग्रह (योगप्रभाकरभाष्य) - प्रथम एवं द्वितीय भाग, चौखम्भा ओरियन्टलिया, दिल्ली, 2015.
- विद्यालंकार, सुभाष, योग उपनिषद्: (20 योग उपनिषदों का मूल, विद्यालंकृता हिन्दी व्याख्या एवं श्लोकानुक्रमणिका) प्रथम एवं द्वितीय भाग, प्रतिभा प्रकाशन, दिल्ली, 2018.
- वेदालंकार, रघुवीर, उपनिषदों में योगविद्या, के. सी. प्रकाशन, दिल्ली, 1991

Suggested Readings:

- Sastri, Pandit A. Mahadeva, THE YOGA UPANISADS, The Adyar Library And Research Center, Madras,
- Sastri, Pandit A. Mahadeva, The Sakta Upanisads, The Adyar Library And Research Center, Madras,
- Ayyangar, T.R. Shrinivasa, THE YOGA UPANISAD-S The Adyar Library And Research Center, Madras,
- Borth, Surjya Kamal, Epistemology in the Principal Upanisads, Vidyanidhi Prakashan, Delhi, 2014.



**M. A. YOGA
SEMESTER -II
PRACTICAL**

MAYOG225P - Yoga Practical - II

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:

(Lecture – 12)

Unit – I Prayers

All Mantra & Yogic Prayers (Selected by Department)

Starting Practice

Pawan Muktasana Part – 1,2,3, Marjariasana, Tadasana. Triyak Tadasana. Kati Chakrasana.

Suryanarnaskara/Pragya yoga

With Mantras & Breathing Pattern.

(Lecture – 12)

Unit – II

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).

Cultural Advance:

Shirshasana, Kurmasana, Uttan kurmasana, Tolangulasana, Mayurasana, Kukkutasana. Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana

(Lecture – 12)

Unit – III

Pranayama

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

Mudra/ Bandhas



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

(Lecture – 12)

Unit – IV

Meditative /Relaxative Asana:

Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddharana.

Shatkarma

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

(Lecture – 12)

Unit – V

Meditation

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

Learning Outcomes :

After completion of the course, students

- 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:

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

Suggested Readings:

8. B.K.S. Iyengar – Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
9. B.K.S. Iyengar – Light on Pranayama, Harper Collins Publisher, New Delhi, 2012.
10. Swami Kuvlayanand – Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
11. Swami Kuvlayanand – Prnayama, Kaivalyadham SMYM samiti, Lonavala, 1993.
12. M.L. Gharote – Guidelines for Yogic Practices, Medha Publication, Lonavala.
13. O.P. Tiwari – Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
14. K.S. Joshi – Yogic Pranayama, Orient Paperbacks, New Delhi.

