



MK University, Patan

Faculty of Yoga



SCHOOL OF YOGA

Course Structure for M. A. in Yoga and Naturopathy

SEMESTER - I

Sr N o .	Course Type	Course Code	Course Name	Lecture (hrs.)	Tutorial	Practical (hrs.)	Credit s	Examination		Total Marks
								Intern a l	Extern a l	
1	MAJOR	YG 101	Foundation of Yoga	4	0	0	4	30	70	100
2	MAJOR	YG 102	Patanjali Yoga Sutra	4	0	0	4	30	70	100
3	MAJOR	YG 103	Essence of Upanishads	4	0	0	4	30	70	100
4	MINOR	YG 104	Asana and Pranayama- I	0	2	4	6	50	100	150
5	MINOR	YG 105	Mudra and Bandha	0	2	4	6	50	100	150
TOTAL				12	4	8	24	190	410	600

SEMESTER - II

Sr No .	Course Type	Course Code	Course Name	Lecture (hrs.)	Tutorial	Practical (hrs.)	Credits	Examination		Total Marks
								Intern a l	Extern a l	
1	MAJOR	YG 201	Principles of Human Anatomy and Physiology	4	0	0	4	30	70	100
2	MAJOR	YG 202	Yoga Psychology and Mental Health	4	0	0	4	30	70	100
3	MAJOR	YG 203	Research Methodology and Statistics	4	0	0	4	30	70	100
4	MINOR	YG 204	Asana and Pranayama - II	0	2	4	6	50	100	150
5	MINOR	YG 205	Relaxation ,Meditation and Shatkriyas	0	2	4	6	50	100	150
TOTAL				12	4	8	24	190	410	600

SEMESTER – III

Sr No .	Course Type	Course Code	Course Name	Lecture (hrs.)	Tutorial	Practic al (hrs.)	Credit s	Examination		Total Marks
								Internal	External	
1	MAJOR	YG 304	Naturopathy	4	0	0	4	30	70	100
2	MAJOR	YG 305	Teaching Technique	4	0	0	4	30	70	100
3	MAJOR	YG 306	Asana and Pranayama - III	4	0	0	4	30	70	100
4	MINOR	YG 304	Naturopathy	0	0	4	4	30	70	100
5	MINOR	YG 305	Teaching Technique	0	2	2	4	30	70	100
6	MINOR	YG 306	Asana and Pranayama - III			4	4	30	70	100
TOTAL				12	2	10	24	180	420	600

SEMESTER - IV

Sr No .	Course Type	Course Code	Course Name	Lecture (hrs.)	Tutorial	Practical (hrs.)	Credit s	Examination		Total Marks
								Intern a l	Extern a l	
1	MAJOR	YG 401	Yogic Management of Diseases	4	0	0	4	30	70	100
2	MAJOR	YG 402	Disease Management and Nature Cure	4	0	0	4	30	70	100
3	MAJOR	YG403	Science of Pranayama	3	0	0	3	30	70	100
4	MINOR	YG 404	Holistic Health and Nutrition	3	0	0	3	30	70	100
5	MINOR	YG 405	Thesis and Dissertation	0	0	10	10	100	100	200
TOTAL				14		10	24	190	410	600

MASTER DEGREE IN YOGA AND NATUROPATHY

M.A. IN YOGA AND NATUROPATHY
SEMESTER – I

CO1	Students will be able to explain the historical background, origin and basic philosophy of Yoga.
CO2	Students will understand the fundamental principles, types and traditional schools of Yoga.
CO3	Students will be able to describe the relevance of Yoga in modern lifestyle and its role in promoting holistic health
CO4	Students will develop the ability to differentiate between major paths of Yoga such as Raja Yoga , Karma Yoga , Bhakti Yoga , Jnana Yoga.

YG 101 Foundation of Yoga

Unit- I Fundamentals of Yoga

- a. Definition and Origin of Yoga
- b. History of Yoga, Relevance of Yoga in modern age,
- c. 4 Vital paths of Yoga
- d. Other forms of Yoga(Kundalini,Mantra,Tantra,Japa Yoga)

Unit- II Essence of Samkhya Philosophy

- a. Concept of Purusa and Prakriti
- b. Theory and evolution of Creation
- c. Three Gunas
- d. Comparative study between Sankhya Philosophy and Yoga Darshan

Unit- III Teaching and message of Yogis

- a. Ramakrishna, Swami Vivekananda, RamanaMaharshi, Sri Aurobindo
- b. Swami Yogananda, Swami Sivananda, Swami Satyananda
- c. Swami Kouvalyananda, BKS Iyengar
- d. Swami Nigamananda and Muni Lineage

Unit- IV Concept of Yoga in Jainism and Buddhism

References Books:

1. Dr.Chandradhar Sharma, “A critical Survey of Indian Philosophy, MotilalBanarsiDass Publishers.
2. Yoga as Philosophy and religion Surendranath D. Kengan P.T.T. and Co.
3. Kundalini, A cosmic Energy, by Acharya Sri KeshavDevjiMaharaj, Publisher-Vivekananda PratisthanParishad, Patparganj Road, Khureji, Delhi-110006.
4. Yogakosa, by Maheshananada Swami, KaivalyadhamA, Lonavala.
5. Bases of Yoga, by Sri Aurobindo, Published by Arya Publication House.
6. Auto Biography of PramahamsaYogananda, ParamahamsaYogananda, YogadaSatsanga.

YG 102 Patanjali Yoga Sutra

CO1	Students will be able to explain the historical background and structure of Patanjali's Yoga Sutras
CO2	Students will understand the core concepts such as Chitta, Vrttis, Kleshas, Ashtanga Yoga and Samadhi
CO3	Students will be able to interpret selected sutras and analyze their relevance in modern life and Yogic Practice.
CO4	Students will develop the ability to apply the principles of Ashtanga Yoga for mental discipline ethical living and self-development.

Unit- I Yoga Sutra (Samadhi Pada)

Definition of Yoga, ChittaBhumi, ChittaVrittis, Abhyas and Vairagya, Iswara
 Obstacles in the path of Yoga, Chittaprasadanam, Types of Samadhi, Samapattis

Unit- II Yoga Sutra (SadhanaPada)

Kriya Yoga, Kleshas
 Yama, Niyama, Asana, Pranayama, Pratyahara

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Unit- III Yoga Sutra (BibhutiPada)

Dharana, Dhyana, Samadhi (Samprajnata and Asamprajnata)
 Application of Samyama and Various Yoga Siddhis

Unit- IV Yoga Sutra (KaivalyaPada)

The Five Siddhis, Various chittas, Karmas
 Process of aivalya

References Books :

1. "Four Chapters on Freedom", Swami SatyanandaSaraswati, Bihar School of Yoga, Munger.
2. Patanjali Yoga Darshan, by Bangali Baba, Publisher- Patanjali Yoga Sutras, by. Swami Kuvalayananda, Publisher- Ramkrushna Mission, Kolkata
3. Patanjali Yoga Sutra by Swami Pragnyananda

YG 103

Essence of Upanishads

(10 Major Upanishads)

CO1	Students will be able to describe the historical background, philosophical significance and key themes of major Upanishads.
CO2	Students will understand core concepts such as Atman, Brahman, Maya, Knowledge (Jnana) and Liberation (Moksha).
CO3	Students will be able to interpret selected Upanishadic verses and analyze their deeper spiritual meaning
CO4	Students will develop the ability to apply the teachings of the Upanishads in personal growth ethical living and yogic lifestyle.

Unit-1: Introduction essence of Isha and Kenopanishad	15 Hrs.
An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); Kenopanishad: The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of selfKnowledge (KenaII.5)	
Unit-2: Essence of Katho and Prashnapanishad	15 Hrs.
Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all-inclusiveness of Brahman, The state of becoming the soul	
Unit-3: Essence of Mundaka, Mandukya and Taitriya	15 Hrs.
Mundaka: The greatness of Brahmavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being	
Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka	15 Hrs.
Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics	

References Books:

1. Ten Principal Upanishads by Swami Gambhirananda, Advaita Ashram, Ramkrushna Publication, Kolkata
2. Know the Upanishads, by Ramanujaprasad, V and S Publications, New Delhi.

YG 104 - Asana and Pranayama - 1

CO1	Students will be able to describe the historical background, philosophical significance and key themes of major Upanishads
CO2	Students will understand core concepts such as Atman, Brahman, Maya, Knowledge (Jnana) and liberation (Moksha)
CO3	Students will be able to interpret selected Upanishadic verses and analyze their deeper spiritual meaning.
CO4	Students will develop the ability to apply the teachings of the Upanishads in personal growth, ethical living and Yogic lifestyle .

Reference Book:

Asanas

Pawan muktasana Series-1,2& 3

Vajrasana Group of Asanas :Vajrasana, Veerasana, Marjari-asana, Shashankasana, Shashank Bhujangasana, Pranamasana, ArdhaUshtrasana, Ushtrasana

Standing Asanas : Hasta Utthanasana, Tadasana, TiryakaTadasana, Kati Chakrasana, Tiryaka Kati Chakrasana, MeruPrishthasana, Utthanasana, DrutaUtkatasana, Samakonasana, Dwikonasana, Trikonasana, UtthitaLolasana, Dolasana

Padmasana Group of Asanas: Yogamudrasana, Matsyasana, BaddhaPadmasana, Lolasana, Kukkutasana

Backward Bending Asanas: TiryakaBhujangasana, ArdhaShalabhasana, Shalabhasana, Dhanurasana, Gomukhasana

Forward Bending Asanas: Paschimottanasana, JanuSirshasana

Spinal Twisting Asanas :MeruWakrasana, BhuNamanasana

Relaxation Asanas :Shavasana, Advasana, Jyestikasana, Makarasana, MatsyaKridasana

Meditation Asanas :Sukhasana, ArdhaPadmasana

Surya Namaskara

Pranayama:

NadiSodhana Pranayama (Normal & Alternate Nostril Breathing)

Bhramari Pranayama

Ujjayi Pranayama

References Books:

1. Asana, Pranayama, Mudra, Bandha, by Swami SayanandaSaraswati, Publisher- Bihar Yoga Bharati, Munger
2. Yoga Nidra, By Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
3. Yoga Wisdom and Practice, By B.K.S Iyengars Publications

Applied Yoga, By Dr. M. L. Gharote, Kaivalyadham Publication, Lonavala, Pune

YG 105 - Mudra Bandha

CO1	Students will understand the techniques and benefits of key mudras and bandhas apply them to enhance energy flow and yogic practice.
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Reference Book :

Mudra: *Chin Mudra, bhairava mudra, yoni mudra, shambhavi mudra, yoga mudra, maha mudra*
Bandha: *Jalandhara Bandha, Uddiyabandha, mulabandha*

SEMESTER II

Subject Code: YG 201 Human Anatomy and Physiology

CO1	Students will understand the basic structure and functions of major body systems.
CO2	Students will learn the fundamentals of human physiology relevant to yogic practices.
CO3	Students will understand key psychological processes such as perception, emotion and motivation.
CO4	Students will relate anatomical and psychological concepts to enhance safe and effective yoga practice.

Unit- I Introduction to the Human Body

Structure and function of cell, Outlines of body systems and their functions.
 The internal environment and homeostasis

Unit- II Muscular and Skeletal System

Types, structure and functions of muscles
 Types of joints, structure and functions of synovial joints and the vertebral column

Unit- III Endocrine System and Digestive System

Kinds and functions of the endocrine glands.
 Structure and function of different digestive organs, progress of digestion assimilation and absorption

Unit- IV Respiratory System and Cardiovascular System

Structure and Function of the respiratory system
 Blood and its components and functions, Structure and functions of heart and blood vessels.
 Nervous System and Reproductive System
 a) Structure and function of neuron, Central Nervous System: Brain & Spinal cord, Peripheral Nervous System, Autonomic Nervous System (Sympathetic and Parasympathetic)
 b) Female Reproductive System: External genitalia (vulva), Internal genitalia (Vagina, Uterus, Ovaries), Puberty in Female, Menstrual cycle, Menopause.
 Male Reproductive System: Scrotum, Testes, Prostate Gland, Puberty in Male.

Books for References:

1. Principles of Anatomy and Physiology, by Gerard J. Tortora, Bryan Derrickson
2. Anatomy and Physiology for Nurses by Jaypee Brothers, Jaypee Publication, New Delhi
3. Human Anatomy and Physiology by Indu & Khurana, Jaypee Publication, New Delhi, Daryaganj

Subject Code: YG 202 Yoga Psychology and Mental Health

CO1	Students will understand the basic concepts of yoga psychology and the functioning of the mind.
CO2	Students will learn yogic approaches for managing stress, emotions and mental disturbances.
CO3	Students will understand the role of yogic practices in improving mental wellbeing and resilience.
CO4	Students will be able to apply yoga-based techniques for balanced mental health in daily life.

Unit- I Mental Health and Yoga Psychology

Introduction and Definition of Mental Health and Yoga Psychology
 Means of mental health, Positive Mental Health, Causes and consequences of conflicts and frustrations

Unit- II Role of Yoga and Mental Health

Introduction to common mental disorders, depressive disorder, anxiety disorder
 Yogic Management of the above mentioned disorders and their principles

Unit- III Concept of Personality and chakra

Indian and western Concept of Personality, synthesis between psychology and yoga towards total personality development.
 Types of chakra in Human body, Psychophysiology of chakra

Unit- IV Alter states of consciousness

Stages of sleep, circadian rhythm
 Dreams , content of dreams, hypnosis, bio-feedback

Unit- V Cognitive Psychology

Sensation, perception, attention, memory
 Learning, Intelligence; Their definitions and types

References Books:

1. Mind and Body, by Swami Sivananda Saraswati, Divine Life Society.
2. Kundalini Yoga, Swara yoga and Tantra Yoga, by Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
3. Yoga Psychotherapy and its Applications, by Ganesh Shankar, Publisher.
4. Glimpses into the psychology of Yoga, by I.K. Taimni, Publisher- The Theosophical Publishing House, Madras
5. Science of Pranayama by Swami Sivananda Saraswati, Published by the Divine Life Society, Sivananda Nagar, Rishikesh, Uttranchal
6. Kundalini Tantra, By Swami Satyananda Saraswati, Munger publication, Bihar
7. A Guide To Mental Health & Psychiatric, by Sreevani R, Jaypee Brothers Medical Publishers

YG 203 Research Methodology and Statistics

CO1	Students understand fundamental research concepts, types, and processes for conducting systematic studies.
CO2	Learners gain skills to formulate research problems, design methodologies, and develop effective research tools.
CO3	Students apply statistical techniques to collect, analyze, and interpret data accurately.
CO4	Learners develop the ability to prepare research reports and present findings using scientific and ethical standards.

Unit- I

Definition, Nature and Scope of Research, its Importance in yogic studies,
 Definition of Research problem, Criteria for Location and Selection of research problems,
 Types of research- Basic, Applied, Action, Analytical, Descriptive, Experimental,
 Creative and Qualitative.

Unit- II

Hypothesis, Type of Errors in research, Concept of Population and Sampling, Various Methods of sampling, Tools and Techniques of Data collection.

Unit- III

Various methods of research as Historical, Survey, Philosophical, Case study, Experimental etc.,
 , Test construction, Method of writing Research report.

Unit- IV

Definition of statistics and its Importance in the field of research, Measure of Central tendency and Variability band, their application in problems, Correlation and its application in problems, Normal Probability Curve.

References Books:

1. Fundamental of Statistics, by : D.N. Elhance A B.M. Agrawal, Publisher-Allahabad KitabMahal
2. Research Methodology, by-C.R. Kothari, Publisher-ViswaPrakashan, Delhi

YG 204 – Asana and Pranayama- 2

CO1	Students understand fundamental research concepts, types, and processes for conducting systematic studies.
CO2	Learners gain skills to formulate research problems, design methodologies, and develop effective research tools.
CO3	Students apply statistical techniques to collect, analyze, and interpret data accurately.
CO4	Learners develop the ability to prepare research reports and present findings using scientific and ethical standards.

Asanas

Vajrasana Group of Asanas :*Simhagarjanasana, Vyaghrasana, SuptaVajrasana*

Padmasana Group of Asanas: *Yogamudrasana, Matsyasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana*

Backward Bending Asanas:*Kandharasana, UtthanPrishthasana, Setu Asana*

Forward Bending Asanas:*GatyatmakPaschimottanasana, Pada Prasar Paschimottanasana, Ardha Padma Paschimottanasana, Meru Akarshanasana, Hasta Pada Angushthasana, Sirsha AngusthaYogasana, Eka Pada Padmottanasana*

Spinal Twisting Asanas :*Ardha Matsyendrasana, Parivritti Janu Sirshasana*

Inverted Asanas:*Moordhasana, Vipareeta Karani Asana, Sarvangasana, Halasana, Druta Halasana*

Balancing Asanas:*Eka Pada Pranamasana, Garudasana, Natarajasana, EkaPadasana, Utthita Hasta Padangusthasana, Merudandasana, Ardha Padma Padmottanasana, Vatayanasana, Santolanasana, Vashishthasana*

Meditation Asanas :*Siddhasana, Siddha Yoni Asana, Swastikasana, Simhasana Surya Namaskar (with Mantra)*

Pranayama:

Nadi Sodhana Pranayama (AntarKumbhak), Sheetali Pranayama, Seetkari Pranayama, Bhastrika Pranayama, Kapalbhati Pranayama

References Books:

4. Asana, Pranayama, Mudra, Bandha, by Swami SayanandaSaraswati, Publisher- Bihar Yoga Bharati, Munger
5. Yoga Nidra, By Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
6. Yoga Wisdom and Practice, By B.K.S Iyengars Publications
Applied Yoga, By Dr. M. L. Gharote, Kaivalyadham Publication, Lonavala, Pune

YG 205 – Relaxation, Meditation and Satkriyas

CO1	Students understand the science and need of relaxation practices for stress reduction.
CO2	They learn meditation techniques for concentration, emotional balance and inner awareness.
CO3	Learners study the concept, purpose and benefits of Satkriyas (Shatkarmas).
CO4	Students gain practical ability to perform basic cleansing practices safely and effectively.

Jala Neti, Sutra Neti, Kunjal, Shankhaprakshan, Yoga Nidra, Dharana Practices

SEMESTER III

YG 301 Lights on Bhagavad Gita and Yoga Vasistha

CO1	Students will understand the core philosophical teachings of the Bhagavad Gita and Yoga Vasistha, enabling them to interpret concepts like dharma, consciousness, and self-realization in a yogic framework.
CO2	Learners will be able to analyze the relevance of ancient wisdom to modern life, developing clarity about inner balance, decision-making, and the yogic approach to challenges.
CO3	Students will gain the ability to compare the psychological and spiritual principles present in both texts, enhancing deeper insight into mind-management and liberation.
CO4	Learners will apply selected teachings from the Gita and Yoga Vasistha in personal practice, promoting ethical living, emotional stability, and holistic well-being.

Unit- I Bhagavad Gita(Essentials)

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama andNishkama) etc.

Unit- II Bhagavad Gita(Essentials)

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

Unit- III YogaVasistha

Stage of Yoga Vasistha; A Brief understanding of Vairagyaprakarana, Mumukshu Prakarana, Utpattiprakarana (Story of Leela), StitiPrakarana, Upashanti Prakarana (Story of Janaka) and Nirvana Prakarana (Story of B Hushanda); Concept of Adhis and Vyadhis; Psychosomatic Ailments; What are the four Gatekeepers (Pillars) to Freedom?

Unit- IV YogaVasistha

Inspirational Verses from Yoga Vasistha, The Story of Hast Amalaka, Rama and Dispassion, Story of Suka – How Suka attained the Highest State of Bliss, What are the impediments 136 of Yoga? How to abandon them? Eight limbs of Meditation, Greatest Verses from Yoga Vasistha, Story of Lila; The Conclusion of Nirvana Prakarana, Summary of the Yoga Vasistha.

References Books:

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992,Mumbai.
2. Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press(1985).
3. K. Narayan Swami Aiyar : Yoga Vasistha (Laghu, The Smaller), Vista International Publisher, 2005.

YG 302 Fundamentals of Naturopathy

CO1	Students will understand the philosophical essence of the Bhagavad Gita and Yoga Vasistha, gaining clarity on concepts of duty, self-awareness and higher consciousness.
CO2	Learners will analyse the yogic approach to life's challenges and develop the ability to apply spiritual principles for mental balance and decision-making.
CO3	Students will explore the teachings on karma, jnana and bhakti yoga to enhance inner discipline, emotional stability and ethical conduct.
CO4	Learners will interpret the practical wisdom of both texts and integrate these insights into personal well-being, meditation practices and holistic living.

Unit- I Fundamental of Naturopathy

History, Definition of Naturopathy

Concept of Panchamahabhuta

Unit- II Basics Principles of Naturopathy

The Healing power of the Nature

Nature Cure is a way of life and Vital force

Unit- III Hydro Therapy

Hip Bath, Spinal Bath, Steam Bath

Enema, Hot Foot Bath , Steam Inhalation

Unit- IV Space Therapy

Types of Massage and its benefits

Fasting therapy- Types,

Unit- V Earth and fire therapy

Mud Pack, Mud Bath

Definitions, Results

Reference Book :

1. A complete Hand Book of Nature Cure, by H.K. Bakhru, Publisher-Mumbai Jaico Publishing House
2. Prakriti Chikitsya, by Dr. T.N. Shrivastava
3. The science and Art of Indian Medicines, by- G. Srinivasa Murthy, Publisher-The Theosophical Publishing House
4. Natural Health and Yoga, by Dr.Brij Bhusan Goel, Published by Akhil Bharatiy Prakrtik Chikitsya Parisad
5. Shiastu Therapy, by –Toru Nami Koshi, Publisher-Jain Publisher (Health Theory), New Delhi
6. Practice of Nature Cure by Swami Sivananda Sarswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garwal, Uttarakhand
7. The Science of Natural life by Jain, Published by Arogya Sewa Prakashan.
8. A Health in your hand by Devendra Vora
9. Scientific Investigation of Yogic Practices by UshaLohan.
10. Anatomy and Physiology of Yogic practices by M. M. Gore published by Lonavala.

YG 303 Hatha Yoga Texts

CO1	Students will understand the historical background and philosophical foundations of major Hatha Yoga texts such as Hatha Yoga Pradipika, Gheranda Samhita, and Shiva Samhita.
CO2	Learners will be able to explain core concepts like asana, pranayama, mudra, bandha, shatkarma, nadis, and kundalini as presented in classical scriptures.
CO3	Students will analyze and compare different textual approaches to Hatha Yoga practices and their relevance in modern yogic training.
CO4	Learners will apply the textual principles of Hatha Yoga for practical, safe, and systematic yogic sadhana, integrating theory with practice.

Unit-1 Introduction to Hatha Yoga Texts

- a. Aim,Purpose& various limbs and their objectives of HYP
- b. Aim,Purpose& various limbs and their objectives of GS
- c. Basic common principles and other Commonalities between HYP and GS

Hatha Yoga Pradipika

Unit-2 Basic principles, procedure and benefits,Classification,Mitahara, Cause of Failure and Success

Unit-3 Asana, Kriya and pranayama,Kumbhaka,Mudra *GherandaSamhita*

Unit-4: Sodhana Kriyas, Asanas , Mudras Pratyahara , Pranayama, Dhyana, Samadhi

Reference Book :

1. Hatha Yoga Pradipika, Swami Satyananda Saraswati, Bihar School of Yoga, Munger
2. Hathapradipika of Svatmarama, Edited by Swami Digambaraji, Kaivalyadhama, SMYM Samiti, Pune
3. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
4. Swami Digambarji & Gharote M.L.: GherandaSamhita, Kaivalyadhama, Lonavla, 1978.

YG 304 Naturopathy Sessional

CO1	Students will demonstrate basic clinical skills and practical procedures used in naturopathy treatment.
CO2	Learners will accurately record case history, vital parameters, and sessional observations.
CO3	Students will apply naturopathic principles in hydrotherapy, mud therapy, massage, fasting, and diet planning.
CO4	Learners will develop confidence in managing patients under supervision and maintaining professional ethics.

Unit-I:

- Concept of Holistic Health & Homeostasis.
- Psycho-Physiological aspect of Asanas, Pranayam, Mudra, Bandha, Kriya, Meditation & Relaxation.

Unit II:

- Philosophy of Naturopathy, • Magnetic therapy
- Naturopathy diagnosis.

Unit III:

- Massage Therapy,
- Chromopathy, • Physiotherapy

Unit-IV:

Treatment of Nature Cure • Mud-bath,

- Air-therapy, • Space therapy(fasting)
- Water therapy (Steambath).

Reference Books:

1. Naturopathy for Perfect Health by Dr. Shiv Das Divadi.
2. Health in your Hands-Vol-1(Acupressure and other Natural Therapies) by Devendra Vora.
3. Practice of Nature Cure by Swami Shivananda.

YG 305 **Teaching Technique**

CO1	CO1: Students will understand key teaching methods and their application in effective classroom delivery.
CO2	Learners will design lesson plans using appropriate instructional strategies and learning resources.
CO3	Students will demonstrate communication, presentation, and classroom management skills.
CO4	Learners will evaluate student performance using suitable assessment tools and feedback techniques.

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit 2: BASICS OF YOGA CLASS MANAGEMENT

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

Unit 5: YOGA AND VALUE EDUCATION

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Valueeducation and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

Reference Book :

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
2. Dr.Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
4. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
5. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
6. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
7. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
8. Gawande, E.N.: Value Oriented Education, Sarup& Sons, New Delhi – 110002
9. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
10. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

YG 306 – Asana and Pranayama- III

CO1	CO1: Students will perform advanced asanas and pranayama techniques with improved alignment, stability, and breath control..
CO2	Learners will apply these practices to enhance physical strength, mental focus, and overall yogic wellbeing.

Asanas

Padmasana Group of Asanas: Yogamudrasana, Matsyasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana

Backward Bending Asanas: Poorna Bhujangasana, PoornaShalabhasana, Poorna Dhanurasana, Chakrasana

Inverted Asanas: Sirshasana, Oordhwa Padmasana

Balancing Asanas: BakaDhyanasana, EkaPadaBakaDhyanasana, Hamsasana

Advance Group: Koormasana, Dhanurakarshanasana, Vrischikasana, Prishthasana, Mayurasana, Padma Mayurasana, Hanumanasana, Brahmacharyasana, Astavakrasana, EkaPadaSirasana, DwiPadaSirasana, Parighasana, Padma Parvatasana, Kashyapasana, Vishwamitrasana

Pranayama

*Nadi Sodhana Pranayama (Antar & Bahir Kumbhak), Moorchha Pranayama
Surya Bheda Pranayama*

Books for References:

7. Asana, Pranayama, Mudra, Bandha, by Swami SayanandaSaraswati, Publisher- Bihar Yoga Bharati, Munger
8. Yoga Nidra, By Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
9. Yoga Wisdom and Practice, By B.K.S Iyengars Publications
Applied Yoga, By Dr. M. L. Gharote, Kaivalyadham Publication, Lonavala, Pune

SEMESTER - IV

YG 401 Yogic Management of common diseases

CO1	CO1: Students will understand the principles of yogic management for common lifestyle and chronic diseases..
CO2	Students will evaluate and design personalized yoga-based interventions for enhancing physical and mental wellbeing.
CO3	Learners will apply suitable yogic techniques, including asanas, pranayama, meditation, and relaxation, for disease prevention and health improvement.

Unit- I

- a) Headache, Migraine
- b) Slipped disc and Sciatica

Unit- II

- a) Hypertension and Heart
- b) Bronchitis, Eosinophilia and Tonsillitis

Unit-III

- a) Gastro-intestinal disorder (Colitis, Acute gastro enteritis and Hepatitis)
- b) Cervical Spondylitis, Back pain

Unit- IV

- a) Skin disease, Psoriasis
- b) Sterility and Impotence in male

Unit- V

- d) Diabetes, Stress, Sleep disorder

References Books :

1. Yogic Management of Common Diseases, Swami Karmananda, Yoga Publication Trust, Munger
2. Yogic Therapies, Swami Kuvalayananda, kaivalyadham Publication
3. Scientific Investigation of Yogic Therapy, by Dr.UshaLohan
4. Yoga for the cure of common Diseases, by – Dr.Laxminarayan Sharma, Publisher Hind Pocket Books
5. Yogic Management of Common Diseases by Swami Karmananda, Published by Yoga Publication Trust, Munger
6. Yogic and Nature Cure treatment for common ailments, Published by CCRYN, New Delhi
7. Yoga for Stress Management, By Balakrishnan
8. Yogic therapies, By swami Kuvalayananda, kaivalyadham Publication
9. Yoga Therapy for Selected disease, by M.M. Gore, Dr. D.R. Vage, Dr. S. A. Kulkarni &Dr. J.P. Oak

YG 402 Disease Management and Nature Cure

CO1	CO1: Students will understand the principles and methods of nature cure in the prevention and management of common diseases.
CO2	Learners will apply naturopathic therapies such as hydrotherapy, mud therapy, fasting, diet, and lifestyle modifications for health improvement
CO3	Students will assess patients' conditions and design individualized nature cure plans integrating yogic and naturopathic interventions.

Unit- 1 Diseases of Ear and Nose

Ear infection, mouth ulcer, sore tongue, hearing loss, Tinnitus
 Nose bleeds, sinus problem, snoring

Unit – 2 Diseases of skin

Acne, Boils, burns, Warts
 Corns and calluses, dandruff, Eczema

Unit – 3 Diseases of Neuropathy

Schizophrenia, epilepsy
 Bell's palsy, insomnia

Unit – 4 Immune system management

Nature therapy
 Herbal medicines

Unit- 5 Acupressure and reflexology

Acupressure and acupuncture
 Aroma therapy

YG 403

Science of Pranayama

CO1	Students will understand the physiological and psychological effects of various pranayama techniques.
CO2	Learners will perform pranayama practices with correct posture, breath control, and rhythm for optimal benefits.
CO3	Students will apply pranayama for stress management, mental clarity, and overall health improvement.

Unit-1 Mechanism of respiration and mechanism of gas exchange, Regulation of respiration.

Psycho physiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body.

Enabling different groups of muscles in breathing.

Pranayama as respiratory pump.

Reflex impact over sympathetic and parasympathetic nervous system.

Unit-2 Role of Pranayama on Vital capacity,

Lung Volume and Lung function.

Role of Pranayama and other yoga practices on compliance.

Ventilation perfusionratio, alveolar ventilation, dead space volume and minute ventilation.

Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

Unit-3 Breath awareness,

Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

TEXT BOOK

- Yoga for Promotion of Positive Health, by Dr. R Nagarathna, Dr. H R Nagendra
Published by SVYP, 2002

REFERENCE BOOKS:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
- B.K.S Iyenger: Lighton Pranayama, Aquarian/Thorsons, 1992

YG 404 Holistic Health and Nutrition

CO1	Students will understand the principles of holistic health, including physical, mental, and emotional wellbeing.
CO2	Learners will explain the role of balanced nutrition, diet planning, and lifestyle in maintaining overall health.
CO3	Students will apply nutritional and lifestyle interventions to promote wellness and prevent lifestyle-related diseases.

Unit- I Holistic Health

Concept of Holistic health

Homeostasis

Yoga and Personality Development

Concept of personality, Physical and Mental Personality

Self-Realisation, attitude and behaviour

Unit – II Nutrition

Definition of Nutrition

Essential Nutrients (Carbohydrates, Fat, Protein)

Types of food

Role of the Vitamins for the body

Necessity of Minerals for the body

Unit- III Diet and Malnutrition

- a. Balanced Diet, requirement of diet
- b. Food Poisoning and Malnutrition

Books for References:

1. Yoga it's Basis & Applications, by SVYASA Publication, Bangalore.
2. B.K.S. Iyengar Yoga : The path to Holistic Health, By BKS Iyenger, DK Publisher
3. Dietary Guideline for Indians, National Institute of Nutrition, Hyderabad
4. Dynamics of Yoga by Bihar Yoga Bharati, Munger
5. Self-Culture, by- I.K. Taimmi, Publisher-The Theosophical Publishing House, Madras
6. The secret of Self-realization, by- I.K. Taimmi, Publisher-The Theosophical Publishing House, Madras
7. Silence of Yoga, by- Swami Paramananda, Publisher- Sri Ramakrishna Math, Chennai



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