

# Faculty of Prachin Vigyan [Department of Yoga]



**M.A. Yoga**

**Programme Code- MA-YOG**

**(Four Semester Program)**

**Syllabus**

**(Academic Year 2022-2023)**

**Maharshi Panini Sanskrit Evam Vedic  
Vishwavidyalaya, Ujjain (M.P.) 456010**

**Email: - [regpsvmp@rediffmail.com](mailto:regpsvmp@rediffmail.com), Website: - [www.mpsvv.ac.in](http://www.mpsvv.ac.in)**

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विभागाध्यक्ष

योग विभाग

महर्षि पणिनि संस्कृत एवं वैदिक

## Course Manual

### 1. Course Curriculum:

- M.A. Yoga examination, Course of 2 years will be divided into 4 semesters. There will be 5 papers in the fourth semester, in which the fifth paper is a project report of 100 marks (on the basis of its classical texts.) Under project work, students can do translation, manuscript editing, training donation, survey, workplace training, and dissertation etc. Project report should be written in legible letters or typed form will be accepted. The total marks of each question paper is 50 in which there will be an internal assessment of 15 marks and theory (external) examination of 35 marks. This course will be conducted only in regular mode.

### 2. Course Learning Outcomes:

- Students will be able to learn different yogic texts from the view point of Indian Knowledge System and research-based outcomes.
- Students will learn to apply yogic techniques for eradicating lifestyle disorders and for the welfare of society.
- Course will help to improve physical, psychological, social and spiritual health of the society through the qualified students.
- Course will enhance deeper understanding of anatomy and physiology and its connection with yoga and spirituality.
- Course will create understanding of our traditional and cultural rituals from scientific point of view.

### 3. Eligibility:

- Students who have appeared in the following examinations will be able to get admission in M.A. Yoga Course -

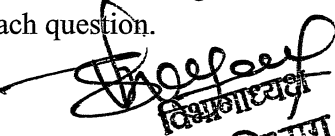
Students who have passed graduation examination (in any Discipline) or any other equivalent course from any Institute/University recognized by the University Grants Commission, New Delhi will be eligible for admission.

### 4. Examination Scheme:

- The medium of course will be Sanskrit, Hindi & English and the project report will be submitted in the same languages.
- M.A. (Yoga) course has to be passed collectively with 35% marks and 20 marks per question paper.

### 5. Format of Question Papers:

- Question papers will have questions in the following three modes.
- One option will be compulsory in each question.

  
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## Paper Pattern: -

No.	Types of Questions	Number of Questions	Marks	Total Marks
1.	Multiple Choice questions (MCQ)	05	02	10
2.	Short Answer Type questions (SAQ)	05	04	20
3.	Long answer type questions (LAQ)	05	06	30
	<b>Total</b>	<b>15</b>	<b>-</b>	<b>60</b>
4.	Internal Assessment (IA)	-	-	40
5.	<b>Aggregate</b>	-	-	<b>100 Marks</b>

### Evaluation & Grading System:

- M.A. (Yoga) the grade will be determined on the basis of sum total of both the years (all four sessions) in the examination.
- First class on attainment of 60% marks or more marks.
- Second class on more than 48% marks but less than 60% marks.
- Third class on more than 35 % marks but less than 48% marks.

### Seat Availability:

- The available seats for course are 30 (Thirty). Reservation will be provided on the seats available for admission as per the rules of the state government of Madhya Pradesh.

### Fee Structure:

- The admission fee of the students, the fee for the examination and various other activities will be determined according to the provision of the relevant ordinance of the university, which can be amended from time to time if necessary.

### The conduct of the examination and the eligibility of the degree:

- The examination of the present course will be conducted by the university according to the provisions prescribed in the relevant ordinances. After passing the postgraduate examination, the degree of M.A.(Yoga) will be awarded on passing.

### **GRADING AND CLASS DIVISION FOR EXAMINATION:**

CONVERSION OF MARKS INTO GRADE AND GRADE POINT			
Latter Grade	Grade Points	Description	Range of Marks (%)
O	10	Outstanding	90 – 100
A+	9	Excellent	80 – 89
A	8	Very Good	70 – 79
B+	7	Good	60 – 69
B	6	Above Average	50 – 59
C	5	Average	40 – 49

P	4	Pass	35 – 39
F	0	Fail	0 – 34
Ab	0	Absent	Absent

Division	Criterion
First Division with Distinction	The candidate has earned minimum number of credits required for the award of the degree in first attempt with CGPA of 8.00 or above.
First Division	The candidate has earned minimum number of credits required for the award of the degree with CGPA of 6.50 or above.
Second Division	The candidate has earned minimum number of credits required for the award of the degree with CGPA of 5.00 or above but less than 6.50 .
Pass Division	The candidate has earned minimum number of credits required for the award of the degree with CGPA of 4.00 or above but less than 5.00

### Equivalent Percentage- CGPAX10


The Maximum Marks per paper is fixed at 100  
(If it is less or more than 100, convert it into 100 for grading)

### Cumulative Grade Point Average

Based on the grades obtained in all the subjects registered for by a student, his or her cumulative Grade point Average Semester Grade Point Average (SGPA), Yearly Grade point average (YGPA), and Cumulative Grade Point Average (CGPA) is calculated as follows:

$$\text{SGPA/YGPA/CGPA} = \frac{\sum (\text{No. of credits} * \text{Grade Point})}{\sum \text{No. of Credits}}$$


SGPA/YGPA/CGPA is rounded off to the decimal Place.

  
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## FIRST SEMESTER-

## Programme Code- MA-YOG


Sub. Code	Course Code	Title of The Course	Course Credits	No. of Hours Per Week	Weightage for Semester and Examination	Weightage for Internal Examination	Total Marks
PVYG-101	CC-01	Fundamentals of Yoga	05	5Hrs	60	40	100
PVYG-102	CC-02	Patanjal Yoga Sutra	05	5Hrs	60	40	100
PVYG-103	CC-03	Applied Sanskrit	05	5Hrs	60	40	100
PVYG-104	CC-04	Practical	05	5Hrs	60	40	100
VVVS102	EC वास्तुशास्त्र	प्रारम्भिक वास्तुशास्त्र	05	5Hrs	60	40	100
ARSN102	EC संस्कृत	भारतीय दर्शन					
ARHS102	EC हिन्दू अध्ययन	रामायण					
VVJY102	EC ज्योतिर्विज्ञान	फलितज्योतिष					
	CS-I	सम्प्रेषण कौशल (Communication skills)	03	03		60	60
	GD-I	समूह चर्चा (प्रायोगिक) (GROUP DISCUSSION)	02	02		40	40
		<b>TOTAL</b>	<b>30</b>	<b>30 Hrs</b>		<b>240</b>	<b>600</b>

  
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## SECOND SEMESTER-

## Programme Code- MA-YOG


Sub. Code.	Course Code	Title of The Course	Course Credits	No. of Hours Per Week	Weightage for Semester Examination	Weightage for Internal Examination	Total Marks
PVYG - 201	CC-01	Srimad Bhagwat Gita	05	5Hrs	60	40	100
PVYG - 202	CC-02	Principles of Hath Yoga	05	5Hrs	60	40	100
PVYG - 203	CC-03	Human Anatomy and Physiology	05	5Hrs	60	40	100
PVYG - 204	CC-04	Practical	05	5 Hrs	60	40	100
VVVS201	EC वास्तुशास्त्र	विश्वकर्मा वास्तु	05	5Hrs	60	40	100
ARSN202	EC संस्कृत	भारतीय दर्शन					
ARHS201	EC हिन्दू अध्ययन	विमर्श की पाश्चात्य प्रविधि					
VVJY202	EC ज्योतिर्विज्ञान	मुहूर्तशास्त्रम्					
	CS-01	सम्प्रेषण कौशल (Communication skills)	03	03		60	60
	GD-01	समूह चर्चा (प्रायोगिक) (GROUP DISCUSSION)	02	02		40	40
		<b>TOTAL</b>	<b>30</b>	<b>30 Hrs</b>		<b>240</b>	<b>600</b>

  
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## THIRD SEMESTER-

## Programme Code- MA-YOG

Sub. Code.	Course Code	Title of The Course	Course Credits	No. of Hours Per Week	Weightage for Semester Examination	Weightage for Internal Examination	Total Marks
PVYG-301	CC-01	Elements of Yoga in Upnishads	05	5Hrs	60	40	100
PVYG-302	CC-02	Diet Nutrition and Diet Therapy	05	5Hrs	60	40	100
PVYG-303	CC-03	Applied Yoga and Teaching Methods	05	5Hrs	60	40	100
PVYG-304	CC-04	Practical	05	5 Hrs	60	40	100
VVVS302	EC वास्तुशास्त्र	भोजवास्तु	05	5Hrs	60	40	100
ARSN304	EC संस्कृत	संस्कृत साहित्य का इतिहास					
ARHS303	EC हिन्दू अध्ययन	भारतीय नीतिशास्त्र					
VVJY302	EC ज्योतिर्विज्ञान	फलित ज्योतिष					
	CS-01	सम्प्रेषण कौशल (Communication skills)	03	03		60	60
	GD-01	समूह चर्चा (प्रायोगिक) (GROUP DISCUSSION)	02	02		40	40
		<b>Total</b>	<b>30</b>	<b>30</b>		<b>240</b>	<b>600</b>

  
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**FOURTH SEMESTER- Programme Code- MA-YOG**

Sub. Code.	Course Code	Title of The Course	Course Credits	No. of Hours Per Week	Weightage for Semester and Examination	Weightage for Internal Examination	Total Marks
PVYG – 401	CC-01	Yoga Upanishad	05	5Hrs	60	40	100
PVYG – 402	CC-02	Psychology and Yoga Therapy	05	5Hrs	60	40	100
PVYG – 403	CC-03	Indian Philosophy and Human Consciousness	05	5Hrs	60	40	100
PVYG – 404	CC-04	Practical	05	5Hrs	60	40	100
VVVS403	EC वास्तुशास्त्र	भोजवास्तु	05	5 Hrs	60	40	100
ARSN404	EC संस्कृत	संस्कृत साहित्य का इतिहास					
ARHS403	EC हिन्दू अध्ययन	भारतीय नीतिशास्त्र					
VVJY402	EC ज्योतिर्विज्ञान	फलित ज्योतिष					
	GD-I	परियोजना कार्य (Dissertation)	05	05	60	40	100
		<b>TOTAL</b>	<b>30</b>	<b>30Hrs</b>		<b>240</b>	<b>600</b>

- Total Marks in Theory - 1 2 6 0
- Internal Assessment – 1140
- Total Marks in the Course – 2400

Note-

CORE COYRSE (CC)

ELECTIVE COURSE (EC)

Communication skills (CS)

GROUP DISCUSSION (GD)

1. विषय समूह CC1,CC2,CC3,CC4,लेना अनिवार्य है।
2. विषय समूह EC1,EC2,EC3,EC4,EC5 EC6, EC7, EC8, EC9, EC10, EC11, EC12, में से छात्र किसी एक विषय का चयन कर सकता है।
3. कम्युनिकेशन स्किल्स/लघुशोधप्रबन्ध तथा ग्रुप डिस्कशन सभी के लिए अनिवार्य है।

*(Signature)*


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Post-Graduate (M.A.) 1 Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 1st	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 101	
2	Course Title :	Fundamentals of Yoga (योग के आधारभूत तत्व)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (1st Paper) (CC-01)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will introduce students to Yoga tradition from the textual and philosophical perspective.</li> <li>• Familiar with the basic concepts of Yoga.</li> <li>• Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga.</li> <li>• Understand the benefit of Yogic practice in physical and mental healing of the body.</li> <li>• Understand how Yoga practice facilitates social harmony and spiritual excellence.</li> <li>• Implementation of these yogic concepts in the class will be taught to the students.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Meaning, Definition, History of Yoga, Characteristics of Yoga, Importance of Yoga, Personality of a Yogi, Utility of a Yogi in Modern Time	<b>15</b>
<b>II</b>	Form of Yoga in Ved, Upnishad, Geeta, Yog Vashisth, Jain, Buddha, Samkhya Shastra, Vedant, Ayurveda	<b>15</b>
<b>III</b>	Schools of Yoga: Raj Yoga, Gyan Yoga, Bhakti Yoga, Karm Yoga, Ashtang Yoga, Hath Yoga, Mantra Yoga	<b>15</b>
<b>IV</b>	Introduction of different Yogis- Maharshi Patanjali, Gorakshnath, Maharshi Dayanand, Swami Vivekanand, Shri Arvind, Maharshi Raman, Shyamacharan Lahidi, Paramhansa Yogananda, Swami Shivanand, Swami Kuvalyanand	<b>15</b>
<b>V</b>	Introduction to different Yogic Texts- Patanjali Yoga Sutra, Shreemad Bhagwadgeeta, Hathiyog Pradipika, Gherand Samhita	<b>15</b>


**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**


**Suggested Readings: -**

- Shreemadbhagwadgeeta- Shankar Bhashya
- Bhartiya Darshan- Acharya Baldev Upadhyay  
Kalyan (Yog Tatvank)- Geetapress Gorakhpur
- Hath Yoga Pradipika- Prakashak Kaivalyadham Lonavala  
Patanjal Yog Sutra- Geeta Press Gorakhpur
- Yog Vashishth- Geeta Press Gorakhpur
- Yog Vigyan Swami Vigyananand Saraswati
- Ved me Yog Vidya- Swami Divyanand
- Gherand Samhita- Yoga Publications

**Suggested equivalent online course:**

  
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Post-Graduate (M.A.) I Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: M.A. Yoga	Semester : 1 <sup>st</sup>	Session : 2022-2023
Subject: Yoga			
1	Course Code :	PVYG– 102	
2	Course Title :	Patanjal Yoga Sutra (पतंजल योग सूत्र)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 2 (2nd Paper) (CC-02)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will introduce students to prominent yoga text with its textual and philosophical perspective.</li> <li>• Familiar with the basic concepts of Patanjali Yoga Darshan.</li> <li>• Students will learn about self-enquiry, maintaining ethical principles etc.</li> <li>• Understand the 8 steps path given by Maharshi Patanjali.</li> <li>• Pronunciation of all the sutras will be the aim for this course. Students will be able to give lectures in different institutions explaining the concepts taught.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Samadhi Pad-</b> Meaning of Yoga and its form, Definitions of yoga, Chitt, Avdharna of Chitt, Chitt ki Bhumiya(Awashthye), Ways to control the Chitt Vrittis, Abhyas and Vairagya, Bhav Pratyay and Upayay Pratyay, Sadhan Panchak, chitt vikshep (Disturbenses), Chitt Prasadana	<b>15</b>
<b>II</b>	<b>Samadhi Pad-</b> Types of Samadhi and its forms, Adhiyatm Prasad and ritambhara pragya, Sampragyat, asampragyat, sabeej, nirbeej samadhi, Difference between samapatti and samadhi, idea (avdharna) of Ishwar, Ishwar pranidhana	<b>15</b>
<b>III</b>	<b>Sadhan Pad-</b> Kriya Yoga, Panch klesh, karmashay and karmvipak, forms of dhukha, chaturvyuhvad, drishya- drshta nirupan, prakrti purush sayyog, introduction and importance of ashtang yog, form of yam, niyam, asana, pranayama, pratiyahara and siddhis	<b>15</b>
<b>IV</b>	<b>Vibhuti Pad-</b> Form and importance of dharna, dhyan and samadhi, form of sayiyam, Idea(avdharna) of chitt sanskar, parinamtrye and vibhutiya	<b>15</b>
<b>V</b>	<b>Kaivalya Pad-</b> 5 sadhans of siddhis, idea(avdharna) of nirman chitt, importance of samdhijanit siddhi, four types of karm, vasna, dharmamegh samadhi, vivek khyati, form of kaivalya	<b>15</b>

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

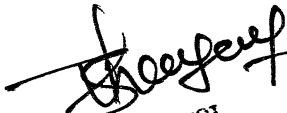
- Yog Sutra(Tatv Vaishrudi)- Vachaspati Mishra
- Yog Sutra(Yog Vartik)- Vigyan Bhikshu
- Yog Sutra(Rajmartand)- Bhojraj
- Patanjel Yoga Pradee- Omanand Tirth

**Suggested equivalent online course:**

  
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**Post-Graduate (M.A.) 1 Sem - Core 3, Paper – 3****Part A Introduction**

<b>Programme:</b> Certificate	<b>Class:</b> M.A. Yoga	<b>Semester :</b> 1st	<b>Session :</b> 2022-2023
<b>Subject: Yoga</b>			
<b>1</b>	<b>Course Code :</b>	PVYG– 103	
<b>2</b>	<b>Course Title :</b>	Applied Sanskrit (अनिवार्य संस्कृत)	
<b>3</b>	<b>Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)</b>	CORE - 3 (IIIrd Paper) (CC-03)	
<b>4</b>	<b>Pre-requisite (if any)</b>	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
<b>5</b>	<b>Course Learning outcomes (CLO)</b>	<ul style="list-style-type: none"><li>• This course will introduce students to basic concepts of Sanskrit.</li><li>• Introduce students to the terminologies of Sanskrit which are helpful in yoga.</li><li>• Students will learn to make sentences and counting in Sanskrit language.</li><li>• Students will also learn the concept of shabh roop and dhatu roop.</li><li>• Better pronunciation of Sanskrit words and presentation will be achieved.</li></ul>	
<b>6</b>	<b>Credit Value</b>	5	
<b>7</b>	<b>Total Marks:</b>	<b>Max. Marks : 40+60</b>	<b>Min. Passing Marks: 14+24</b>

  
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**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Atm Parichay:</b> Lijbed, Types of vibhakti, Types of Questions, Counting (1-100), Time, make sentences- Ajh, swa parswa, Hm, parhm, praparhm, Idaneem, aghatnam, hastanam, shastanam, porvatnam, idanintnam.	<b>15</b>
<b>II</b>	<b>Make sentences from the following-</b> purat, prashat, vamat, dakshinat, adh, upari, cha, ath, aev, iti, yat, itiyuktey, yada-tada. Ith- poorvam, ith, param. Gat-aagami. Yadi-tarahi. Atra, tatra, kurta, anyatra, sarvatra, ekatra.	<b>15</b>
<b>III</b>	<b>Make sentences from the following -</b> yada-tada, chet- nochet, Yavat-tavat, Yaha-saha, Ya-sa, Yat-tat, Yatra-tatra. <b>Kriyapadanam prayog-</b> lat-lot, Iratlkareshu, vesheshvyayvesheshanbhav	<b>15</b>
<b>IV</b>	<b>Vyahvarik Shabdhkosh-</b> Vidhyalaya- Grah- karyalaya upyogi shabdh, Prani, pakshi, sharir, khadya, fal, vastra sambandhi shabdh	<b>15</b>
<b>V</b>	<b>Shabd Roop:</b> Ram, hari, guru, kartra, pitra, aatman, rama, mati, nadi, dhenu, matra, vadhu, vari, fal, aatman, jagat, naman, bhavat, mans, vidvas, payas, yushmad, asmad, sarv, yat, kim, etat, tat, idam, (trishu- ligeshu)	<b>15</b>


**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

- Rachnanuvad Koumudi- Dr. Kapil Dev Dwivedi
- Vrahad Anuvadchandrika- Brahmanand Tripathi
- Roopchandrika- Brahmanand Tripathi
- Anuvadchandrika- Chakraghar


**Suggested equivalent online course:**

  
विभागाध्यक्ष  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

M.A. Yoga 1 Semester - Core 4, Paper – 4

Part A Introduction

Program : PG	Class : M.A. Yoga	Semester : 1st	Session : 2022-2023
Subject : YOGA (योग)			
1	Course Code :	PVYG– 104	
2	Course Title :	Yoga Practical	
3	Course Type (Core Course/ Elective/Generic Elective/ Vocational/.....)	CORE - 4 (IVth Paper) (CC-04)	
4	Pre-requisite (if any)	<ul style="list-style-type: none"><li>Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.</li></ul>	
5	Course Learning outcomes (CLO)	<p><b>Course Objectives:</b> This course will introduce students to the basics of practical yoga practices.</p> <p><b>Course Outcomes:</b> At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"><li>Able to know the basics of asanas, pranayama, and other yogic kriyas.</li><li>Able to understand the concepts of education and Cognitive Behavior with Learning.</li><li>Able to know the fundamentals of Yoga Education with Teaching Methodology.</li><li>This course will develop body strength and flexibility for different postures and performing shat kriyas.</li></ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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उज्जैन (म.प्र.)

## Part B – Content of the Course

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week**  
**Total Lectures : 60 Hours**

**Asana:** Pawanmuktasana, Surya Namaskar, Siddhasana, Padmasana, vajarasana, Awastikasana, Veerasana, Udarakarshanasana, bhadrasana, janushirasana, ardha-matsyendrasana, gaumukhasana, ushtrasana, uttanapadasana, naukasana, sarvangasana, halasana, matsyasana, suptvajrasana, katichakrasana, chakrasana, tadasana, triyak tadasana, ek pad pranamasana, vrakshasana, garudasana, hastottanasana, padhastasana, trikonasana, ardhadhanurasana, marjari asana, ardha shalbasana, bhujangasana, makarasana, shavasana, balasana, adwasana, bakasana, ardhahalasana, sarpasana, sukhasana, ardhapadmasana, ekpadhalasana, setubandhasana, markatasana, shashankasana, viprit naukasana, dwikonasana, pashr vatanasana, simhasana, mandukasana.

**Pranayama:** Deep Breathing, diaphragmatic breath, nadi shodhan pranayama, suryabhedhi pranayama, chandrabhedhi pranayama, ujjayi pranayama.

**Shatkarma:** Jalneti, rubber neti, vaman dhauti/ kunjali kriya, vaatkarm kapalbhati

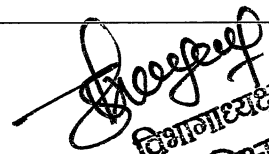
## Part C – Learning Resources

### Text Books, Reference Books, Other resources

#### Suggested Readings: -


- Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications
- Asana: Why and How? Om Prakash Tiwari, Kaivalyadhama Loanavala, India

#### Suggested equivalent online course:

  
विभागाध्यक्ष  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)



Post-Graduate (M.A.) II Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 2 <sup>nd</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 201	
2	Course Title :	Srimad Bhagwat Geeta (श्रीमद्भागवतगीता)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (Ist Paper) (CC-01)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will introduce students to basics of shreemad bhagwadgeeta</li> <li>• They will get deep insight about the concept of nishkam karm yoga.</li> <li>• Concept of shamkhya yoga, bhakti and dhyana yoga will also be discussed.</li> <li>• Understanding of personality, leadership, duties, and dharma will also be given to the students.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
 विभागाध्यक्ष  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Introduction to Srimad Bhagwat Gita and its relevance in modern times. Atmaswarup Istitha Pragma, Form of Sankhya Yoga (Chapter 02) Karmayoga, Yagyakarma, Loksangrah (Chapter 03)	<b>15</b>
<b>II</b>	Karmaswarup, Yagyaswarup evam relation with Yoga, Importance of Knowledge (Chapter 04) Atmasanyam (Chapter 06)	<b>15</b>
<b>III</b>	Brahma, Adhyatma, Karma, Adhibhut, Adhiyagya ka swarup (Chapter 08) Vibhuti of Ishwar Evam Yoga Shakti (Chapter 10) Bhakti Yoga (Chapter 12)	<b>15</b>
<b>IV</b>	Forms of Kshetra and Khestragya (Chapter 13) Triguna Swarups, Gunatit Purush Evam Methods of Achieving God (Chapter 14) Sansar Vriksha, kshar evam Akshar purshottam tattva (Chapter 15)	<b>15</b>
<b>V</b>	Devi Asuri Sampada (Chapter 16) Trividh Shradhha (Chapter 17) Tyag evam Sansyas ka swarup, Bhakti Pradhan Nishkam Karma Yoga (Chapter 18)	<b>15</b>


**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**


**Suggested Readings: -**

- Srimad Bhagwat Gita (Shankar Bhasya)
- Srimad Bhagwat Gita Bhasya-Lokmanya Tilak Chaukhamba Prakashan Varansai

**Suggested equivalent online course:**

  
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योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
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Post-Graduate (M.A.) II Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 2 <sup>nd</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 202	
2	Course Title :	Principles of Hath Yoga (हठयोग के सिद्धान्त)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 2 (IInd Paper) (CC-02)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• Basic knowledge of hath yogic text will be given to the students.</li> <li>• Hath yoga text Hath Yoga Pradipika will be taught to the students in detail</li> <li>• Hath yoga text Gherand Samhita will be taught to the students in detail.</li> <li>• Deep knowledge of the discipline as mentioned in the given text will imparted the students.</li> <li>• Scientific and spiritual aspects of the Hath yoga practices along with their practical implementation will be taught the students.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Definition of Hathyoga, Place for practice, season, Pathya-Apathya direction for yoga practice, Sadhaka and Badhak Tattva, Characteristics of Hathasiddhi, Usability of Hathyoga, Methods and Benefits of asana in Hathyogapradipeeka. Definitions, types, methods and benefits of Panayama, Usefulness of Pranayama	<b>15</b>
<b>II</b>	Description of Shat Karma- Dhauti, Neti, Basti, Nauli, Tratak & Kapalbhathi methods and benefits. Bandha Mudra Description – Mahamudra, Mahaveda, Mahabandha, Khecari, Uddiyan Bandh, Jalandhar Bandh, Mul Bandh, Vipritkarni, Vajroli, Shaktichalini, Samadhi ka varnan, Nadanusandhan, Kundalini ka swarup and methods of awakening kundalini	<b>15</b>
<b>III</b>	Gheranda Samhita Saptasadhan, Shuddhi Kriya in Gheranda Samhita:- Dhauti, Basti, Neti, Nauli, Tratak evam Kapalbhathi.	<b>15</b>
<b>IV</b>	Description of Asana, Pranayama, Mudra, Pratyahara, Dhyana, evam Samadhi in Gheranda Samhita	<b>15</b>
<b>V</b>	Basic introduction of other Hath Yogic Text: Shiv Samhita and Vashistha Samhita, Hath Ratnavali	<b>15</b>


**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**


**Suggested Readings: -**

- Hathayogapradeepika: Publication Chaukhambha Orientaliya
- Gherandha Samhita: Chaukhambha Orientaliya
- Shiv Samhita: Chaukhambha Orientaliya
- Vashistha Samhita: Geetapress Gorakhpur
- Asana Pranayama Mudra tatha Bandha: Yoga Publication Trust, Munger, Bihar

**Suggested equivalent online course:**

  
विभागाध्यक्ष  
योग विभाग  
श्री पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

Post-Graduate (M.A.) II Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 2nd	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 203	
2	Course Title :	Human Anatomy and Physiology (शरीर रचना एवं क्रिया विज्ञान)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 2 (IInd Paper) (CC-03)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This paper will be giving a basic insight about the human body their structures.</li> <li>• This course will touch the concept of different organs and systems in the body.</li> <li>• This course will provide knowledge about the various functioning of the body.</li> <li>• This course will deeply touch different systems in the human body and the diseases generating form it.</li> <li>• Students will be able to connect the functioning of organs and diseases and work as a yoga instructor.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 योग विभाग  
 महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

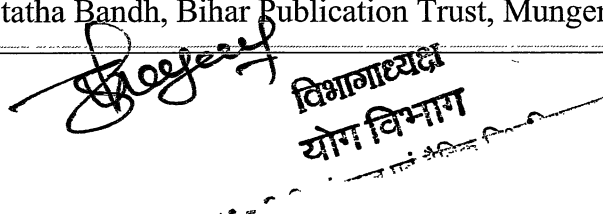
<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Human cell- structure and functions of organelles, function and types of tissues. Circulatory System: Structure of blood, WBC, RBC, Physiology of circulation, Functions of blood, Difference between arteries and veins. Anatomy of heart, Blood pressure, relation between blood pressure and heart beat. Effect of yoga on circulatory system.	<b>15</b>
<b>II</b>	Respiratory System :- Definition of Breathing, types of breathing, Structure of Respiratory System, Exchange of gases. Breathing Capacity, Effect of yoga on respiratory system. Definition and types of prana, Importance of Pranayama.	<b>15</b>
<b>III</b>	Endocrine Glands Difference between enzymes and hormones, pituitary gland, pineal gland, parichullika granthi, chullika granthi, Thymus gland, Anatomy and structure of spleen & adrenal gland. Dimba and reproductive glands, functions of hormones. Effect of yoga on endocrine glands.	<b>15</b>
<b>IV</b>	Definition, anatomy, and physiology of digestive system. Digestion of protein, fats and carbohydrates, anatomy and functions of liver. Effect of yoga on digestive system. Excretory system: Meaning and anatomy of excretion system, Anatomy and physiology of nephrons, Urination process, Effect of yoga on urinary system. Tridosh and Saptdhatu	<b>15</b>
<b>V</b>	Nervous System: Types of nervous system, types of neurons, anatomy of nerves, parts of brain, anatomy and physiology of brain, types of nerves, Saushumnik nadiya, Structure of susumna. Effect of yoga on nervous system	<b>15</b>

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

- Sharir Evam Kriya Vigyan Dr. Anant Prakash Gupta
- Shusrut (Sharir Isthana) Dr. Bhaskar Govind Panekar.
- Sharir Kriya Vigyan Dr. Priyavat Sharma
- Sharir Rachna evam Kriya Vigyan Dr. S R Verma
- Ayurveda Kriya Sharir Vaidya Ranjit Rai Desai
- Asana Pranayama Mudra tatha Bandh, Bihar Publication Trust, Munger

  
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योग विभाग

**M.A. Yoga 2 Semester - Core 4, Paper – 4**

**Part A Introduction**

**Program : PG**


**Class : M.A. Yoga**

**Semester : 2<sup>nd</sup>**

**Session : 2022-2023**

**Subject : YOGA (योग)**

1	<b>Course Code :</b>	<b>PVYG– 204</b>	
2	<b>Course Title :</b>	<b>Yoga Practical</b>	
3	<b>Course Type (Core Course/ Elective/Generic Elective/ Vocational/.....)</b>	<b>CORE - 4 (IVth Paper) (CC-04)</b>	
4	<b>Pre-requisite (if any)</b>	<ul style="list-style-type: none"><li>Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.</li></ul>	
5	<b>Course Learning outcomes (CLO)</b>	<p><b>Course Objectives:</b> This course will introduce students to the basics of yoga practices.</p> <p><b>Course Outcomes:</b> At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"><li>Able to know the intermediate asanas, pranayama, and other yogic kriyas.</li><li>Able to understand the concepts of education and Cognitive Behavior with Learning and effect of yoga practices on it.</li><li>Able to know the fundamentals of Yoga Education with Teaching Methodology.</li><li>They will also get better in the basic concept taught in the first semester and will be able to implement it in this semester.</li><li>Detail knowledge and practice of yoga practices and teaching skills will be taught.</li></ul>	
6	<b>Credit Value</b>	<b>5</b>	
7	<b>Total Marks:</b>	<b>Max. Marks : 40+60</b>	<b>Min. Passing Marks: 14+24</b>

  
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महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week  
Total Lectures : 60 Hours**

**Total No. of Lectures = 75**

Unit	Topics	No. of Lectures
	Asana Pranayama Shatkarma Mudra - Bandha and Meditation Methods Utkatasana, Paschimottanasana, Chakrasana, Right angle, Nataraja Asana, Kukutasana, Kurmasana, Vakrasana, Hastapad Angusthasana, Utthita-Padyamasana, Pada Angushthan, Parvatasana, Akarnadhanurasana, Bhunamanasana, Bhunamanasana, Tulavaranasana, Asana, Asana, Vakrasana, Padmasana, Garbhasana, Tiryak Bhujangasana, Sarpasana, Ardha Chandrasana, Ustrasana, Ardha Padmasana, Paschimottasana, Parivritt Janushirshasan, Sankatasana. 1. Sheetali Pranayama 2. Sheetkari Pranayama 3. External Vritti 4. Abhyantarvritti. 1. Agnisar Kriya 2. Sheetkarma Kapalbhathi 2. Sutraneti 3. Vyakram Kapalbhathi 1. Shambhavi Mudra 2. Tadagi Mudra 3. Prana Mudra 4. Kaki Mudra 5. Mahamudra 6. Mahabandha Mudra 7. Mahavedya Mudra Antramom, Kayastharyam.	

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

- Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about  
• Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga  
Prakashan,  
• Bangalore, 2005
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about  
• Cleansing Process, MDNIY Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama: Science of Breath, A Practical Guide, The Himalayan International  
• Institute, Pennselvenia, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga  
Publications

**Suggested equivalent online course:**

*Signature*  
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योग विभाग  
प्राणि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)



Post-Graduate (M.A.) III Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 3 <sup>rd</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 301	
2	Course Title :	Elements of Yoga in Upanishad (उपनिषदों में यौगिक तत्व)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (Ist Paper) (CC-01)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will introduce students to principal Upanishads.</li> <li>• Concept of spiritual aspect of yoga will be deeply taught in this subject.</li> <li>• This course will incline students towards the sadhna marg and towards containment.</li> <li>• This course tends to teach the concept of brahma, soham, aum tatv etc in a potentially easy way.</li> <li>• In-depth knowledge of implementing and enhancing the life of the yoga practitioners.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Ishavaiyounishad:</b> Idea of Karmnishtha, vidya avidya, Brahmaswaroop, Atmabhav. <b>Kenounishad:</b> Adwet shakti, indriya and anthkaran, swa and man, satyanubhuti, bhawatit satya, instructions of yaksh	<b>15</b>
<b>II</b>	<b>Kathopnishad:</b> Definition of Yoga, Nature of atma, Importance of satyagyan. <b>Prashnupnishad:</b> Idea of Pran and rayi(srajan), five prana, 5 five prime questions <b>Mundakounishad:</b> two way approach to brahma vidya- paraand apara, mahanta of brahmavidya, karmfal ki nishtha, tapasya and guru bhakti, srajanatmakta ka kendra, brahma ka dhyan Lakshya	<b>15</b>
<b>III</b>	<b>Mandukyounishad:</b> Four levels of consciousness and its relation with its types <b>Etreyounishad:</b> Idea of atma, idea of brahmand and brahman <b>Taitriyounishad:</b> Idea of Panch koshas, essence of shiksha valli , anand valli and bhrigu valli	<b>15</b>
<b>IV</b>	<b>Mandukyounishad:</b> Aum Dhyan (Udgeet), Shandilya Vidya <b>Brahdaraniyak upnishad:</b> Idea of atma and gyan yog, atma and parmatma ka ekatav	<b>15</b>
<b>V</b>	<b>Yog Vashishth:</b> Idea of adhi and viyadhi, manokayik viyadhi, 4 dimensions of mukti, sukh dwara anand ki parakashtha, ways to remove the obstacles during yoga practice, development of satva gun, 8 dimensions of dhyan, saptbhumika of gyan	<b>15</b>

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**


**Suggested Readings: -**

- Ishadi 9 upnishad: shankar bhashya, geetapress gorakhpur
- Ekadashupnishad: shankar bhashya, geetapress gorakhpur
- 108 upnishad (teen khand): Pundit shri ram sharma acharya
- Kaliyan (Upnishad Ank): geetapress Gorakhpur
- Upnishadik adhiyatm vigyan: Dr. Ishawar Bhardwaj
- Brahdaraniyak Upnishad: geetapress gorakhpur
- Yog vashishth: geetapress Gorakhpur
- Asana, Pranayama, Mudra, Bandh: yog publications trust, munger, bihar

**Suggested equivalent online course:**

विभागाध्यक्ष  
योग विभाग  
प्राचीन संस्कृत एवं वैदिक विद्या  
पटना

Post-Graduate (M.A. Yoga) 3 Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: M.A. Yoga	Semester : 3 <sup>rd</sup>	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYG– 302	
2	Course Title :	Diet Nutrition and Diet Therapy (आहार पोषण एवं आहार चिकित्सा)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE – 2 (II Paper) (CC-02)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This paper will teach the basics of research and enhance the ability of the students to find out new conclusions in various subjects of yoga.</li> <li>• Students will learn about various tools and techniques of research and how it is done.</li> <li>• This course will also inspire students for synopsis preparation and dissertation.</li> <li>• This subject will make students ready for the future research projects and PhD.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
 विभागाध्यक्ष  
 योग विभाग  
 महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Idea and Division of diet and nutrition, source, role and its effect on the body of following elements- gross (sthul) nutrition elements, fine(sukshma) nutrition elements, fat soluble and water soluble vitamins.	<b>15</b>
<b>II</b>	Idea of yogic diet, its role in life management, principles of diet, balanced diet, source of followings elements- carbohydrates, protein, fats, minerals, calcium, iron, phosphorous, vitamin ,nutritional value and importance.	<b>15</b>
<b>III</b>	Diet Group, selection of nutritional elements, process and nutrition value of the following diet- cereal, pulse, fali, oil seeds, milk and milk products, vegetables and fruits, fat, jaggary, honey, oil and sugar	<b>15</b>
<b>IV</b>	Diet and metabolism Energy- Its need, idea, definition, element and constituent, balanced energy, accreditation of metabolism, need of calorie, physical activity, metabolism of carbohydrates, lipids, protein, factors affecting the energy levels, need, usage and productivity of energy	<b>15</b>
<b>V</b>	Diet treatment- accreditation, objective, principle, area, limitation Diet treatment in Diabetes, obesity, constipation, high BP, arthritis, indigestion, asthma, anemia, jaundice, visual impairments	<b>15</b>

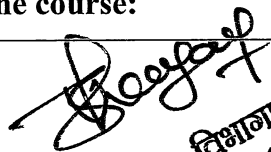
**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

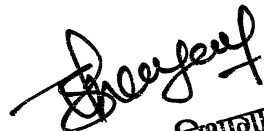
**Suggested Readings: -**

- Foundation of Behavioural Research -Kerlinger
- Research Method in Behavioural Sciences -Festinger & Katz
- Research Method in Behavioural Research -S. M. Mohsin
- Statistics and Research Methodology -Garatte
- Basics of Statistics - H K Kapil

**Suggested equivalent online course:**

  
विभागाध्यक्ष  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

Post-Graduate (M.A.) III Sem - Core 3, Paper – 3			
Part A Introduction			
Programe: Certificate	Class: M.A. YOGA	Semester : 3 <sup>rd</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 303	
2	Course Title :	Applied Yoga and Teaching Methods (योग के अनुप्रयोग एवं शिक्षण विधियाँ)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 3 (3rd Paper) (CC-03)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will open the psychology of the students and enable them to think like teachers.</li> <li>• This course aims to remove the hesitation of the students and make them think like a yoga teacher.</li> <li>• This course tends to discuss the different ways of teaching and how to modify it when required.</li> <li>• This course will help the future teachers to learn the importance of body language, expressions and how to constantly improve it.</li> <li>• In-depth knowledge of implementing and enhancing the life of the yoga practitioners.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 उज्जैन (म.प्र.)

## Part B – Content of the Course

Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Yoga in the form of applied Darshan- Scientific and spiritual aspect of Veda, upnishada, shreemadbhagwadgeeta, yog sutra and yog vashisht in perspective of human consciousness	15
II	Human value and yog- Meaning and types of values (Indian and western perspective), value oriented in Education, meaning of value oriented, personality development and value-oriented education, role of yoga in development of value	15
III	Yoga in Education: Important characteristics and need of yoga education, current situation of yoga education in the different syllabus, constituent of yoga education- teacher, student, teaching, importance of yoga education	15
IV	Teaching Methods in Yoga: Relation between teaching and acquisition of skill, principles of teaching, yogic levels of learning- student, disciple, sage. Meaning, working area and elements affecting teaching methods Teaching methods- individual, group, large number of groups. Role and eligibility of yoga teacher.	15
V	Lesson plan and evaluation- essential elements of perfect lesson plan, 8 step methods of lesson plan. <b>Evaluation of Ideal yoga class-</b> Form and management of yoga class, individual need, student- teacher relationship, pranipat, parishram and seva  <b>Internal Evaluation-</b> Organizing the yogic class, students to go in any college of their area for teaching methods, they must choose between the following given methods and conduct yoga session for 15 days- lecture presentation method, demonstration method, audio- visual (chart, model, projector, slide, audio tape etc.) Students must select the organization for conducting the classes. Permission of the HOD should be taken prior to conducting the session, attach and present the certificate of the session taken at the selected organization.	15

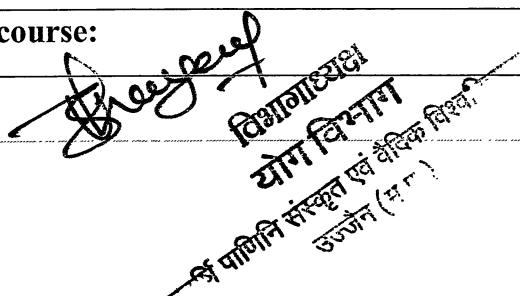
## Part C – Learning Resources

Text Books, Reference Books, Other resources

Suggested Readings: -

- Yog Vashisht- Geeta Press Gorakhpur
- Baccho me Yoga Shiksha- Swami Satyanand Saraswati
- Yog tatha Sharirik Shiksha- Madhavanand


Suggested equivalent online course:

  
विद्यया ऽमृतमश्नुते  
योग विभाग  
श्री पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

**M.A. Yoga 3 Semester - Core 4, Paper – 4**

**Part A Introduction**

<b>Program : PG</b>	<b>Class : M.A. Yoga</b>	<b>Semester : 3<sup>rd</sup></b>	<b>Session : 2022-2023</b>
<b>Subject : YOGA (योग)</b>			
<b>1</b>	<b>Course Code :</b>	<b>PVYG– 304</b>	
<b>2</b>	<b>Course Title :</b>	<b>Yoga Practical</b>	
<b>3</b>	<b>Course Type (Core Course/ Elective/Generic Elective/ Vocational/.....)</b>	<b>CORE - 4 (IVth Paper) (CC-04)</b>	
<b>4</b>	<b>Pre-requisite (if any)</b>	<ul style="list-style-type: none"><li>Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.</li></ul>	
<b>5</b>	<b>Course Learning outcomes (CLO)</b>	<p><b>Course Objectives:</b> This course will introduce students to the intermediate yoga practices.</p> <p><b>Course Outcomes:</b> At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"><li>Able to know the intermediate yoga asanas, pranayama, and other yogic kriyas.</li><li>Able to understand the concepts of yoga practices implementation and Cognitive Behavior with Learning.</li><li>Able to improve the practices performed in first and second semester and how to teach them.</li></ul>	
<b>6</b>	<b>Credit Value</b>	<b>5</b>	
<b>Total Marks:</b>		<b>Max. Marks : 40+60</b>	<b>Min. Passing Marks: 14+24</b>

  
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उज्जैन (म.प्र.)

## Part B – Content of the Course

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week**  
**Total Lectures : 60 Hours**

**Asana:** Padmasarvangasana, Shirshasana, Ekpad skandhasana, Tibbitasana, Shirshpadangushthanasana, Guptasana, Padmabakasana, Purna ushtrasana, Mayurasana, Tolangasana, Vatayanasana, Garbhasana, Sankatasana, Vibhaktipachchimottanasana, Ek pad rajkapotasana, Dwitiye skandhanasana

**Pranayama:** Brahmari pranayam, Bhastrika pranayam, Stambh vritti, Murcha pranayama.

**Bandh- Mudra-** Shaktichalini Mudra, Yog nidra, Tatv shuddhi, Khechari mudra

Students have to gather the information related to the following treatments and have to submit the written report (25-40 pages) in the department based on which viva will be held.

Acupressure treatment, prana treatment, marm treatment, panchkarm treatment, water treatment, mitti treatment, vayu treatment, surya treatment, fasting, abhiyang

## Part C – Learning Resources

### Text Books, Reference Books, Other resources

#### Suggested Readings: -

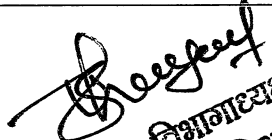
- Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan,
- Bangalore, 2005
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama: Science of Breath, A Practical Guide, The Himalayan International
- Institute, Pennselvenia, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications

#### Suggested equivalent online course:

*(Signature)*  
विश्वविद्यालय  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)



Post-Graduate (M.A.) IV Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 4 <sup>th</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 401	
2	Course Title :	Yoga Upanishad (योग उपनिषद्)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (Ist Paper) (CC-01)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• It will give the basic knowledge of the yogic elements mentioned in the Upanishads other than the principle Upanishads.</li> <li>• Details of the yoga practices will also be discussed in this paper.</li> <li>• This paper will also put light on the chakaras mentioned in the yoga upnishads.</li> <li>• It will facilitate students towards the different techniques of meditation.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week  
Total Lectures : 60 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Shwetashwatropnishad</b> Dwitiya adhyay :- Methods and importance of dhyana yoga, Right place for meditation, Importance and practice method of pranayama, Pre-characteristic of yoga siddhi, Importance of yoga siddhi, tatvagya. Satodhyay :- Importance and form of Parmeshwar, Methods of achieving Bhagwat and Kaivalya	<b>15</b>
<b>II</b>	<b>Yoga Kundalyupnishad</b> Methods of pranayama siddhi, types of pranayama, Methods of Bhramha achieving. <b>Yogchudamandyupnishad</b> :- Description, name and resultant of 6 limbs of yoga	<b>15</b>
<b>III</b>	<b>Yogtattvopnishad</b> Mantrayog, Layayoga, Hathayoga, evam Rajyoga and their stages, Aahar evam dincharya. Starting signs of yoga siddhi and precautions <b>Dhyandupnishad</b> :- Importance of Dhyanyoga, Form of Pranav, Method of meditating on Pranav, limbs of yoga, Atmadarshan by Nadanusandhan	<b>15</b>
<b>IV</b>	<b>Nadabindupnishad</b> Hansa Vidhya and description of their limbs and sub limbs, 12 Matras of Omkar and their application of prana Types of nada and forms of Nadanusandhan sadhana, Manolaya Istithi	<b>15</b>
<b>V</b>	<b>Yograjopnishad</b> - Mantrayoga, layayoga, rajyoga, Methods of meditating on nine chakras and their results. <b>Trishikhibhramanopnishad</b> - Astangyoga, Karmayoga, Gyanyoga ka varnan. <b>Introduction to Tejobindupnishad</b> and Description of Atma-Anatma darshan	<b>15</b>

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

- 108 Upanishad (teen khanda) :- Pandit Ram Sharma Acharya.
- Kalyan (Upanishad Ank) :- Gita press Gorakhpur
- Upanishadik Adhyamt Vigyan :- Dr Ishwar Bhardwaj
- Upanishad Sangrah
- Asana pranayama mudra tatha bandha :- Yoga Publication trust, Bihar


**Suggested equivalent online course:**

योग विद्यापीठ  
 योग विद्यापीठ  
 योग विद्यापीठ

## Post-Graduate (M.A.) IV Sem - Core 2, Paper – 2

### Part A Introduction

<b>Programme:</b> Certificate	<b>Class:</b> M.A. YOGA	<b>Semester :</b> 4 <sup>th</sup>	<b>Session:</b> 2022-2023
<b>Subject : Yoga</b>			
1	<b>Course Code :</b>	PVYG– 402	
2	<b>Course Title :</b>	Psychology and Yoga Thrapy (मनोविज्ञान एवं योग चिकित्सा)	
3	<b>Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)</b>	CORE - 2 (IInd Paper) (CC-02)	
4	<b>Pre-requisite (if any)</b>	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	<b>Course Learning outcomes (CLO)</b>	<ul style="list-style-type: none"><li>• This course will introduce students to application of yoga practices.</li><li>• This course will teach the group of yoga practices applicable for a particular disease.</li><li>• It will focus on the different variations involved in a particular yoga practice required.</li><li>• This course will deeply teach the details of different diseases their reason and how it can be cured by group of different yoga practices.</li><li>• Students will be able to connect functioning of organs will the yoga modules taught and able to treat diseases accordingly.</li></ul>	
6	<b>Credit Value</b>	5	
7	<b>Total Marks:</b>	<b>Max. Marks : 40+60</b>	<b>Min. Passing Marks: 14+24</b>

  
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उज्जैन (म.प्र.)

## Part B – Content of the Course

Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Definition and meaning of Psychology in Bharatiya Darshan Granth, Relation between psychology and darshan, Behaviour and psychology, Definition and meaning of personality, Yoga and development of personality, Yoga and determining factors of personality, Types of personality and drawbacks of personality	15
II	Definition and meaning of psychology in western view, Objectives and area of psychology, Behavior and Psychology, Definition and meaning of personality, Development of personality, Defining factors of personality, Disorders of personality. Difference between western and Bhartiya view of development	15
III	Introduction of psychological view on Buddhi, Adhigam, Ismriti, Bhavana, abhivyakti, abhiprerana, anubhuti, samvedan, prayashan in light of ancient bharatiya and western concept	15
IV	Yoga Therapy: Definition and meaning, principles and code of conduct, area and limitations, lifestyle in yoga therapy and role of diet, yoga for holistic health. Yoga therapy in different diseases: back pain, arthritis, sciatica, hernia, female disorders	15
V	Yoga therapy in different diseases: - Kidney disorder, Hyperthyroid and hypothyroid, Obesity, Liver disorder, diabetes, Acidity, Constipation, Asthma, High Blood pressure, Heart Diseases, Eye Disorder, Insomnia, Mental Stress, Stress and Frustration.	15

## Part C – Learning Resources

### Text Books, Reference Books, Other resources


#### Suggested Readings: -

- Samanya Manovigyan: - Arun Kumar
- Yoga Manovigyan: - Shantipraksh Atreya
- Vyaktitva ka manovigyan tatha Yoga Darshan: - Dr. Pooja Upadhyaya, Madhya Pradesh Sahitya Acadmay, Bhopal.
- Yoga and Roga :- Swami Satyananda Saraswati
- Asana Mudra Pranayama evam Bandha: - Yoga Publication Trust, Bihar, Munger

#### Suggested equivalent online course:

*Deepa*  
विभागाध्यक्ष  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

Post-Graduate (M.A.) IV Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 4 <sup>th</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	PVYG– 403	
2	Course Title :	Indian Philosophy and Human Consciousness (भारतीय दर्शन एवं मानव चेतना)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 3 (3 <sup>rd</sup> Paper) (CC-03)	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• Basic concepts of modern diet and nutrition will be discussed in this course.</li> <li>• Knowledge of different food groups and its effect on the human body will be discussed in detail.</li> <li>• This course will also touch the minute details of therapeutic diet and how it should be prepared.</li> <li>• This course will teach the different between food, diet and nutrition and why they are essential for them.</li> <li>• Concepts of different types of diet and nutrition will be taught along with preparation of diet chart.</li> </ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 3 Hours per week  
Total Lectures : 90 Hours**

<b>Total No. of Lectures = 90</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Darshan Meaning, Definition, and Introduction of Bhartiya Darshan, Importance of Darshan in Modern Life. Introduction and Principles of <i>Charvak Darshan</i> Introduction and Principles of <i>Buddha Darshan</i> Introduction and Principles of <i>Jain Darshan</i>	<b>15</b>
<b>II</b>	Introduction and Principles of <i>Nyay Darshan</i> . Introduction and Principles of <i>Vaisheshik Darshan</i> . Introduction and Principles of <i>Sankhya Darshan</i> . Introduction and Principles of <i>Sankhya Darshan</i> and its Importance in Modern Life.	<b>15</b>
<b>III</b>	<i>Mimansa Darshan</i> - Introduction and Principles, Principles of God, Soul, Bondage, Salvation and Deeds. <i>Vedant Darshan</i> - Introduction, Adwetwad of Shankaracharya	<b>15</b>
<b>IV</b>	Human Consciousness- Meaning, Definition, and Form of Consciousness, Accreditation of Panch Koshas, Need for the study of Human Consciousness, Form and Development of Human Consciousness in Ved, Upanishad, Buddha Darshan, Jain Darshan and Six Darshans.	<b>15</b>
<b>V</b>	Mystery of Human Consciousness, Principles of Karm, Sanskar, Rebirth, Bhaghya and Purusharth in Relation to Human development.	<b>15</b>

**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**


- Bhartiya Darshan ki Rooprekha- HP Sinha
- Bhartiya Darshan- Acharya Baldev Upadhyay
- Manavchetna- Dr. Ishwar Baradwaj
- Viyaktitv ka Manovigyan and Yog Darshan- Dr. Pooja Manmohan Upadhyay, MP Sahitya Academy
- Asan, Pranayama, Mudra, Bandh- Yog Publications Trust, Munger, Bihar

**Suggested equivalent online course:**

M.A. Yoga 4 Semester - Core 4, Paper – 4

Part A Introduction

Program : PG	Class : M.A. Yoga	Semester : 4 <sup>th</sup>	Session : 2022-2023
Subject : YOGA (योग)			
1	Course Code :	PVYG– 404	
2	Course Title :	Yoga Practical	
3	Course Type (Core Course/ Elective/Generic Elective/ Vocational/.....)	CORE - 4 (IVth Paper) (CC-04)	
4	Pre-requisite (if any)	<ul style="list-style-type: none"><li>Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.</li></ul>	
5	Course Learning outcomes (CLO)	<p><b>Course Objectives:</b> This course will introduce students to the basics of yoga practices.</p> <p><b>Course Outcomes:</b> At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"><li>Able to know the basics of asanas, pranayama, and other yogic kriyas.</li><li>Able to understand the concepts of education and Cognitive Behavior with Learning.</li><li>Able to know the fundamentals of Yoga Education with Teaching Methodology.</li><li>Usage of different props will be taught to the students so that they can improve their quality of the classes and improve the efficiency of their students.</li></ul>	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24

  
विभागाध्यक्ष  
योग विभाग  
महर्षि पाणिनि संस्कृत एवं वैदिक विश्वविद्यालय  
उज्जैन (म.प्र.)

## Part B – Content of the Course

Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week  
Total Lectures : 60 Hours

Asana Shatkarma Meditation Methods Anka Karnapidasana, Poorna Bhujangasana, Purna Dhanurasana, Poorna Matsyendrasana, Gorakshasana, Bird Asana, Full 20 Chakrasana, Vrischikasana, Purna Shalabhasana, Padma Mayurasana, Ekapada Vakasana, Poorna Vrischikasana, Kandasana, Padmashirsha, Omkarasana.

1. Dand Dhauti 2. Nauli 3. Clothing Dhauti 4. Tratak and conch shell prakshalan Meditation, methods, daksh Dharana and Prekshadhyan


## Part C – Learning Resources

Text Books, Reference Books, Other resources

### Suggested Readings: -


- Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan,
- Bangalore, 2005
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama: Science of Breath, A Practical Guide, The Himalayan International
- Institute, Pennselvenia, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications

Suggested equivalent online course:

  
विश्वविद्यालय  
योग विभाग  
मुम्बई वाणिज्यिक संस्कृत एवं वैदिक विश्वविद्यालय  
अहमदाबाद (सा.प्र.)



Post-Graduate (M.A.) IV Sem – GD-I , Paper – 1			
Part A Introduction			
Programme: Certificate	Class: M.A. YOGA	Semester : 4 <sup>th</sup>	Session: 2022-2023
Subject : Yoga			
1	Course Code :	GD-1	
2	Course Title :	Dissertation/Project Work (परियोजना कार्य)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	GD-1	
4	Pre-requisite (if any)	Any student who have passed Graduation/Snatak Equivalent Examination from the recognized institute are eligible to Enter the Course.	
5	Course Learning outcomes (CLO)	<ul style="list-style-type: none"> <li>• This course will introduce students to Yoga tradition from the textual and philosophical perspective.</li> <li>• Familiar with the basic concepts of Yoga.</li> <li>• Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga.</li> <li>• Understand the benefit of Yogic practice in physical and mental healing of the body.</li> <li>• Understand how Yoga practice facilitates social harmony and spiritual excellence.</li> </ul>	
6	Credit Value	5	

  
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 उज्जैन (म.प्र.)

**Part B – Content of the Course**

**Total No. of Lectures – Tutorials - Practical (in hours per week) : L-T-P : 2 Hours per week  
Total Lectures : 60 Hours**

Under this paper students must select a research topic related to the practical aspect of yoga related to any disease or a group of disease under which they must examine the health conditions and treat the patient or group. After completion a dissertation report or Project Work should be submitted to the department on which the external examiner will conduct viva-voice.

Or

Students can select a subject or a granth of yoga on which they must review the content of that granth in detail or do a comparative study between two yoga granths. After completion a dissertation report or Project Work should be submitted to the department on which the external examiner will conduct viva-voice.

Dissertation- 60 Marks  
Viva Voice- 40 Marks

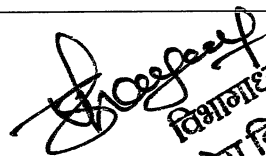
**Part C – Learning Resources**

**Text Books, Reference Books, Other resources**

**Suggested Readings: -**

- Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about
- Cleansing Process, MDNIY New Delhi, 2009
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- Institute, Pennselvenia, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications

**Suggested equivalent online course:**

  
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योग विभाग  
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उज्जैन (म.प्र.)