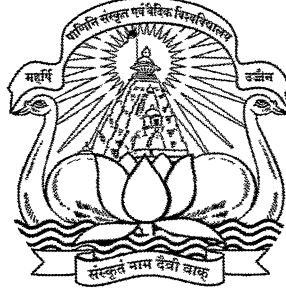


Faculty of Prachin Vigyan [Department of Yoga]




M.Sc. Yogic Science (Four Semester Program) Syllabus (Academic Year 2022-2023)

Programme Code- MS-YOG

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

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Course Manual

1. Course Curriculum:

- M.Sc. 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 are 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:

- Learners will be able to learn different yogic texts from the view point of Indian Knowledge System and research-based outcomes.
- Learners 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.
- Learners will become yoga therapist and establish their yoga centers throughout the country.
- Learners can work as a yoga teacher at different schools, colleges and institutions in the country.
- In-depth knowledge of ayurveda, naturopathy will also be given to the learners for complete development.


3. Eligibility:

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

Students who have passed graduation examination (in any Science Discipline) or passed MBBS, BHMS, BAMS, BNYS, Ayurveda, Naturopathy, M.A. in Yoga and 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.Sc. (Yoga) course has to be passed collectively with 35% marks and 20 marks per question paper.


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5. Format of Question Papers:

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

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
	Total	15	-	60
4.	Internal Assessment (IA)	-	-	40
5.	Aggregate	-	-	100 Marks

Evaluation & Grading System:

- M.Sc. (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.Sc.(Yoga Science) will be awarded on passing.


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• **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:

$$\Sigma (\text{No. of credits} * \text{Grade Point})$$

$$\bullet \text{ SGPA/YGPA/CGPA} = \frac{\text{-----}}{\Sigma \text{No. of Credits}}$$


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


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FIRST SEMESTER-

Programme Code: MS-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
PVYS-101	CC-1	Fundamentals of Yoga	05	5Hrs	60	40	100
PVYS-102	CC-2	Study of Hath Yogic Text	05	5Hrs	60	40	100
PVYS-103	CC-3	Applied Sanskrit	05	5Hrs	60	40	100
PVYS-104	CC-4	Yoga 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
		TOTAL	30	30 Hrs			600


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SECOND SEMESTER-

Programme Code: MS-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
PVYS-201	CC-01	Patanjal Yoga Sutra	05	5Hrs	60	40	100
PVYS-202	CC-02	Human Anatomy and Physiology	05	5Hrs	60	40	100
PVYS-203	CC-03	Yoga in Upanishads	05	5Hrs	60	40	100
PVYS-204	CC-04	Yoga Practical	05	5Hrs	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
		TOTAL	30	30 Hrs			600



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Third Semester-

Programme Code: MS-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
PVYS 301	CC-01	Yogic Aspect of Bhagwat Gita	05	5Hrs	60	40	100
PVYS 302	CC-02	Therapeutic Yoga	05	5Hrs	60	40	100
PVYS 303	CC-03	Research Methodology and Statistics	05	5Hrs	60	40	100
PVYS-304	CC-04	Yoga Practical	05	5Hrs	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					
	GD(I)	Dissertation	05	5Hrs	60	40	100
		TOTAL	30	30Hrs			600


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FOURTH SEMESTER-

Programme Code: MS-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
PVYS- 401	CC-01	Basic Concepts of Ayurveda and Swasthavritta	05	5Hrs	60	40	100
PVYS- 402	CC-02	Yoga and Holistic Health	05	5Hrs	60	40	100
PVYS- 403	CC-03	Applied Yoga and Teaching Methods	05	5Hrs	60	40	100
PVYS- 404	CC-04	Yoga 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-01	Dissertation	05	5Hrs	60	40	100
		TOTAL	30	30Hrs			600

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

Note-

CORE COURSE (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।


Thapay
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Part B – Content of the Course

Post-Graduate (Msc. Yogic Science) 1 Sem - Core 1, Paper - 1


Part A Introduction

Programme: Certificate	Class: Msc. Yogic Science	Semester : 1st	Session: 2022-2023
Subject : Yogic Science			
1	Course Code :	PVYS– 101	
2	Course Title :	Fundamentals of Yoga (योग के आधारभूत 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">• This course will introduce students to Yoga tradition from the textual and philosophical perspective.• Familiar with the basic concepts of Yoga. Focus on development of speaking abilities and confidence building.• Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga.• Understand the benefit of Yogic practice in physical and mental healing of the body.• Understand how Yoga practice facilitates social harmony and spiritual excellence.	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24


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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	Introduction: Yoga its Meaning, Definition & objectives Evolution of yoga Relevance of Yoga in modern age and scope Misconceptions about yoga and their solutions Difference between yogic and non-yogic system of exercises.	15
II	Yoga in different Texts: Veda Upanishads Shrimad Bhagwat Geeta Yoga Vasistha	15
III	Schools of Yoga I: Its brief Introduction Bhakti Yoga Gyana Yoga Karma Yoga Laya Yoga	15
IV	Schools of Yoga II: Its brief Introduction Hatha yoga Raj yoga Mantra yoga	15
V	Essentials of yoga practices: Disciplines in Yogic Practices Place & Timing Diet Schedule for Yoga Practitioner Obstacles in the Path of Yoga Practice Sequence for yogic practices.	15


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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 (Msc. Yogic Science) 1 Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: Msc. Yogic Science	Semester : 1st	Session: 2022-2023
Subject : Yogic Science			
1	Course Code :	PVYS– 102	
2	Course Title :	Study of Hath Yogic Text (हठयोग के सिद्धांत)	
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"> • Basic knowledge of hath yogic text will be given to the students. • Hath yoga text Hath Yoga Pradipika will be taught to the students in detail • Hath yoga text Gherand Samhita will be taught to the students in detail. • Deep knowledge of the discipline as mentioned in the given text will imparted the students. • This course will help to improvise the hath yoga practices mentioned in the text and development entrepreneurship skills in the practitioner. 	
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

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Introduction to Hatha Yoga Pradipika Asanas in Hatha Yoga Pradipika Importance of Place, Aids & Obstructions to Hatha sadhana Pranayama in Hatha Yoga Pradipika (Adhyaya 02) Pre-Requisites of pranayama Shatkarma procedures, benefits and limitations	15
II	Mudra evam Bandha, Nadanusandhan Types of mudras in Hathapradeepika Mudra adhyaya sampurna Adhyan Types of Nada in Hathapradeepika Stages of nada Nadanusandhan sampurna Adhyan	15
III	Introduction to Gherandha Samhita and Asana Shatkarma in Gheranda Samhita Types of Dhauti, Neti, Basti, Trataka, Kapalbhathi and Nauli. Meditative asanas in Gheranda Samhita Procedure of asanas Benefits of asanas	15
IV	Mudra Evam Pratyahara Types of mudra in Gheranda Samhita Description of Pratyahara	15
V	Dhyana and Samadhi Concept of Dhyana Types of Dhyana Techniques of Dhyana in Gheranda Samhita, Benefits of Dhyana Types of Samadhi Brief description of Samadhi	15


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Part C – Learning Resources

Text Books, Reference Books, Other resources


Suggested Readings: -

1. G.S. Sahay - Hathayogapradeepika
2. Sw. Digamber ji & Raghunaath Shastri - Hatha Yoga Pradipika, Kaivalyadham SMYM samiti, Lonavala, 2006.
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust , Munger, 2006.
4. Sw. Digamberji & M.L. Gharote- Gheranda Samhita, Kaivalyadham SMYM samiti, Lonavala, 1978.
5. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga publication trust, Munger, 2000.
6. Sw. Niranjana - Gheranda Samhita, Bihar yoga bharti , Munger,1997.
7. 2. Sw. Digamber ji & Raghunaath Shastri-Hatha Yoga Pradipika, Kaivalyadham SMYM samiti,Lonavala, 2006.3.S
8. Swami Satyananda Saraswati-Asan, Pranayama, Mudra, Bandha,Yoga publction trust , Munger,2006. 4
9. Sw. Digamberji & M.L. Gharote-Gheranda Samhita, Kaivalyadham SMYM samiti, Lonavala, 1978. 5. Sw. Muktibodhananda Sarswati-Hatha Yoga Pradipika, Yoga publication trust, 6. Bhakti Sagar- Swami Charandas.
10. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla,1978.


Suggested Readings:

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

Suggested equivalent online course:


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Post-Graduate (Msc. Yogic Science) 1 Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 1st	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 103	
2	Course Title :	Applied Sanskrit (अनिवार्य संस्कृत)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 3 (IIIrd 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"> • This course will introduce students to basic concepts of Sanskrit. • Introduce students to the terminologies of Sanskrit which are helpful in yoga. • Students will learn to make sentences and counting in Sanskrit language. • Students will also learn the concept of shabh roop and dhatu roop. • Better pronunciation of Sanskrit words and presentation will be achieved. 	
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**

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Atm Parichay: 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	15
II	Make sentences from the following- 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.	15
III	Make sentences from the following - yada-tada, chet- nochet, Yavat-tavat, Yaha-saha, Ya-sa, Yat-tat, Yatra-tatra. Kriyapadanam prayog- lat-lot, Iratlkareshu, vesheshvyayvesheshanbhav	15
IV	Vyahvarik Shabdhkosh- Vidhyalaya- Grah- karyalaya upyogi shabdh, Prani, pakshi, sharir, khadya, fal, vastra sambandhi shabdh	15
V	Shabd Roop: 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)	15


Part C – Learning Resources

Text Books, Reference Books, Other resources

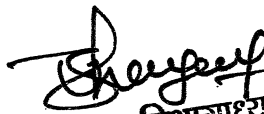
Suggested Readings: -

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

Suggested equivalent online course:


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


Post-Graduate (Msc. Yogic Science) 1 Sem - Core 4, Paper – 4			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 1st	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 104	
2	Course Title :	Yoga Practical (योग प्रायोगिक)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 4 (IVth Paper) (CC-04)	
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"> • This course will introduce students to Yoga tradition from the textual and philosophical perspective. • Familiar with the basic concepts of Yoga. • Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga. • Understand the benefit of Yogic practice in physical and mental healing of the body. • Understand how Yoga practice facilitates social harmony and spiritual excellence. • This course will develop body strength and flexibility for different postures and performing shat kriyas. 	
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	Hath Yoga- <ul style="list-style-type: none">• SHODHAN KRIYAYE Neti (Jala, Rubar, Sutra), Kunjal kriya, Trataka, Kapalbhathi. AASANA (Pawanamuktasana bhag 1,2,3), Suryanamaskar with mantra and breathing. Standing Asana- (Tadasana, Tiryak tadasana, Katichakrasana, Padhastasana, Samkonasana, Trikonasana, (Vrikshasana, Garudasana, Utkatasana) Sitting aasana- (Janusirasana, Merubakrasan, Bhunamanasan, Gomukhasana, Veerasana, Marjari aasana, Ardh ustrasana, Lolasana), (Singhasan, Pashchiimottan) (Bhadrasana) Lying aasana- (Bhujangasana, Dhanurasana), Ardh shalabhasana Supine aasana- (Porb halasana, Setubandhasana, Supt Pawanmuktasana, Noukasana) Meditative aasana- (Muktasana, Siddhasana, Padmasana, Vajrasana, Swastikasana) Relaxative aasana- (Shvasana, Makarasana, Matsyakridasan)	15
II	PRANAYAMA yogic breathing (chest, abdomen, clavical), Anulomvilom, Nadishodhana, Bhramari pranayama	15
III	MUDRA BANDHA Hastamudra- Gyan, Chin, Hridaya, Prana, Yoni, Bharav. Head mudra- Shanmukhi, Nasikagra drishti. Bandh- Tribandh (Jalandhar, Uddiyan, Mula)	15
IV	Bhakti Yoga- MANTRA- Gayatri mantra, Mahamrityunjay mantra, Gurumantra, Om sahanavavatu mantra, Asto maa sadgamay mantra, Om sarvebhavantusukhinah mantra, Upnishad Shanti Mantra PRAYER- Hey sharde maa prayer, Om stavan, Nirvanastakam	15
V	Karma Yoga- Internal Assessment- Yagya Anushthan, Pravachan- Krishna Charitra, Ram Charitra, ShivCharitra	15


विश्वनाथदास
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उज्जैन (म.प्र.)


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:


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

Post-Graduate (Msc. Yogic Science) 2 Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 2 nd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 201	
2	Course Title :	Patanjal Yoga Darshan (पातंजल योग दर्शन)	
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"> • This course will introduce students to prominent yoga text with its textual and philosophical perspective. • Familiar with the basic concepts of Patanjali Yoga Darshan. • Students will learn about self-enquiry, maintaining ethical principles etc. • Understand the 8 steps path given by Maharshi Patanjali. • 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. 	
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
जयपुर (स.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	Introduction Brief Historical outlines of the Yoga system of Patanjali Brief Introduction to the subject matter of the Yoga Sutras Ancient Commentaries on Patanjali Yoga Sutra Mental Health as Explained in Patanjali Yoga Sutra	15
II	Terms defined in the Yoga Sutras I Citta, Chitta Bhumi, Chitta Vrittis, Vivekhyati Abhyasa & Vairagya, Iswar & Iswar Pranidhan, Yogantaraya, Chittaprasadana as Ektatvabyasa	15
III	Terms defined in the Yoga Sutras II Samprajnata Samadhi & Samapatti, Ritambhara Prajna Nirbija Samadhi Dukha, Kriya Yoga, Pancha Klesha, Drasta & Drisyia	15
IV	Terms defined in the Yoga Sutras III Astanga Yoga. Samyam, Samskar, Karma Pratibha & Vivekajnana	15
V	Terms defined in the Yoga Sutras IV Dharmamedha Samadhi Yoga Vibhuties Kshan evam Kram Kaivalya	15

Part C – Learning Resources

Text Books, Reference Books, Other resources


Suggested Readings: -

- Dhyani Yog Prakash Laxmanada
- Four chapter of freedom Swami Satyananda
- Kalyan Yogank Geeta Press
- Lights on Yoga Sutra B.K.S Iyenger
- Patanjali Yog Sutra Karambelkar
- Pathanjali Yog Bimarsh Vijay Pal Sastri
- Pathanjali Yog Darshan Swami Hariharanand Aranya
- Pathanjali Yog Pradip Swami Omnanda Tirth
- Yog Darshan Pt. Sriram Sharma Achariya

Suggested equivalent online course:

Shreyansh

Post-Graduate (Msc. Yogic Science) 2 Sem - Core 2, Paper – 2			
Part A Introduction			
Programe: Certificate	Class: Msc. Yoga	Semester : 2 nd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 202	
2	Course Title :	Human Anatomy and Physiology (शरीर रचना एवं क्रिया विज्ञान)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 2 (Ind 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"> • This paper will be giving a basic insight about the human body their structures. • This course will touch the concept of different organs and systems in the body. • This course will provide knowledge about the various functioning of the body. • This course will deeply touch different systems in the human body and the diseases generating form it. • Students will be able to connect the functioning of organs and diseases and work as a yoga instructor. 	
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**

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Cell, Tissue Detail of Structure and Functions of Cell Detail of Structure and Functions of Tissue Types of Tissue	15
II	Cardiovascular, Respiratory System Complete Cardiovascular, Respiratory System in Detail Diseases Related to Cardiovascular and Respiratory System Effect of Yoga Practices on Cardiovascular and Respiratory System	15
III	Nervous, Lymphatic System Complete Nervous and Lymphatic System in Detail Diseases Related to Nervous and Lymphatic System Effect of Yoga Practices on Nervous and Lymphatic System	15
IV	Muscular, Excretory System Complete Muscular, Excretory System in Detail Diseases Related to Muscular, Excretory System Effect of Yoga Practices on Muscular and Excretory System	15
V	Digestive, Endocrine System Complete Digestive, Endocrine System in Detail Diseases Related to Digestive, Endocrine System Effect of Yoga Practices on Digestive, Endocrine System	15

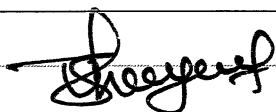
Part C – Learning Resources

Text Books, Reference Books, Other resources


Suggested Readings: -

- Swami Vivekanand - Jnana, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.
- Vijnananand Saraswati - Yog Vijyan, Yoga niketan trust, Rishikesh, 1998.
- Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
- K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi,1985.
- S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010

Suggested equivalent online course:



Post-Graduate (Msc. Yogic Science) 2 Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 2 nd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 203	
2	Course Title :	Yoga Upanishads (योग उपनिषद्)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 3 (IIIrd 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"> • It will give the basic knowledge of the yogic elements mentioned in the Upanishads other than the principle Upanishads. • Details of the yoga practices will also be discussed in this paper. • This paper will also put light on the chakaras mentioned in the yoga upnishads. • It will facilitate students towards the different techniques of meditation. • In-depth knowledge of implementing and enhancing the life of the yoga practitioners. 	
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**

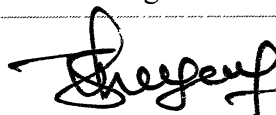
Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Introduction to Yoga Upanishads Upanishad Meaning and definition of Upanishad Time period and number of Upanishad Division of Upanishads Name and sequence of Yoga Upanishads Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization	15
II	Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence Trishikhibrahmanopanishad: The description of Ashtangayoga, Karmayoga and Jnanayoga	15
III	Yogatattva Upanishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions. Dhyانبindoopanishad: Importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan	15
IV	Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results Nadabindoopanishad: Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhansadhana, state of Manolaya	15
V	General Introduction to Other Yogopnishad Hamsa Upanishad, Amritabindu Upanishad, Kshurika Upanishad, Tejobindu Upanishad, Brahmaidya Upanishad, Mandala-brahmana Upanishad, Advayataraka Upanishad, Shandilya Upanishad, Yogashikha Upanishad, Pashupatabrahma Upanishad, Darshana Upanishad, Mahavakya Upanishad, Varaha Upanishad	15

Part C – Learning Resources

Text Books, Reference Books, Other resources

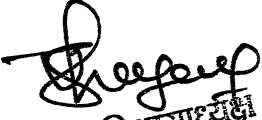
Suggested Readings: -

- Wayman, A. (1982). Thirty Minor Upanishads, Including the Yoga Upanishads.
- Sastri, A. M. (Ed.). (1920). The Yoga Upanishads with the Commentary of Sri Upanishad-Brahma-Yogin (Vol. 6). Published for the Adyar library (Theosophical Society).
- Saraswati, S. N. (1993). Yoga darshana: Vision of the yoga upanishads. Munger, Bihar: Yoga Publications Trust. Srinivasa Ayyangar, T. R. (1952). Yoga Upanishads.
- Joshi, K. (2009). Synthesis of Yoga in the Upanishads. Mother's Institute of Research.



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समस्ती (म.प्र.)


Post-Graduate (Msc. Yogic Science) 2 Sem - Core 4, Paper – 4			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 2 nd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 204	
2	Course Title :	Yoga Practical (योग प्रायोगिक)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 4 (IV Paper) (CC-04)	
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)	<p>Course Objectives: This course will introduce students to the basics of yoga practices.</p> <p>Course Outcomes: At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"> • Able to know the intermediate asanas, pranayama, and other yogic kriyas. • Able to understand the concepts of education and Cognitive Behavior with Learning and effect of yoga practices on it. • Able to know the fundamentals of Yoga Education with Teaching Methodology. • They will also get better in the basic concept taught in the first semester and will be able to implement it in this semester. • Detail knowledge and practice of yoga practices and teaching skills will be taught. 	
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	Hath Yoga- SHODHAN KRIYAYE: Agnisar, Sheetkarm, Vyutkram, Dand dhouti.	15
II	AASANA (Pawanamuktasana bhag 1, 2, 3), Suryanamaskar with mantra and breathing Standing aasana- Sankatasana, (Vatayanasana, Natrajasana, Utthitjanusirasana, Padangusthasana, Shirsangusthyogasana) Padapidasana Sitting aasana- (Bakadhyanasana, Kurmasana, Hansasana, Ustrasana, rajkapotasana, Hanumanasana) (Veerasana, Dhanurasana, Vicitrakarani, Matsyendrasana), Mayurasana Lying aasana- (Sarpasana, Purnabhujangasana, Purna dhanurasana) Supine aasan- (Halasana, Sarvangasana, Vipritkarniasana, Meditative aasana- (Muktasana, Siddhasana, Padmasana, Vajrasana, Swastikasana) Relaxative aasana- Savasana, Makrasana, Matsya Kridasana	15
III	PRANAYAMA Suryabhedhi, Bhastika, Ujjayi, Sheetkari MUDRA BANDHA Mahamudra, Nabhomudra, Mandduki, Aswani, Tribandh	15
IV	Bhakti Yoga- MANTRA- Yogen chittasay, Omkarbindu samyukatam, Akhandmandalakaram, Agyantimirandhyasya, Twamev mata cha pita twamev, Om sarvesham swastirbhavtu, Om purnmadah, Vadic Santi Mantra (Om Gandanata, Om namo Brahma dibhyo PRAYER- Mandukya upnshad, Gurudev daya karke	15
V	Karma Yoga- Internal Assessment- Gau Seva, Gau Chikitsa, Panch Gavya Educational Tour- with project report	15


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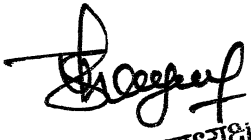
Part C – Learning Resources

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:


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उज्जैन (म.प्र.)

Post-Graduate (Msc. Yogic Science) 3 Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 3 rd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 301	
2	Course Title :	Science of Bhagwat Geeta (भगवद्गीता का विज्ञान)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (I 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"> • This course will introduce students to basics of shreemad bhagwadgeeta • They will get deep insight about the concept of nishkam karm yoga. • Concept of shamkhya yoga, bhakti and dhyana yoga will also be discussed. • Understanding of personality, leadership, duties, and dharma will also be given to the students. 	
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	Introduction to Bhagavad Gita: Definition of Yoga in Bhagavad Gita (2/48, 2/50, 6/23), Classification of Yoga in Bhagavad Gita, Tradition of Yoga in Bhagavad Gita (4/1-4)	15
II	Chapter- II: Samkhya Yoga: description of Atma (2/17-25), the doctrine of Nishkama Karma (2/40-53), characteristics of Sthithprajna (2/54-72)	15
III	Chapter VI: Dhyana Yoga: characteristics of a yogi of self-conquest (6/1-9), method of Meditation, an inquiry into the mind control, the excellence of Dhyana Yoga (6/10-32) Ch.XII: Bhakti Yoga: qualities of Bhakta (12/13-20)	15
IV	Chapter XIII: Kshetra kshetrajn Vibhaga yoga: the concept of Kshetra and Kshetrajna (13/1-6), qualities of Jnani, the distinction between Prakriti and Purusha (13/16-34). Ch. XIV. Gunatraya Vibhaga Yoga: nature of the three Gunas, the effect of the three Gunas (14/6-20), qualities of Jivanmukta (14/21-27)	15
V	Ch.XVIII: Moksha Sanyas Yoga The Concept of Tyag (1-12) Concept of Karma with Bhakti(56-66)	15

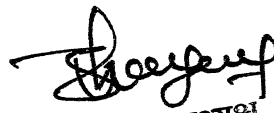
Part C – Learning Resources

Text Books, Reference Books, Other resources

Suggested Readings: -

- Dr. T.R. Anantharaman (2000) Ancient Yoga and Modern Science (Yoga of Bhagavad Gita – Chapter – 7) Munsiram Manoharlal Pvt. Ltd., New Delhi.
- Ekanath Eswaran (1997): The Bhavad Gita for Daily Living, Allahabad, Jaico Books
- Ramanuj Bhashya on Bhagvad Gita.
- Shankaracharya Bhasya on Bhagvad Gita.
- Srimad Bhagwad Gita yatha Rupa by Srimad A. C Bhaktivedanta Swami Prabhupada.
- Vidya Prakashnanda Swami(1980): Gita Makaranda, Kalahasti, Sri Sukha Brahma Ashram

Suggested equivalent online course:

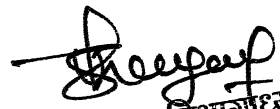


विभागाध्यक्ष

योग विभाग

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

Post-Graduate (Msc. Yogic Science) 3 Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 3 rd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 302	
2	Course Title :	Yoga Therapy (योग चिकित्सा)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 2 (II Paper) (CC-02)	
4	Pre-requisite (if any)	Any student who has 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"> • This course will introduce students to application of yoga practices. • This course will teach the group of yoga practices applicable for a particular disease. • It will focus on the different variations involved in a particular yoga practice required. • This course will deeply teach the details of different diseases their reason and how it can be cured by group of different yoga practices. • Students will be able to connect functioning of organs will the yoga modules taught and able to treat diseases accordingly. 	
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	<p>Introduction to Respiratory disorders Brief classification – Obstructive, Restrictive, infectious and inflammatory Introduction to Pulmonary function and their principles</p> <p>Bronchial Asthma Definition, physiology, Classification, Clinical Features, Yogic Management</p> <p>Allergic Rhinitis & Sinusitis Definition, Classification, Clinical Features, Yogic Management</p> <p>COPD Chronic Bronchitis Definition, Classification, Clinical Features, Yogic Management</p>	15
II	<p>Cardiovascular Disorders</p> <p>Hypertension Definition, physiology, Classification, Clinical Feature Yogic Management</p> <p>Atherosclerosis / Coronary artery disease Definition, physiology, Classification, Clinical Features Yogic Management</p> <p>Ischemic Heart disease – Angina pectoris / Myocardial Infarction Definition, physiology, Classification, Clinical Features Yogic Management</p>	15
III	<p>Endocrinal and Metabolic Disorder</p> <p>Diabetes Mellitus (I&II) Definition, physiology, Classification, Clinical Features Yogic Management Hypo and Hyper Thyroidism</p> <p>Definition, physiology, Classification, Clinical Features Yogic Management</p> <p>Obesity Definition, physiology, Classification, Clinical Features Yogic Management</p> <p>Metabolic Syndrome</p>	15

	Definition, physiology, Classification, Clinical Features Yogic Management	
IV	Excretory System Definition, Physiology, Classification, Clinical Features Renal stones Yogic Management Irritable bladder Yogic Management Urine incontinence Yogic Management	15
V	Digestive System Gastritis –Acute & Chronic Definition, Physiology, Clinical Features Yogic Management Constipation and Diarrhea Definition, Physiology, Clinical Features Yogic Management Irritable Bowel Syndrome Definition, Physiology, Classification, Clinical Features Yogic Management Inflammatory Bowel Disease Definition, Physiology, Classification, Clinical Features Yogic Management	15

Part C – Learning Resources


Text Books, Reference Books, Other resources

Suggested Readings: -

- Yoga for common disorders- Swami KoormanandaSaraswati
- Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
- Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP

Suggested equivalent online course:

Post-Graduate (Msc. Yogic Science) 3 Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 3 rd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 303	
2	Course Title :	Research Methodology and Statistics (शोध प्राविधि एवं सांख्यिकी)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 3 (III 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"> • 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. • Students will learn about various tools and techniques of research and how it is done. • This course will also inspire students for synopsis preparation and dissertation. • This subject will make students ready for the future research projects and PhD. 	
6	Credit Value	5	
7	Total Marks:	Max. Marks : 40+60	Min. Passing Marks: 14+24


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 रुजमन (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	Introduction to research methodology- Meaning, Definition, Nature and Types of Research. Importance of Studying Research Methodology. Goals of Research, Research Process	15
II	Research Design Research Problem: Meaning and Definition, Characteristic, Necessary consideration. Review of literature Formulation of the Hypothesis Variable: Meaning and Definition, Nature and Types- Independent, Depended and Extraneous. Sampling: Meaning and Definition, Nature and Characteristics, Population and Sample, types of Sampling and Sampling Bias Research Design- Randomized Group Design, Factorial Design, Quasi Experimental Research Design Data Collection Methods- Observation Method, Interview Method, Questionnaires, Case Study Method	15
III	Statistical Applications Graphical Representation of Research data (Frequency Polygon, Bar Diagram, Column Diagram, Pie, Line) Measures of central tendency- Mean Median and Mode Measures of Variability- Range, Variance, QD, SD Degree of Freedom and Normal Distribution Correlations The Significance of the Differences between Mean, critical ratio and T-test. Chi-Square Test, T-test and ANOVA test. Parametric and Non-Parametric method	15
IV	Ethics & Essential Computer knowledge Ethics of Research Informed consent, Anonymity, Confidentiality, Plagiarism Role of computer in Research and Different Sources of Information Basic Computer Knowledge: Use of MS Office, Preparation of PowerPoint Presentations, Use of Internet for Research Purpose Online Resources for Study: Google Scholar, Pub Med, Shodh Ganga	15
V	Drafting Research Essential Elements: The First Draft, Revisions, Language and Reference Styles, Citation, and quotation Writing a- Research Proposal, Research paper and Monograph Component of the thesis Formatting of thesis: title page, table of contents, headings and sub-headings, footnotes, endnotes, tables and figures, bibliography, appendix	15


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उज्जैन (म.प्र.)


Part C – Learning Resources

Text Books, Reference Books, Other resources

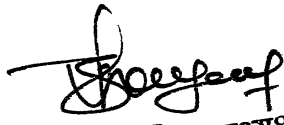
Suggested Readings: -

- 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:


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उज्जैन (म.प्र.)

Post-Graduate (Msc. Yogic Science) 3 Sem - Core 4, Paper – 4			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 3 rd	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 304	
2	Course Title :	Yoga Practical (योग प्रायोगिक)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 4 (IV Paper) (CC-04)	
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)	<p>Course Objectives: This course will introduce students to the intermediate yoga practices.</p> <p>Course Outcomes: At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"> • Able to know the intermediate yoga asanas, pranayama, and other yogic kriyas. • Able to understand the concepts of yoga practices implementation and Cognitive Behavior with Learning. • Able to improve the practices performed in first and second semester and how to teach them. • 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. 	
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**

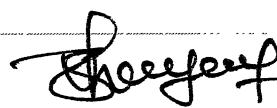
Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Hath Yoga- SHODHAN KRIYAYE: Vastra dhouti, Nouli, Shankhprakshalana	15
II	AASANA (Pawanamuktasana bhag 1,2,3), Suryanamaskar with breathing, mantra and Beejmanta. Standing aasana- (Ekpadasana, Bakasan, Purnachakrasana), Tittibhasana, Veerbhadrasana Sitting aasana- (Brahmacharyasan, Lying aasana- Purnasalabhasana, (Ekpadmayurasana, Baddhakekiasana, Mayurasana, ParswaMayurasana) Supine aasana- (Greevasan, Shearspadbhomi Sparshasan, Cakrasan, Padmasarvangasana) Meditative aasana- (Siddhasana, Padmasana), (Swastikasana Muktasana, Vajrasana) Relaxative- [Mratasan (Shvasana), Makarasana]	15
III	PRANAYAMA Sheetal, Chandrabhedhi, Suryabhedana, Bhastika, Ujjayi MUDRA BANDHA Mudra- Mahaveda, Shambhavi, Vipareetkarnii, Tadagii, Yogamudra, Kakimudra Bandh- Tribandhndh	15
IV	Bhakti Yoga- MANTRA- Shanti mantra (Bhadra mantra, Upanishadic Mantra) PRAYER- Agad Bam, Ras gagan gufa mai. Itni Shakti Hamai Dena Data, Kro Raksha vipaati se, Ab soaup diya is Jeevan ka, Bhajgobindam	15
V	Karm Yoga- Internal Assessment- Shreemad Bhagwadgeeta, Brief Introduction of KambhRamayana	15

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



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पं. पाणिनि संस्कृत एवं वैदिक विद्यापीठ
उज्जैन (म.प्र.)

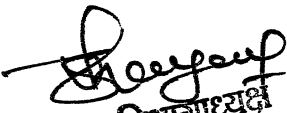
Post-Graduate (Msc. Yogic Science) 4 Sem - Core 1, Paper – 1			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 4 th	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 401	
2	Course Title :	Basics of Ayurveda and Swaatyavratt (आयुर्वेद एवं स्वस्थयत्रत्त के मूलभूत सिद्धांत)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 1 (I 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"> • This course will introduce students to Yoga tradition from the textual and philosophical perspective. • Familiar with the basic concepts of Yoga. • Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga. • Understand the benefit of Yogic practice in physical and mental healing of the body. • Understand how Yoga practice facilitates social harmony and spiritual excellence. • Focus on the giving detail knowledge of different kitchen ingredients to the students so that they can implement to improve their skill. 	
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	Definition of Swastha, Swasthavritta and Health; Aims and Objectives of Swasthavritta; Swasthapurusha Lakshana-Signs of Health. Introduction to Preventive Medicine and its Terminologies; Chronobiology of Swasthavritta	15
II	Ahara - Ahara dravya Vargikaranam, Aharavidhividhana, Ashtaharvidhivisheshayatanani, Viruddhahara and its effects Pathyahara, Apathyahara, Classification of food, Concept of balanced diet in Ayurveda, Social aspects of nutrition Nidra - Swasthya sambandha, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep, Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons	15
III	Concept of Vega - Adharaniya Vega and Dharaneeya Vega Concept of Dincharya and Ratricharya Introduction of Ritucharya Sadvritta and Achara Rasayana	15
IV	Concept of Vata Pitta and Kafha their origin and attributes Concept of Sapta Dhatu, Oj and Its Importance Meaning, Concept and Importance of Abhyang and Padabhyang	15
V	Meaning, Concept and benefits of Vyayam in ayurveda Importance of Brahmacharya Jala (Ayurvedic aspects) Importance of water, safe and wholesome water, water pollution and health hazards, Rainwater harvesting and water recycling	15


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राजौरी (म.प्र.)


Part C – Learning Resources

Text Books, Reference Books, Other resources

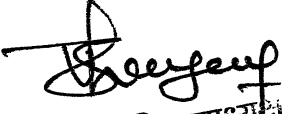
Suggested Readings: -

- Dr. Priyavrata Sharma: Charak Samhita, Chaukhambha Orientalia, Varanasi, Edition of 2008.
- Dr. Ravi Dutta Tripathi and Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhambha Sanskrit Prathisthan, Delhi, Reprint edition of 2003 40
- Dr. K. H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
- Dr. P. H. Kulkarni: Ayurvedic Philosophy, Academia Publishers, 2011 Dr. V.
- B. Athavale: Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004 5. Dr. L. P. Gupta: Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
- Susan Tinkle: The Ayurvedic Diet, New Age Books, 2011
- Prof. H. Subhash Ranade: Concepts of Prakriti & Lifestyle, Chaukhambha Sanskrit Prathisthan, Delhi, 2004 8. Prof Dr. Subhash Ranade & Others: The textbooks of Swasthavritta, Chaukhambha Sanskrit Prathisthan, Delhi, 2005
- Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
- Dr. K.S. Joshi (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt.Ltd, New Delhi
- Dr. S.J. Singh: History and philosophy of Naturopathy 12. Acharya Ramraksha Pathak: Padarthavigyana
- Dr. Henry Lindlhai: Philosophy of Nature Cure
- Dr. Rakesh Jindal: Prakritik Ayurvigyan

Suggested equivalent online course:


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उज्जैन (म.प्र.)


Post-Graduate (Msc. Yogic Science) 4 Sem - Core 2, Paper – 2			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 4 th	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 402	
2	Course Title :	Yoga and Holistic Health (योग एवं समग्र स्वास्थ्य)	
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"> • This course will introduce students to Yoga tradition from the textual and philosophical perspective. • Familiar with the basic concepts of Yoga. • Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga. • Understand the benefit of Yogic practice in physical and mental healing of the body. • Understand how Yoga practice facilitates social harmony and spiritual excellence. 	
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	Introduction Concept of Mental Health (Bharatiya and Western Concept) Importance of mental Health Crisis of Mental Health Characteristics of Mental Health Mind and Consciousness	15
II	Bhagwad Geeta General Introduction of Bhagwat Geeta Concept of Mental Health in Bhagwat Geeta Symptoms/characteristics of Mentally Healthy Person Gyan Yoga, Karma Yoga and Bhakti Yoga for Mental Health	15
III	Yoga Vasistha General Introduction of Yoga vasistha Concept of yoga Concept of adhis and vyadhis and Psychosomatic Ailments The four Dwarpaals of Freedom Jana saptanbhumika(Seven Stages)	15
IV	Upanishads Taittiriya Upanishad: Concept of panchakosha Kena Upanishad: Self and the mind, Intuitive realization of truth, Moral of yakshavyakhayan Katha Upanishad: Definition of yoga, Nature of Soul, Importance of self realization Prashna Upanishad: The six main Questions Mandukya Upanishad: Four Stages of Consciousness	15
V	Principles and techniques of counselling Qualities of a counselor Role of catharsis as understood by modern psychology and counseling Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras Methods recommended for cleansing (chitta shuddhi) in healing, Yoga techniques to be used duringcounselling to cope with Hyper Sensitive Mind, Excessive Speed Of Mind, Problems Of Perfectionist Personality, Hereditary And Congenital Problems, Psychological Conflicts, Calamities/ Life Events (Present, Past , Concerns About Future Distressing Events), Ageing etc	15


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Part C – Learning Resources

Text Books, Reference Books, Other resources

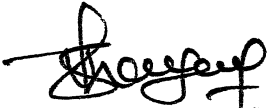
Suggested Readings: -

- 108 Upanishad: acharya Shriram Sharma, Yugnirman Yojana, Vistar trust, Mathura
- Ten major Upanishads: Geeta Press, Gorakhpur
- Sadhak sanjeevani- Swami Ramsukha das
- Bhagwat Geeta- Geeta Press, Gorakhpur, ShrimadBhagwatGeetaYathartharopa, Swami Prabhupada, Iskcon Temple
- Yoga Vasistha, ChokhambhaPrakshan , New Delhi

Suggested equivalent online course:


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राजकोट (ग.प्र.)


Post-Graduate (Msc. Yogic Science) 4 Sem - Core 3, Paper – 3			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 4 th	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 403	
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 (III 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"> • This course will introduce students to Yoga tradition from the textual and philosophical perspective. • Familiar with the basic concepts of Yoga. • Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga. • Understand the benefit of Yogic practice in physical and mental healing of the body. • Understand how Yoga practice facilitates social harmony and spiritual excellence. • This course will focus on conducting the session, voice modulation, stage covering, confidence level of the students. 	
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**

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Principles of Teaching Yoga Teaching and Learning: Concepts and Relationship between them. Principles of Teaching Levels and Phases of Teaching Quality of perfect Yoga Guru	15
II	Methods of teaching Yoga Meaning and concept of teaching methodology Learning level of Yoga: Vidyarthi, Shishya, Mumuksha. Factors influencing teaching. Sources of Teaching methods Role of Yoga Teachers	15
III	Educational tools of yoga teaching Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, etc. Classroom problems: Types and Solutions, Characteristics and essentials of good Yogateaching 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	15
IV	Basics of yoga class management Organisation of Yoga class (Time Management, Discipline etc.) Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group) Techniques of Individualised teaching Techniques of small group teaching Techniques of mass instructions Organisation of teaching (Time Management, Discipline, etc.)	15
V	Lesson planning in yoga Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation) Models of a lesson Plan Evaluation	15


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उज्जैन (म.प्र.)

Part C – Learning Resources

Text Books, Reference Books, Other resources

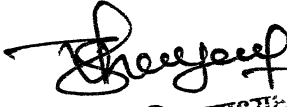
Suggested Readings: -

- Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala 2007
- Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi, Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007
- 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

Suggested equivalent online course:


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


Post-Graduate (Msc. Yogic Science) 4 Sem - Core 4, Paper – 4			
Part A Introduction			
Programme: Certificate	Class: Msc. Yoga	Semester : 4 th	Session : 2022-2023
Subject: Yogic Science			
1	Course Code :	PVYS– 404	
2	Course Title :	Yoga Practical (योग प्रायोगिक)	
3	Course Type (Core Course/ Elective/ Generic Elective/ Vocational/.....)	CORE - 4 (IV Paper) (CC-04)	
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)	<p>Course Objectives: This course will introduce students to the basics of yoga practices.</p> <p>Course Outcomes: At the end of successful completion of the course the student will be</p> <ul style="list-style-type: none"> • Able to know the basics of asanas, pranayama, and other yogic kriyas. • Able to understand the concepts of education and Cognitive Behavior with Learning. • Able to know the fundamentals of Yoga Education with Teaching Methodology. 	
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**

Total No. of Lectures = 90		
Unit	Topics	No. of Lectures
I	Hath Yoga- SHODHAN KRIYA: Neti, Dhouti, Vasti, Nouli, Tratak, Kapalbhati, Shankhprakashalana	15
II	AASANA: Pawanamuktasana bhag 1,2,3), Suryanamaskar with breathing, mantra and Beejmanta. Standing aasana- (Garudasan, Brakhasan, Utthan ekpadasirasana, Prasthasan), Padpidasana, (Adhomukh vrakchhasana, Vrishchikasana bhag 2) Sitting aasana- (Parighasan, Padmparvatasan, Lolasan, Vrishchikasana, Sheersasana, Salambasirasana, Niralamb sirsasana, Kapaliaasana, Urdhwa padmasana, Ekpadbakadhyanasana) Baddhamatsyendrasana Ekapadasana, Yognidrasana, Phanindrasana), Gourakchhasana Lying aasana- Purnasalabhasana, (Ekpadmayurasana, Baddhakekiasana, Mayurasana, ParswaMayurasana) Supine aasana- (Greevasana, Sheerspadbhomi Sparshasan, Cakrasan, Padmasarvangasana) Meditative aasana- (Siddhasana, Padmasana, Swastikasana), Vajrasana Relaxative- (Shvasana, Makarasana, Matsyakridasana)	15
III	Bhakti Yoga- MANTRA- Vadic Shanti mantra, Om shanno mitra,Om Aapyayantu, Om bangme mansi,om agni naysupatha) PRAYER- Agad Bam,Ras gagan gufa mai. Itni Shakti Hamai Dena Data, Kro Raksha vipaati se, Absoaup diya is Jeevan ka, Bhajgobindam. Includes all previous (1st, 2nd and 3rd Sem)	15
IV	Bhakti Yoga- MANTRA- Shanti mantra (Bhadra mantra, Upanishadic Mantra) PRAYER- Agad Bam,Ras gagan gufa mai. Itni Shakti Hamai Dena Data, Kro Raksha vipaati se, Ab soaup diya is Jeevan ka, Bhajgobindam	15
V	Karma Yoga- Internal Assessment- Samuhik Pranav Jup, Kirtan, Bhajan, recitation of Panchdasho Adhyay (Bhagwad Geeta)	15


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 राजौन (म.प्र.)


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:


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