

  
**ANDHRA UNIVERSITY**  
**COLLEGE OF ARTS & COMMERCE**  
**DEPARTMENT OF YOGA AND CONSCIOUSNESS**

**MASTER OF ARTS IN YOGA & CONSCIOUSNESS**  
**(M.A. Yoga & consciousness)**  
**(w.e.f 20012-2013)**

**Objectives:**

- The purpose of the M.A. in Yoga & Consciousness is to impart indepth knowledge of traditional yoga with secular and scientific orientation.
- To prepare qualified resource persons to teach yoga in schools, colleges, Universities, corporate organizations, central services and to the interested public of all age groups with secular and scientific orientation.
- To give indepth knowledge of teaching methods in Yoga and application of Yoga in various fields.
- To provide the basic understanding of applied human anatomy and physiology, Indian Philosophy, Psychology, alternative therapies such as Ayurveda, Naturopathy, Acupressure and indepth knowledge of classical Yoga texts and Yoga therapy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
- To promote Research in Yoga
- To enable the Post-Graduates students of Yoga to setup their own Yoga centers as self employment and promote health consciousness among the public.

**Eligibility, Admission procedure & Seats**

- The candidates seeking admission into M.A. Yoga & Consciousness course must have minimum second class degree of the Andhra University or its equivalent degree recognized by the Andhra University.
- They must posses basic knowledge of Yoga, as evidenced by a Certificate / Diploma / PG Diploma in Yoga of Andhra University or any reputed Yoga institute in India recognized by Andhra University.
- Preference will be given to candidate in the order PG Diploma in Yoga/ Diploma in Yoga / Certificate course in Yoga.
- The candidates should have good physical and mental health and fit to practice Hatha yoga as certified by Govt. physician.

- The admissions into M.A. Yoga & Consciousness course shall be made by the Director, Directorate Admissions, Andhra University by entrance test / interview.
- Number of seats for admission into M.A. Yoga & Consciousness are 20

### **Courses of study:**

- M.A. Yoga & Consciousness is a full time course and shall be of two academic years under semester system.
- In each semester there will be four theory papers and one practical.
- The details of these papers are provided in the syllabus.
- The Practical classes will be conducted in morning from 6.30 AM to 8.00 AM.
- Theory classes will be conducted between 10.00 AM to 1.00 PM . The medium of instruction shall be English.

### **Dress:**

The candidates shall be required to wear suitable dress as designed by the Department which will permit them to do yogic practices comfortably.

### **Yoga practice:**

The candidates shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

### **Attendance:**

In view of the special nature of the course it is desirable that the Candidates shall be permitted to appear for the University examination at the end of the each semester only if he/she puts in at least 80 per cent attendance to achieve the benefits of the course.

## **Scheme of Teaching:**

### **First Semester:**

<b>Subject code</b>	<b>Title of the Paper</b>	<b>Compulsory / Elective</b>	<b>No. of periods of Teaching per week</b>
MYC 101	Evolution of Yoga	Compulsory	4
MYC 102	Classical Indian Philosophy	Compulsory	4
MYC 103	Human Anatomy & Physiology-I	Compulsory	4
MYC 104	Basics of Sanskrit	Compulsory	3
MYC 105	Yoga Practice	Compulsory	6

- **Second Semester:**

<b>Subject code</b>	<b>Title of the Paper</b>	<b>Compulsory / Elective</b>	<b>No. of periods of Teaching per week</b>
MYC 201	Patanjali Yoga Sutras	Compulsory	4
MYC 202	Hatha Yoga Texts	Compulsory	4
MYC 203	Principles of Psychology	Compulsory	4
MYC 204	Theories of Meditation	Compulsory	4
MYC 205	Yoga Practice	Compulsory	6

- In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga camps for beginners with in the department campus or out side of campus in city limits.

- **Third Semester:**

<b>Subject code</b>	<b>Title of the Paper</b>	<b>Compulsory / Elective</b>	<b>No. of periods of Teaching per week</b>
MYC 301	Human Anatomy & Physiology-II	Compulsory	4
MYC 302	Yoga Therapy	Compulsory	4
MYC 303	Teaching Methods of Yoga	Compulsory	4
MYC 304	Research Methodology in Yoga	Compulsory	4
MYC 305	Advanced Yoga Practices-I	Compulsory	6

- In third Semester, to acquire practical knowledge in conducting Yoga therapy classes, the candidates should watch regularly Yoga Therapy classes in the morning & evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga Therapy camps for specific health disorder with in the department campus or out side of campus in city limits.

- **Fourth Semester:**

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MYC 401	Cognitive Psychology	Compulsory	4
MYC 402	Alternative Therapies	Compulsory	4
MYC 403	<b>Elective Subject:</b>  (i) Applied Yoga	Elective	4
	(ii) Selected Chapters From the Bhagavad Gita		4
	(iii) Yoga & Gerontology		4
MYC 404	Dissertation & Viva	Compulsory	
MYC 405	Advanced Yoga Practices-II	Compulsory	6

- In fourth Semester, related to his dissertation, the candidates should learn the clinical methods, such as pulse reading, blood pressure testing, respiratory rate etc., case history writing and Psychological (questionnaire) parameters. Statically analysis of the initial and final data recorded to be done.
- Candidates should take special Yoga classes for in-patient who joined in the department campus for Yoga treatment.
- If necessary candidates should visit other Yoga centers in the city and around the city related to his dissertation.

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**Examination:**

The examination pattern for the M.A. Yoga & Consciousness shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 15 marks in each paper. The end semester examinations shall be conducted for 85 marks in each paper. The Yoga practical in each mid- semester will be for 30 marks and in end semester for 120 marks. The total marks of 120 for the semester end examination in yoga practice shall be distributed as follows:

Performance	-	70 marks
Viva-voce	-	10 marks
Records	-	20 marks
Internal assessment	-	20 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner.

### *Regulations to Semester –end Examinations:*

- The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper set will be taken by internal paper setter.
- In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in least three years of service as teacher for the degree class concerned.
- If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final

### **Scheme of Examination as per Credit System**

#### **First Semester:**

<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Exam Duration (Hours)</b>	<b>Credits</b>	<b>Max. Marks</b>	<b>Mid-Semester (Internal)</b>	<b>End-semester Double Valuation (Internal + External)</b>
MYC 101	Evolution of Yoga	3	6	100	15	85
MYC 102	Classical Indian Philosophy	3	6	100	15	85
MYC 103	Human Anatomy & Physiology-I	3	6	100	15	85
MYC 104	Basics of Sanskrit	3	6	100	15	85
MYC 105	Yoga Practice		9	150	30	120
	<b>Total</b>		33	550	90	460

**Second Semester:**

<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Exam Duration (Hours)</b>	<b>Credits</b>	<b>Max. Marks</b>	<b>Mid-Semester (Internal)</b>	<b>End-semester Double Valuation (Internal + External)</b>
MYC 201	Patanjali Yoga Sutras	3	6	100	15	85
MYC 202	Hatha Yoga Texts	3	6	100	15	85
MYC 203	Principles of Psychology	3	6	100	15	85
MYC 204	Theories of Meditation	3	6	100	15	85
MYC 205	Yoga Practice		9	150	30	120
	<b>Total</b>		33	550	90	460

**Third Semester:**

<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Exam Duration (Hours)</b>	<b>Credits</b>	<b>Max. Marks</b>	<b>Mid-Semester (Internal)</b>	<b>End-semester Double Valuation (Internal + External)</b>
MYC 301	Human Anatomy & Physiology-II	3	6	100	15	85
MYC 302	Yoga Therapy	3	6	100	15	85
MYC 303	Teaching Methods of Yoga	3	6	100	15	85
MYC 304	Research Methodology in Yoga	3	6	100	15	85
MYC 305	Advanced Yoga Practices-I		9	150	30	120
	<b>Total</b>		33	550	90	460

**Fourth Semester:**

<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Exam Duration (Hours)</b>	<b>Credits</b>	<b>Max. Marks</b>	<b>Mid-Semester (Internal)</b>	<b>End-semester Double Valuation (Internal + External)</b>
MYC 401	Cognitive Psychology	3	6	100	15	85
MYC 402	Yoga & Alternative Therapies	3	6	100	15	85
MYC 403	<b>Elective Subject:</b>  (i) Applied Yoga	3	6	100	15	85
	(ii) Selected Chapters From the Bhagavad Gita					
	(iii) Yoga & Gerontology					
MYC 404	Dissertation & Viva		6	100		*100
MYC 405	Advanced Yoga Practices-II		9	150	30	120
	<b>Total</b>		33	550	75	475

\*Single valuation

**M.A YOGA & CONSCIOUSNESS,  
ANDHRA UNIVERSITY**

**GRADES AND GRADE POINT DETAILS**

<b>S. No.</b>	<b>Range of Marks</b>	<b>Grade</b>	<b>Grade Points</b>
1.	>70%	O	10.0
2.	60% - 69%	A	9.0
3.	55 % - 59%	B	8.0
4.	50% - 54%	C	7.0
5.	40% - 49%	D	6.0
6.	35% - 39%	E	5.0
7.	< 35%	F (Fail)	0.0
8.	The Grade <b>W</b> represents failure due to insufficient attendance in a year or semester	W	0.0
9.	Incomplete (Subsequently to be change into pass or <b>E</b> to <b>O</b> or <b>F</b> grade in the same semester)	I	0.0

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than **E** grade, i.e 35% of marks, and **C** grade, i.e 50% in practical examination. However, in each semester examinations, the aggregate passing minimum may be **D** grade, i.e 40%.

Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in **O** grade.



A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination.

Such reappearance shall be limited only to five chances within five years from the date of first passing the final examination.

There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more papers of the first/second/third semester examinations.

Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.

# Department of Yoga & Consciousness

## M.A. YOGA & CONSCIOUSNESS

### Semester-I

- Paper-I: Evolution of Yoga  
Paper II: Classical Indian Philosophy  
Paper III: Human Anatomy & Physiology -I  
Paper IV: Basics of Sanskrit  
Paper V: Yoga Practices-I

### Semester-II

- Paper-I : Patanjali Yoga Sutras  
Paper II: HathaYoga Texts  
Paper III: Principles of Psychology  
Paper IV: Theories of Meditation  
Paper V: Yoga Practices-II

### Semester-III

- Paper-I : Human Anatomy & Physiology -II  
Paper II: Yoga Therapy  
Paper III: Teaching Methods of Yoga  
Paper IV: Research methodology in Yoga  
Paper V: Advanced Yoga Practices-I

### Semester-IV

- Paper-I : Cognitive Psychology  
Paper II: Yoga & Alternative Therapies  
Paper III: Elective subject:  
(i) Applied Yoga,  
(ii) Selected chapters from the Bhagavad Gita  
(iii)Yoga & Gerontology  
Paper IV: Dissertation & viva  
Paper V: Advanced Yoga Practices-II

# M.A. YOGA & CONSCIOUSNESS: Detailed syllabus:

## Semester-I

### Paper-I: Evolution of Yoga

#### Unit-I

Introduction to Indian Vedic and Philosophical literature: the Vedas, the Upanishads, the Puranas, the Smirthis, the Shatdarshanas.

#### Unit-II

Origin of Yoga - elements of Yoga in Vedic literature – definitions and meanings of Yoga - historical development of yoga - aims and objectives of Yoga- literature on yoga

#### Unit-III

Branches of yoga: Raja Yoga - Karma Yoga, Bhakti Yoga, Jnana Yoga, Mantra yoga and Kundalini Yoga – Swara Yoga – Special reference to Swarayoga in Telugu Literature.

#### Unit-IV

The Philosophy of Hatha Yoga: the origin and development of Hatha Yoga – connotations of the term hath yoga – contribution of the siddhas and nathas in development of Hatha Yoga – the literature on Hatha Yoga - relation of hatha yoga and other systems of yoga.

#### Unit-V

Yogic physiology: nadies – pranās - chakras – vital points - granthis - pancha koshas- physiology of kundalini

#### Recommended books:

Feuerstein, Georg. (2002.): *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Delhi, Bhavana Books and Prints.

Dr. Kenghe C.T. (1975) : *Yoga As Depth –Psychology & Parapsychology, vol. Historical Background*, Varanasi, Bharata Manisha.

Prof. M. Venkata Reddy-(2<sup>nd</sup> ed.2011) : *Hatharatnavali*, M.S.R. Memorial Yoga Series, Arthmur.

Mikel Burley (2000): *Hatha Yoga: its Context, theory and Practice*, Delhi, Motilal Banarsidass.

Swamy Sivananda (1984): *Lectures on Yoga & Vedanta*, , Sivananda Nagar, The Divine Life Society

M. Venkata Reddy, B. Rama Rao (1983) *Influence of Natha Yogis on Telugu Literature – Bulletin of Indian Institute of History of Medicine – Vol. No.13, PP. 4-15.*

Mukti bodananda Saraswati (1984): *Swara Yoga* (Chapter-I), Munger, Bihar School of Yoga, .

Pandian. S.K. (1987): *The Hidden Heritage* (Chapter-I) Sterling Publishers Pvt. Ltd., New Delhi.

M. Venkata Reddy (1988) *Swara Sastra Manjari of Ganapanaradhya* (1323-1345 AD) Introduction – MSR Memorial Yoga Series – Arthamuru, E.G. Dt.

## **Paper II: Classical Indian Philosophy**

### **Unit I**

Nature, Characteristics and Development of Indian Philosophy.  
Spéculations of the Upanishads, Atman and Brahman.  
Central teachings of Gita : Karmayoga, and Jnana Yoga, Sthita Prajna.

### **Unit II**

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ;  
Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

### **Unit III**

Nyaya Darsana : (i) Sixteen Logical Categories of Nyaya, (ii) Nyaya Epistemology : (1) Perception and (2) Inference, (iii) Nyaya theory of soul and its Destiny  
The Vaisesika Darsana : (i) The Seven Categories, (ii) The Atomic Theory.

### **Unit IV**

The Samkhya Darsana : (i) Theory of Causation, (ii) Satkaryavada, (iii) Proofs for the existence of Prakruti and Purusha, (iv) Evolution of Prakrit ;  
The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.  
The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

### **Unit V**

Sankara Vedanta : (i) Brahman as Saguna and Nirguna, (ii) Status of Individual soul and the world, (iii) The Doctrine of Maya ;  
The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified, (ii) The Nature of God, soul, world, (iii) Doctrine of Bhakti, Saranagati and Prapatti ;  
The Dvaita Vedanta of Madhvacharya : (i) Matter, souls, and god, (ii) Means of Liberation.

### **Textbooks :**

S. Radhakrishnan : Indian Philosophy, Vols. I and II, Allen & Unwin, London.  
R. Puligandla : Fundamentals of Indian Philosophy.  
C.D. Sharma : A Critical Survey of Indian Philosophy, Motilal Babarsidas, Delhi.  
Larson.G.J. & Others (2008), Encyclopedia of Indian Philosophies, Vol-XII (Introduction)  
Motilal Banarsidas, Delhi.

## Paper III: **Human Anatomy & Physiology-I**

### **Unit-I**

Cell structure and its function; tissues-types; Introduction to systems of the human body;

### **Unit-II:**

Skeletal system: types of bone, the vertebral column, types of joints: wrist, elbow, shoulder, ankle, knee, hip, and spinal column.

Muscular system: types of muscles; structure of skeletal muscles: smooth muscles, cardiac muscles, blood supply of skeletal muscles, and principal groups of muscles; Effect of Yoga techniques on skeletal and muscular system.

### **Unit-III: Biochemistry: Nutrition: Nutrients, proximate principles of diet-their importance;**

Carbohydrates: Monosaccharides, polysaccharides; Proteins: importance of proteins in biological system- essential and non essential amino acids – biological value; Lipids: triglycerides-essential fatty acids; Calorimetry: energy requirement and its calculation, energy aspects of diet and their distribution, balanced diet; Minerals: calcium, iron trace elements in human nutrition; Vitamins: fats soluble and water soluble vitamins-physiological role- requirement and source signs of deficiency.

### **Unit-IV:**

Digestive system: brief anatomy of mouth, esophagus, stomach, small intestine, large intestine, gall bladder and liver pancreas, digestive, absorption and assimilation. Effect of Yoga techniques on digestive system.

### **Unit-V:**

Metabolism: Metabolism of food: carbohydrates metabolism, Protein metabolism, Fat metabolism, energy production and requirements

### **Recommended Book:**

Byas Deb Ghosh (2007) Human anatomy for Students, Jaypee Brothers, New Delhi

Gore. M.V. (2005) Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavla.

James Funderburk – Science Studies Yoga, Himalayan International Institute of Yoga, Science & Philosophy of USA – 1977.

## Paper IV: BASICS OF SANSKRIT

### Unit –I: Sanskrit Alphabet (Aksharamala);

\*Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

**Sanskrit words** :- classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases: - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

### Poetry – Subhashitas: Selections From Sarala slokah

1. Ya kundendu tushara... v.No.1
2. Yeshaam na vidya na tapo.. v.No.3
3. Sahitya samgeeta kalaa viheenah... v.No.4
4. Bhaasaashu maduraa divyaa.. v.No.5
5. vidyaa naama narasya... v.No.6
6. rupayouvana sampannaah... v.No.8
7. vidyayaa vpushaa vaacaa.. v.No.9
8. arakshitam tishtati daivarakshitam.. v.No.14
9. takshakasya visham dante... v.No.19
10. brahmaanandam paramasukhadam.. v.No.21
11. yathaa desasthathaa bhaashaa.. v.No.25
12. Makshikaa vranamicchanti... v.No.29
13. drstiputam nyaset paadam... v.No.34
14. hastasya bhusanam daanam.. v.No.41
15. raahapathni guroh pathni.. v.No.51
16. pushpeshu padmam nagarishu kaasi.. v.No.59
17. atiparichayaadavajnaa ... v.No.61
18. utsave vyasane caiva durbhikshe.. v.No.87
19. yasyaasti vittam sa narah kulinah... v.No.110
20. paandityasya vibhushanam madhurataa.. v.No.159

### Unit –II : Prose- - Hitopadesa – mitralabha

### Unit –III : Grammar – Declensions & Conjugations\*

a )DECLENSIONS: Ajanta Sabdas

Masculine: Rama, Hari, Sambhu Dhatr, , Pitri, Go.

Feminine : Ramaa, Mati, Gauri ,Dhenu, Vadhu, Matr.

Neuter : Vanam, Vaari.

Sarvanamasabdas : asmad yushmad , tat ( three genders ) kim

b) CONJUGATIONS: LAT, , LOT, LAN, VIDHILIN LRT - Five tenses only)

PARASMAIPADINS: BHU, GAM, DRSIR, STHAA, DRSIR, PA,AS, , LIKHA KR.

ATMANEPADINS: LABH, MUD, BHAS, RAM, VAND, YUDH KR SEV

\* **Kriyapada in Sanskrit** -:Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

**Unit –IV: Grammar - Sandhi & Samasa \***

A)SANDHI: ACH SANDHI : Savarnadirgha , Guna ,Vrddhi,  
Yanadesa, Ayavayava  
HAL SANDHI : Scutva Jastva, Sthutva, Anunasika ,Visarga

b)SAMASA : Dvigu , Dvandva, Bahuvrihi , Tatpurusha ,  
Karmadharaya , Avyayibhava

\* **Avyayas in Sanskrit** - different kinds of avyayas, upasargas, nipatas etc.,  
Elementary knowledge of all kinds of sandhis with examples in Sanskrit  
Elementary knowledge of voices, compound words with examples in Sanskrit.  
Karakas - its use in Sanskrit.

**Unit –V: Translation**

From Sanskrit to English / Telugu  
Slokas/ Simple sentences from Subhashitas and from  
Other prescribed lessons

**Books Recommended:**

1. R.S. Vadhyar & Sons :Infant Sanskrit Reader –, Palghat
2. Sarala slokah (easy slokas for children) Samskrita kaaryalayah, aravindasrama  
,Pondicherry, TN
3. Hitopadesah of Narayanapandita, Jayalakshmi Publications, Hyderabad.
4. Prathama –Samskrta Bhasha Pracara Samiti , Hyderabad

## Paper V: Yoga Practices-I

### Sukshma Vyayamam

#### Netra Sanchlana

**Shatkriyas:** Jala dhauti, Jala Neti, Sutraneti and Kapalabhati;

**Meditation Asanas:** Ardha Padmasana, Padmasana, Svastikasana, Siddhasana, Vajrasana, Samasana – Dhyana Veerasana –

**Relaxation Asanas:** Savasana, Makharasana, Nirlambasana, Matsyakridasana, Advasana;

### Surya Namaskarmas

#### Preliminary Asanas-

Tadasana, Tiryak Tadasana, Katichkarasana, Natarajasana, Vrukshasana, Utkatsana, Vakrasana, Janusirshasana, Udarakarshanasana, Uttana Padasana, Padasanchalanasana, Chakra Padasana, Anantasana, Sarpasana, Bhujangasana, Ardha Salabhasana, Sarala Dhanurasana, Marichasana-I, Uttita Padmasana, Baddhakonasana, Kandharasana,

Ardha Navasana, Supta Udarakarshanasana, Supta Pawanamuktasana stage-I, Hamsasana, Viparitakarani, Shava Udrakarshanasana

**Bandhas:** Jalandhara bandha- mula bandha.-

**Preliminary Pranayama techniques:** Udara Svasa – Vaksha Svasa – Skanda Svasa, Yoga Savasa, Anuloma Viloma- Nadi Suddhi.

### Recommended books:

Satyananda Saraswati, Swami (2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust

Iyengar, B.K.S. (1976): Light on Yoga London, UNWIN Paperbacks

Dr. Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Niranjanananda Sarswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Dr. Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri, Yoga Consciousness Trust.





## Semester-II

### Paper –I: Patanjali Yoga Sutras

#### Unit-I

Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text- associated yoga paths in yoga sutras- *atha yoganusaasanam*

#### Unit-II

yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi

#### Unit-III

Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasadana – types of Samadhi-

#### Unit-IV

Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –

#### Unit-V

Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object – kaivalya

#### **Recommended books:**

Taimini, A.K. (1999): *The Science of Yoga, ( Com. On Yoga Sutras)*, Chennai, The Theosophical Publishing House,.

Vivekananda, Swami.( 1982): *Raja Yoga or Conquering the Internal Nature* ,Culcutta, Advaita Ashram,.

Surendranath Dasgupta- (1989): *A Study of Pantanjali*, Delhi, Motilal Banarisidass.

Feuerstein, Georg. (1989): *Yoga Sutras of Patanjali: A New Translation and Commentary* Vermont, U.S.A. Inner Traditions of India.

Iyengar B.K.S. (2008): *Light on Astanga Yoga*, New Delhi , Alchemy,

Bangali Baba (1982) *The Yogasutras of Patanjali ( Commentary of Vyasa)* Motilal Banarsidas – Delhi.

Larson. G.J. (2008) *Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions)* Motilal Banarsidas) Vol-XII-Delhi.

Ram Shankar Bhattacharya (1985) *An Introdution to the Yogasutra* (Yoga and Yogic Tradition Chapter- 2 & 3) Bharatiya Vidya Prakashan – Varanasi.

## **Paper-II : Classical Hatha Yoga Texts**

### **The Hatha Yoga Pradipika**

#### **Unit-I:**

Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka, nauli and kapalabhati –

#### **Unit-II :**

Asta Kumbhakas: Suryabedana, Ujjayi, Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari mudras –

#### **Unit-III**

Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi;

### **The Gheranda Samhita:**

#### **Unit-IV:**

Introduction to Gheranda Samhitha- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras – the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka –

#### **Unit- V**

Pratyahara techniques- three types of dhyana – samadhi variations

#### **Text books:**

Muktibodhananda Saraswati, Swami. (1985): (Tr. & Com.). Hatha Yoga Pradipika (Light on Yoga) Munger, Bihar School of Yoga

Swami Digamberji and Dr.Gharote M.L Ed.( 1978): Gheranda Samhita, Kaivalyadhama, S.M.Y.M. Samithi,

#### **Recommended Books:**

Gudrun Buhnemann – (USA-2007) Eighty Four Asanas in Yoga – A survey of Traditions – D.K. Print World Pvt. Ltd., New Delhi.

Desikachar. TKV (2004) Adishankara's Yoga Taravali (Introduction) Krishnamacharya Yoga Mandiram – Chennai.

## **Paper –III : Principles of Psychology**

### **UNIT – – I:**

Basic concepts – Definition of Psychology – Schools of Psychology – Behaviorist – Gestalt – Psychoanalysis – Humanistic. Scientific methods in Psychology – Application of Psychology – Psychology in Industry, community, family, education, health, self development – Human relations.

### **UNIT – II:**

Hereditary and environment – Experimental studies – Growth and Development .

### **UNIT – III:**

Emotion – Motivation: Theories of emotion: James-Lange, Cannon-Bard, Cognitive theories. Theories of motivation: Freud’s unconscious motivation theory, Maslow’s need hierarchy theory, McClelland’s achievement motivation theory.

### **UNIT – IV:**

Intelligence – Theories of intelligence – Measuring Intelligence – Kinds of Intelligence tests – Ability – Formation of aptitude and attitude – Aptitude tests – Creativity and its tests –

### **UNIT – V:**

Personality– Definition of Personality – Assessment of Personality. Theories of Personality – 1. Psychoanalytic theories: Freud, Jung, Adler, 2. Type and trait approaches: Eysenck and Cattell , 3. Developmental approach: Erik Erikson

### **Recommended books:**

1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron.A. Robert, Psychology, Pearson Education Vth Ed.,2002.
3. Chaplin, P., & Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart & Winston.
4. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler,“Introduction to Psychology” – 7th Edition. Tata McGraw Hill Book Co. New Delhi, 1993.
5. Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.
6. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson, “Introduction to Psychology” 6th Edition, Oxford IBH publishing Co. Pvt. Ltd., New Delhi,1975.
7. Marx, M.H. & Hillix, W.A. (1987). Systems and Theories in Psychology. New York: McGraw Hill.
8. Schultz, D. (1985). A History of Modern Psychology. New York: Academic Press.
9. Wolman, B.H. (1973). Handbook of Psychology. New Jersey: Prentice Hall.

10. Woodworth, R., & Schlosberg, (1976). Experimental Psychology. New York: Holt and Rinehart.

## **Paper IV: Theories of Meditation**

### **Unit-I**

Introduction to Meditation; types of Meditation; Saguna dhyana, Nirguna dhyana, Chakra dhyana, Mantra dhyana, So..Ham dhyana, OM dhyana, Svaasa anusandhana dhyana.

Theory and practice of dhyana in Yoga.

### **Unit-II**

Theory and practice of Meditation in Buddhism and Jainism

### **Unit-III**

Theory and practice of Meditation in Christianity and in Islam

### **Unit-VI**

Theory and practice of Meditation in Tantra

### **Unit –V**

Scientific Research on Meditation

### **Recommended books:**

Swami Satyananda Saraswathi: Mediation from the Tantraas, Munger , Bihara School of Yoga,

Swami Rama- (1992): Meditation and its practice, Honledele, Himalayan International Institute of Yoga science & Philosophy.

Swami Rama- (1984):Mediation in Christianity, Himalayan International Institute of Yoga science & Philosophy, Honledele,

Rudolph. M. Ballentine ed. (1986): The Theory and practice of Mediation, , Honledele Himalayan International Institute of Yoga science & Philosophy,

Acharya Mahaprajna-(1994), Preksha Dhyana,: Theory and Practice, Ladnun, Jain Vishwa Bharathi.

Swami Veda Bharati (2010) Future Directions of Scientific Research in Meditation, Swami Rama Sadhaka Grama, Rushikesh.

Jaideva Singh (1979) Vijnana Bhairava or Divine Consciousness (Introduction) Motilal Banarsidas, Delhi.

## Paper - V: Yoga Practices-II

**Shat kriyas:** Vastra Dhauti, Shankha Prakshalana, Trataka, Agnisara – Madhyama Nauli-

### **Intermediate Asanas:**

Parivriitha Parsvokonasan, Parsvottanasana, Vatayanasana, Matrichasana-II, Ustrasana, Supta Vajrasana, Eka Padasirasana, Marjalasana, Vygrasana, Gomukhasana, Sashankabhujangasana, Parivriitha Janu Sirshasana, Ardha Matsyendrasana, Simhasana, Salabhasana, Dhanurasana, Guptasana, Padangustanasana, Bharadvajasana-I, Yogamudrasana, Chakrasana, Navasana, Supta Pawanamuktasana stage-II, Jatara Parivrittanasana-I, Sarvangasana, Halasana, Matsyasana, Sirshasana, Mayurasana

**Astakumbhkas:** Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

**Babdhas :** Uddiyana bandha,

**Mudra:** Maha mudra,

### **Recommended books:**

Satyananda Saraswati, Swami (2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust

Iyengar, B.K.S. (1976): Light on Yoga London, UNWIN Paperbacks

Dr. Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Niranjanananda Sarswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga ,.

Kuvalyananda, Swami. (1931): Pranayama, Bombay, Popular Prakashan,  
\_\_\_\_\_. (1933) : Asanas. Lonavala, Popular Yoga,

Dr. Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

## Semester –III

### Paper –I: Anatomy & Physiology -II

**Unit-I:** Excretory system: Respiratory system: nasal cavities, larynx, the trachea, the lungs; inhalation and exhalation, gases exchange; mechanics of respiration, gas exchange in the lungs; Regulation and control of respiration; Kidneys, the ureter, the urinary bladder, the urethra; Effects of Yoga exercises on excretory system respiration;

**Unit-II:**

Blood and Cardiovascular system: The Haemopoietic system: composition of blood and its functions, blood groups; the Circulatory system: the heart, functions of the heart, the arteries, the veins and blood pressure; Effect of Yoga techniques on cardiovascular system.

**Unit-III:**

Nervous system: the central nervous system; the brain, the spinal cord, the peripheral nervous system, the autonomic nervous system, the sense of smell, the sense of taste, the sense of hearing, the sense of sight, and sense of touch. Effect of Yoga techniques on nervous system.

**Unit-IV:**

*Endocrine system:* Functions of the Pituitary & Pineal glands Thyroid hormone secretions and its effects in the human body Insulin secretion and its regulation on metabolism(diabetes, obesity), Adrenal gland secretions Epinephrine, nor epinephrine and dopanion and its effects on control of blood pressure, in stress and strain ; Sex hormones; Effect of Yoga techniques on endocrine system.

**Unit-V:**

Reproductive system: the male and female genital organs

**Recommended Book:**

Byas Deb Ghosh (2007) Human anatomy for Students, Jaypee Brothers, New Delhi

Gore. M.V. (2005) Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavla.

James Funderburk – Science Studies Yoga, Himalayan International Institute of Yoga, Science & Philosophy of USA – 1977.

## Paper II: Yoga Therapy

### Unit-I

Physiology and pathology in the yoga shastra and Ayurveda - description of glands – concept of disease in yoga – principles of yogic therapy – diagnostic and curative aspects of Hatha Yoga – the idea of counterpoise -

### Unit-II

Yogic therapeutical procedures for : Gastric Hygiene, Intestinal Hygiene, colon Hygiene,

### Unit-III

Yogic therapeutical procedures for : Naso-Pharyngeal Hygiene; Respiratory Hygiene, Cardio vascular Hygiene

### Unit-IV

Management of various disorders through Yogic methods: Diabetes; Asthma; Back pain & Cervical Spondilites; Head ache & Migrane; Thyroid; Hyper tension; Arthrities; Indigestion; Constipation; Cardiac problems;

### Unit -V

Yogic principles of diet – scientific studies on Yogic techniques – Yoga and mental health

### **Recommended books:**

Shivanda Saraswati, Srimat Swami. (1978): *Yogic Therapy*, Gauhati, Umachal Yogashram,.

Swamy Kuvalyananda- : *Principles of Yoga Therapy*, SMYM Samathi, Kaivalyadhama,

Swamy Kuvalyananda- (1985): *Rational of Yogic Poses and Other Articles*, Bombay, I.C. Yogic Health Centre, Kaivalyadhama,

Prof. Venkata Reddy M, Dr. Murthy, K.J.R., Dr. Sahay B.K., Dr. Prasad, B.N. (2005) *Yogic Therapy* Arthamuru, Sri M.S.R. Memorial Yoga Series,

Prof. M. Venkata Reddy (2008): *Scientific Studies on Yoga* , Hyderabad, A.P Yogadhyayana Parishad.

Karmananada Sarswathi Swami : *Yogic Management of Common diseases*, Munger, Yoga Publications

Dr. D.R. Vaze- (2004), *Swadhyaya & Yoga Therapy: Vedic Physiology & Anatomy*, Lonvla Yoga Institute, Kaivalyadhama

Dr. M.M. Gharote & Others- (2008): *Traditional Theory of Evolution and its Applications in Yoga*, , The Lonavla Yoga Institute, Lonavla

Vyasa (2004) *Therapeutic Application of Yoga* – SVPP, Bangalore.



Gharote.M.L. 1982, Yoga Therapy – Its Scope and Limitations – Jour – Res – Edu – Ind – Medicine – Vol – 1 & 2, P-37-42.

### **Paper-III: Teaching Methods of Yoga**

#### **Part-I: Teaching methods in Yoga**

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga – principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

#### **Part-II: Teaching practice**

(according to practical yoga syllabus of four semesters)

#### **Recommended books:**

Dr. Gharote, M.L. *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute, 2007  
Yogendra(1986): Teaching Yoga Bombay, Yoga Institute

Dr. Gharote.M.L. & S.K. Gangule (1995) Teaching Methods for Yogic Practicals,  
Kaivalyadhama Lonavla.

## Paper-IV: **Research Methodology in Yoga**

### **Unit-I:**

Introduction to Research: meaning, nature, and scope of research;  
Relationship of research to Yoga and limitation of Yoga research.

### **Unit-II:**

Types of research: a) Experimental research, laboratory experiments, Field experiments;

b) Non experimental research – Field studies, Survey & historical research, Case studies, analytical research, descriptive research, qualitative research.

Methods of data collection: a) Observation.; b) Interview.; c) Questionnaires;  
d) Rating scales.

Scaling techniques: a) Psycho physical scaling methods; b) Psychological scaling methods.

### **Unit-III:**

Philosophical studies: Aims & objectives, nature of Philosophical methods, critical thinking continuum;

Case studies: case studies on individuals, institutions & organization, profiles, methods of data collection for case study.

### **Unit-IV:**

Research methodology in Yoga: Introduction – planning of research project – design of the study – statistics – parameters to be recorded for specific diseases: Obesity; Diabetes mellitus; Hypertension; Asthama; Low back pin; Rheumatoid arthritis; follow up charts

### **Unit-V:**

Statistical techniques: introduction, variables & experimental research design- independent, dependent, extraneous and intervening variables,

Measures of central tendency, variability, testing of Hypothesis- T-test, F-test

### **Recommend Books:**

Funder Burk, James. (1977): *Science Studies Yoga, A Review of Physiological Data*, Pennsylvania, The Himalayan International Institute.

Prof. M. Venkata Reddy (2008): Scientific Studies on Yoga Hyderabad, A.P Yogadhyayana Parishad.

Dr. H.R. Nagendra & Dr. Shirley Telles (2006) Research Methodology, Bangalore, Swami Vivekananda Yoga Prakashana.

V.M. Kothari- Research Methodology, 2<sup>nd</sup>.ed 1994, New Delhi, Wiley Eastern Ltd.

Singh A.K. (1997) Tests measurements and Research Methods in Behavioural science Patna: Bharati Bhavan Publishers and Distributors.

Guilford J.P. (1965). Fundamental Statistics in Psychology and Education (4<sup>th</sup> Edn.). New Delhi: Subject Publications.

Freeman, F.B. (1971) Theory and Practice of Psychological Testing, New Delhi: Oxford and IBH publishing Company.

Parasnis, Arawind.S. and Kagal Shyamr (2009) Directions of Research on Yoga; Observations and Suggestions, Yoga-Mimamsa, Vol XLI.No.1: 48-59 April 2009.

Motoyama Hiroshi (1993): A Study of Yoga from Eastern and Western Medical View Points (Chapter-III) – A comparative study of Sri Ramananda Yogi and Sri Yogeswarananda Yogi) Human Science Press, Tokyo, Japan.

## **Paper V: Advanced Yoga Practices-I**

### **Advanced Asanas:**

Saithalyasana, Ardha Baddha Padmottanasana, Parsva Dhanurasana, Parivrita Paschmottasana, Pada prasaritha paschmottasana,. Ardha Baddha Padma Paschimottasana, Krounchasana, Marichasana-III, Bakasana, Laghu Vajrasana, Karna pidasana, Jatara Parivrittanasana-II, Sarvangasana cycle, Sirshasana cycle.

### **Vama Nauli, Dakshina Nauli;**

**Pranayama:** Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

**Mudras:** Maha Bandha, Maha vedha –

### **Brumadya drsti, Nasagra drsti**

### **Practice of Dharana**

### **Recommended books:**

Satyananda Saraswati, Swami (2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust

Iyengar, B.K.S. (1976): Light on Yoga London, UNWIN Paperbacks,

Niranjanananda Sarswathi( ) Dharana and Darshana, Munger, Bihar School of Yoga

Niranjanananda Sarswathi, Swami. Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga , 1994.

## **Semester-IV**

### **Paper-I: Cognitive Psychology**

#### **UNIT –I:**

Definition and domain of cognitive psychology- Perception, attention, memory, language, thinking, concept formation and creativity.

#### **UNIT –II:**

Perception: 1. Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz  
2. Perceptual processes: Pattern Recognition, depth perception, color, movement, illusions. 3. Perceptual constancies: color, shape, size. 4. Plasticity of perception: Innate or learned? 5. Attention and reaction time. 6. Extra sensory perception.

#### **UNIT-III:**

Learning – Principles and Methods – Classical conditioning – Operant Conditioning – The principle of reinforcement – Multiple response learning – Cognitive learning – Optimizing learning: Programmed learning and automated instruction – Transfer of learning – Role of Reward and punishment in learning.

#### **Unit- IV:**

Memory and forgetting: Kinds of remembering – Retrieval processes – The nature of forgetting – Two process theories of memory – Improving memory.

#### **Unit- V:**

**Thinking, Language and Problem solving :** Forms of thought - thinking and reasoning – Concept formation –Creativity -Language and thought – Symbols and concepts – Structure –Problem solving, decision making.

#### **Recommended books:**

1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron.A. Robert, Psychology, Pearson Education Vth Ed.,2002.
3. Chaplin, P., & Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart & Winston.
4. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler, “Introduction to Psychology” – 7th Edition. Tata McGraw Hill Book Co. New Delhi, 1993.
5. Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.

6. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson, "Introduction to Psychology" 6th Edition, Oxford IBH publishing Co. Pvt. Ltd., New Delhi, 1975.

**Paper-II: Yoga & Alternative Therapies**  
(Naturopathy, Ayurveda, Acupressure and Psychotherapy)

**Unit-I**

Philosophy of Naturopathy – Yoga & Naturopathy; various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

**Unit-II**

Yoga & Ayurveda - Fundamentals of Ayurveda: brief history of Ayurveda, concept of sareera kriya Vijnana and rachana: tridoshas vijnana - sapta dhatus, mala vijnana, Ojas, different kinds of Agnis –

**Unit-III**

Swastha vijnana: dinacharya, rutu charya, - Sodhana karma: Pancha karma, Purva karma – basic principles of Ayurvedic treatment knowledge – nadi vignana- Ayurvedic home remedies.

**Unit-IV**

Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases;

**Unit-V**

Psychotherapy: Psychopathology and mental health: Frustration ,conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psycho therapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

**Recommended books:**

Dr. H.K. Bakhru, (2006) : Diet cure for common Ailments, Mumbai,, Jaico Pub. Home.

Dr. S.R. Jindal-(1994): Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

----- (1994): Nature Cure treatments, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Swami Rama, Rudolph Ballantive & Swami Ajay-(2007), Yoga & Psychotherapy, Himalayan Institute Press, Honeldale

Edward Erwin, (1997): Philosophy & Psychotherapy, Sage publications, New Delhi

Dr. K.S. Joshi (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.

M. Venkata Reddy (1988) Ayurvedic Aspects in Hathapradipika – The Journal of Research and Education in Indian Medicine, Vol – VII – No.4 October – December – Varanasi.

M. Venkata Reddy (1991-92) Ayurvedic Aspects in Gherande Samhita – Aryavaidhan – Vol 5 –  
PP – 106 to 11, Nov-1991 and Vol No.V No.3, PP-156 to 163, Feb. 1992.

Bhagal.R.S. (2004) Yoga and Mental Health, Kaivalyadhama, Lonavla.

### **Paper-III: Elective Subject:**

#### **(i) Applied Yoga**

#### **Unit-I**

Application of Yamas, Niyamas, Shat kriyas, Asanas, Pranayamas and Dhyana -  
Application of Yoga in useful situations.

#### **Unit-II**

Yoga applied to Physical education – Yoga and Sports – Yoga and Adaptation

#### **Unit-III**

Yoga as Anti stress –Yoga and Aging - Yoga for Handicapped people – Yoga as remedy  
for Addictions. IT. Professionals – Electro Stress – Depression – Internet Addiction  
Disorder. Psychiatric Problems – Yogic Remedies

#### **Unit-IV**

Yoga for Rehabilitation - Yoga and Social problems – Yoga and Education -

#### **Unit-V**

Anustana Yoga Vedanta – methods of application

#### **Recommended books:**

Dr. Gharote, M.L. (2004): Applied Yoga Lonvla, Kaivalyadhama S.M.Y.M., Samithi,

Dr. Raparathi Rama Rao, Yogacharya, Journey to the Real Self (a book on Yoga  
Consciousness), Yoga Consciousness Trust, Vijinigiri, 2006

Prof. M.Venkata Reddy, Dr. Rao. G. Nanduri & Dr. Hary Waters (2005): Yoga for Cyber  
World (Psychiatric Problems) MSR Memorial Yoga Series,  
Arthamuru, E.G. Dt.,

## (ii) Selected Chapters from the Bhagavad Gita

### Unit-I

Introduction to Bhagavad Gita; Bhagavad Gita the Yoga Sastra; outlines of Bhagavad Gita- tradition of Yoga in Bhagavad Gita.

### Unit-II :

Chapter: II: Samkhya Yoga: description of Atma – the doctrine of Nishkama Karma – characteristics of Sthithi Prajna;

### Unit-III

Ch.VI: Dhyana Yoga: characteristics of the sage of self conquest - method of Meditation – enquiry in to mind control – excellence of Dhyana Yoga

Ch.XII: Bhakti Yoga: qualities of Bhakta

### Unit-IV

Ch. XIII: Kshetra kshetrajn vibhaga yoga: concept of Kshetra and Kshetrajna - qualities of Jnani – distinction between Prakriti and Purusha

Ch. XIV. Gunatraya Vibhaga Yoga: nature of the three Gunas - the effect of the three Gunas – qualities of Jivanmukta

### Unit-V

Ch.XV: Purushottama prapti Yogam

### **Recommended books:**

Vidya Prakashnanda Swami(1980): Gita Makaranda, Kalahasti, Sri Sukha Brahma Ashram

Ekanath Eswaran (1997): The Bhavad Gita for Daily Living, Allahabad, Jaico Books

Dr. T.R. Anantharaman (2000) Ancient Yoga and Modern Science (Yoga of Bhagavad Gita – Chapter – 7) Munsiram Manoharlal Pvt. Ltd., New Delhi.

## (iii). Yoga & Gerontology

**Paper IV: Dissertation & viva**

**Paper V: Advanced Yoga Practices**

**Asanas:**

Brahmacharyasana, Yoganidrasana, Hanumansana, Vrichikasana, Padma Mayurasana, Pincha Mayurasana, Bhairavasana, Durvasasana, Tittibhasana, Vasistasana, Supta Kurmasana, Marichasana-III, Pindasana in Sirshasana, Dvipadasirasana, Eka Pada Raja Kapotasana, Kapotasana, Padmasarvangasana;

**Nauli** (clock wise and anti clock wise rotation)

**Mudra Traya**, Sambhavi mudra, Shanumukhi mudra, Sakti chalani;

**Practice of Dhyana**

**Recommended books:**

Satyananda Saraswati, Swami (2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust

Iyengar, B.K.S. *Light of Yoga* London, UNWIN Paperbacks, 1976.

Niranjanananda Sarswathi, Swami. Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga, 1994.

Kuvalyananda, Swami. *Pranayama*, Bombay, Popular Prakashan, 1931.



