



# **TILAK MAHARASHTRA VIDYAPEETH**

*(Declared as deemed to be University)*

**Reaccredited by NAAC with B++ Grade**

**M.A.Yoga**

*(The Late Vaidya P.G. Nanal,*

*Department of Ayurveda and Yoga)*

**As per NEP 2020**

## **Syllabus**

**Tilak Maharashtra Vidyapeeth, Pune- 411037**

**The Late Vd. P.G. Nanal Department of Ayurveda & Yoga**

**Syllabus for M.A.Yoga**

<b>Programme Degree</b>		M.A
<b>Specialization</b>		Yoga
<b>Preamble</b>		<p>M.A Yoga course is designed to provide students with a comprehensive understanding of the ancient discipline of Yoga, encompassing its philosophical foundations, practical applications, and contemporary relevance. Rooted in the rich heritage of Indian tradition, this curriculum aims to equip students with the knowledge and skills necessary to become proficient practitioners and educators in the field of Yoga.</p> <p>In this program, students will delve into the philosophical aspect of Yoga, studying ancient texts such as the Yoga Sutras of Patanjali, Bhagavad Gita, and other classical scriptures. Along with this, students will engage in practical training, learning a wide array of asanas, pranayama techniques, and meditation practices under the guidance of experienced instructors.</p> <p>This program seeks to empower students to become catalysts for personal and societal transformation through the practice and teachings of Yoga.</p>
<b>Programme Specific Outcomes (POs)</b>		After successful accomplishment of this program, learner will be able to;
	1.	Worldwide opportunities as yoga therapist, consultant & demonstrators.
	2.	Deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies.
	3.	Healthy & Peaceful life by propagating Yoga for all.
<b>Eligibility Criteria for the Programme</b>		<ol style="list-style-type: none"><li>1. Any Graduate with minimum second class.</li><li>2. Entrance Examination</li></ol>
<b>Intake</b>		20
RM: Research Methodology, OJT: On-Job Training, RP: Research Project		

## M.A.Yoga

### Structure of the Course

---

#### Semester I

Course Code	Course Name	Credits	Theory/ Practical
<b>Major Core</b>			
MA24N-101P	Basics of Yoga	2	Practical
MA24N-102TH	Srimad Bhagwadgeeta	4	Theory
MA24N-103TH	Basics of Anatomy & Physiology	4	Theory
MA24N-104TH	Concepts of Ayurveda	4	Theory
<b>Research Methodology</b>			
MA24N-105TH	Research Methodology	4	Theory
<b>Major Elective</b>			
MA24N-106TH	Fundamentals of Yoga	4	Theory
MA24N-107TH	Principles of Naturopathy & Allopathy	4	Theory
<b>Total</b>		<b>22</b>	
<b>END OF SEMESTER I</b>			

## M.A.Yoga

### Structure of the Course

#### Semester II

Course Code	Course Name	Credits	Theory/ Practical
<b>Major Core</b>			
MA24N-201TH	Yoga in Darshan Shastra	4	Theory
MA24N-202TH	Hathyoga Pradipika	4	Theory
MA24N-203TH	Lifestyle Management through Ayurveda & Yoga	4	Theory
MA24N-204P	Foundation of Yoga –Asanas & Pranayama	2	Practical
<b>Internship/ On Job Training</b>			
MA24N-205P	Internship of Yogic Practices	4	Practical
<b>Major Elective</b>			
MA24N-206TH	Concept of Yoga in Vedas & Upanishadas (Ancient literature)	4	Theory
MA24N-207TH	Yogic Diet – Holistic Approach	4	Theory
<b>Total</b>		<b>22</b>	
<b>END OF SEMESESTER II</b>			
Exit with Post Graduate Diploma in Nutrition and Food Science (Recommended internship of 4 Credits in Multispecialty Hospital )			
<b>Cumulative credits for PG Diploma (after 3 Years) Degree = 44 CR</b>			
Major		28	
Elective		08	
OJT		04	
Research Methodology		04	
<b>Total</b>		<b>44</b>	

## M.A.Yoga

### Structure of the Course

---

#### Semester III

Course Code	Course Name	Credits	Theory/ Practical
<b>Major Core</b>			
MA24N-301TH	Fundamentals of Diseases in Ayurveda	4	Theory
MA24N-302TH	Gherand Samhita	4	Theory
MA24N-303P	Techniques of meditation	2	Practical
MA24N-304TH	Advanced Yogic Practices	4	Theory
<b>Research Project</b>			
MA24N-305P	Minor Research Project	4	Practical
<b>Major Elective</b>			
MA24N-306TH	Basics of Diet & Nutrition	4	Theory
MA24N-307TH	Geriatrics & Yoga	4	Theory
<b>Total</b>		<b>22</b>	
<b>END OF SEMESTER III</b>			

**M.A.Yoga**  
**Structure of the Course**

---

**Semester IV**

Course Code	Course Name	Credits	Theory/ Practical
<b>Major Core</b>			
MA24N-401TH	Application of Yoga (Theory & practical)	4	Theory
MA24N-402TH	Patanjal Yog Sutra	4	Theory
MA24N-403P	Introduction to Shuddhikriyas	4	Practical
<b>Research Project</b>			
MA24N-404P	Dissertation	6	Practical
<b>Major Elective</b>			
MA24N-405TH	Yoga for women's health	4	Theory
MA24N-406TH	Teaching methods in Yoga	4	Theory
<b>Total</b>		<b>22</b>	
<b>END OF SEMESTER IV</b>			
<p>Elective subjects will be offered only if there are minimum 10 students for the respective selected course.</p> <ul style="list-style-type: none"> <li>Nutrition in Diabetes care/ Cardio-metabolic health will be offered as values added course.</li> <li>Micronutrients and Trace elements- Value added course (compulsory) to be completed by January.</li> </ul>			
<b>Credit for 1 year PG Degree (after 4 Year UG ) = 44 CR</b>			

Major	26
Elective	08
Research Project	10
<b>Total</b>	<b>44</b>

<b>Cumulative Credit for 2 Year PG Degree = 88 CR</b>	
Major	54
Elective	16
Research Practical	10
Research Methodology	04
OJT	04
<b>Total</b>	<b>88</b>

**M.A.Yoga**  
**Course Details**  
**Semester I**

---

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Basics of Yoga (MA24N-101P)	-	-	20	30	50	2
2.	Srimad Bhagwad Gita ( MA24N-102TH)	40	60	-	-	100	4
3.	Basics of anatomy & Physiology ( MA24N-103TH)	40	60	-	-	100	4
4.	Concepts of Ayurveda (MA24N-104TH)	40	60	-	-	100	4
5.	Research Methodology (MA 24N-105TH)	40	60	-	-	100	4
6.	Fundamentals of Yoga ( MA24N-106 TH) Principles of Naturopathy & Allopathy (MA24N-107 TH)	40	60	-	-	100	4
						550	22 Credits



**M.A.Yoga**  
**Course Details**  
**Semester II**

---

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Yoga in Darshan Shastra ( MA24N-201 TH)	40	60	-	-	100	4
2.	Hathayoga Pradipika (MA24N-202 TH)	40	60	-	-	100	4
3.	Lifestyle Management through Ayurveda & Yoga ( MA24N-203 TH)	40	60	-	-	100	4
4.	Foundation of Yoga – Asanas & Pranayama ( MA24N-204 P)	-	-	20	30	50	2
5.	Internship of Yogic Practices ( MA24N-205 P)	-	-	50	100	150	4
6.	Concept of Yoga in Vedas & Upanishadas ( MA24N-206 TH)  Yogic Diet – Holistic Approach (MA24N- 207 TH)	40	60	-	-	100	4
						600	22 Credits

**M.A.Yoga**  
**Course Details**  
**Semester III**

---

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Fundamentals of Diseases in Ayurveda ( MA24N-301 TH)	40	60	-	-	100	4
2.	Gherand Samhita ( MA24N-302 TH)	40	60	-	-	100	4
3.	Techniques of Meditation ( MA24N-303 P)	-	-	20	30	50	2
4.	Different methods of Dharana ( MA24N-304 TH)	40	60	-	-	100	4
5.	Minor Research Project ( MA24N-305 P)	-	-	-	150	150	4
6.	Basics of Diet & Nutrition ( MA24N-306 TH)	40	60	-	-	100	4
	Geriatrics & Yoga (MA24N-307 TH)						
						600	22 Credits

**M.A.Yoga**  
**Course Details**  
**Semester IV**

---

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Application of Yoga ( MA24N-401 TH)	40	60	-	-	100	4
2.	Patanjal Yoga Sutra ( MA24N-402 TH)	40	60	-	-	100	4
3.	Introduction to Shuddhikriyas ( MA24N-403 P)	40	60	-	-	100	4
4.	Dissertation ( MA24N-404 P)	-	-	-	200	200	6
5.	Yoga for women's health ( MA24N-405 TH)  Teaching methods in Yoga (MA24N-406 TH)	40	60	-	-	100	4
						600	22 Credits

**SYLLABUS**  
**MAJOR CORE**  
**(SEMESTER I)**

## M.A.Yoga Semester I

### PAPER 1: BASICS OF YOGA

MA24N-101P

**Practical :30**

**(Credits- 02)**

**A. Course Objectives:** The course aims to-

- a) Understand Asanas in various postures.
- b) Understand the benefits of Asanas in practical.
- c) Understand the proper method to perform Asanas.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand the proper methods of Asanas.
- b) Understand the benefits of Asanas.

**C. Course Contents:**

<b>Module 1</b>	<b>Standing &amp; Sitting Postures</b>	<b>15 hours</b>
	Ardhkatichakrasana, Padhastasana, Ardhchakrasana, Trikonasana. Swastikasan, Gomukhasan, Padmasan, Vajrasan, Bhadrasan, Shashankasan, Ushtrasan, Pashchimottanasan, Suptavajrasan, Ardhmatsyendrasan, Siddhasan	1 credit
<b>Module 2</b>	<b>Suryanamaskar</b>	<b>15 hours</b>
	Method, Benefits.	1 credit

**D.References:**

**Asana,Pranayama,Mudra, Bandh by Swami Satyanand Saraswati  
Yog Publication Trust, Munger,Bihar**

## M.A.Yoga Semester I

### PAPER - 2: SRIMAD BHAGWADGITA

MA24N-102TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- Critical study of various aspects of Yoga mentioned in Srimadbhagvadgita.
- Study the qualities of Yogi mentioned in classic texts.
- Understand the meaning of Yoga through Srimadbhagvadgita.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand the principles of Karmayog, Bhaktiyog, Dhyanyog, Sankhyayoga.
- Understand the meaning of Yog from the perspective of Srimadbhagvadgita.
- Understand the methods of dhyana.
- Understand the qualities of Bhakt, Yogi.

**C. Course Contents:**

Module 1	Sankhyog	15 hours
	Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atman, nature of death, feeling related to body, real and unreal, atman is real, characteristics of atman, view of materialistic life, swerve not from duty	1 credit
Module 2	Karmayog	15 hours
	karma and karma yoga, way of worldly life, Types of karmas, triguna, samatvayoga, qualities of restrained mind, characteristic of Enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani	1 credit
Module 3	Dhyanyog	15 hours
	Introduction, karma yoga and karmasanyasa, yogi and sanyasi, self is ultimate for individual, qualities of a man whose senses are controlled, environment for meditation, place, seat, posture, condition of mind. Method of meditation, result of meditation, criterion for progress in meditation, conducive for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled	1 credit
Module 4	Bhaktiyog	15 hours
	Character- Types of Bhakta, Navvidha Bhakti Characteristics of Bhakt	1 credit

**D .References:** Bhagwadgita Shri Shrimad A.C Bhaktivedanta Swami Prabhupad

## M.A.Yoga Semester I

### PAPER - 3: BASICS OF ANATOMY & PHYSIOLOGY MA24N-103TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- To understand the structures of various body systems in humans.
- To understand the functions of Human body in systemic way.
- Interdependence of various systems in human body.
- To understand the physiology of different systems in human body.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand structures of various body systems in humans.
- Understand the physiology of different systems in human body.

**C. Course Contents:**

<b>Module 1</b>	<b>Introduction</b>	<b>15 hours</b>
	Introduction – cell, cell structure, cellular organelles and their functions	1 credit
<b>Module 2</b>	<b>Various systems in human body</b>	<b>45 hours</b>
	1. Respiratory system: functional anatomy of respiratory system. Definition of ventilation, mechanism of respiration, exchange and transport of gases 2. Cardio Vascular System: Functional anatomy of cardiovascular system. Heart sounds. Regulation of cardiac output and venous return. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control. 3. Gastro Intestinal System: Functional anatomy of gastro-intestinal tract, mechanism of secretion and composition of different digestive juices. Functions of salivary glands, stomach, liver, pancreas, small intestine and large intestine in the process of digestion and absorption. Movements of the gut (deglutition, peristalsis, defecation) and their control. Enteric nervous system. Metabolism of proteins, fats and carbohydrates. 4. Reproductive system: Physiology of male and female reproductive systems. Description of ovulation, spermatogenesis, oogenesis, menstrual cycle. 5. Endocrine system: Endocrine glands – General introduction to endocrine system, classification and characteristics of hormones, physiology of Pituitary, Thyroid, Adrenal glands, their functions and their effects. 6. Nervous system: Physiology of Nervous System: General introduction to nervous system, neurons, mechanism of propagation of nerve impulse, physiology of CNS, PNS, ANS; physiology of sensory and motor nervous system, Functions of different parts of brain and physiology of special senses.,	3 credit

	<p>7. Musculoskeletal system: Muscle physiology – comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction, types &amp; structure of bones &amp; joints.</p> <p>8. Excretory system: Physiology of Excretion – functional anatomy of urinary tract, functions of kidney. Mechanism of formation of urine, control of micturition. Formation of faeces and mechanism of defecation.</p>	
--	--	--

**D. References:**

- Guyton & Hall Textbook of medical physiology
- Principles of Anatomy and Physiology- Gerard J. Tortora
- Essentials of medical physiology - Sembulingam



## M.A.Yoga Semester I

### PAPER - 4: CONCEPTS OF AYURVEDA

MA24N-104TH

Lectures: 30

(Credits- 02)

**A. Course Objectives:** The course aims to-

- Introduction to Ayurveda & its relation with Yoga.
- Understand the basic principles of Ayurveda.
- To know ayurvedic physiological processes in Yoga perspective.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand the basic principles of Ayurveda.
- Understand the various siddhantas of Ayurveda.

**C. Course Contents:**

Module 1	Tridoshas	15 hours
	Doshadhatumala Vidnyan – introduction to Dosha, Dhatu, Mala Tridosha – Sthana, Guna, Karma , Types, Kshaya & Vruddhi of Vata, Pitta, Kapha	1 credit
Module 2	Sapta Dhatu	15 hours
	Saptadhatu: Sthana, Guna, Karma, Kshaya & Vruddhi of Rasa, Rakta, Mamsa, Meda, Asthi, Majja & Shukra dhatu, concept of Oja – Swaroopa & Karma.	1 credit
Module 3	Trimala & Strotas	15 hours
	Sthana, Guna, Karma, Kshaya & Vruddhi of Mutra, Purisha & Sweda. Srotas-concept, definition, types, structure and significance.	1 credit
Module 4	Siddhant	15 hours
	Panchamahabhuta sidhant Lokpurushasamya Siddhant Samanya Vishesh Siddhant	1 credit

**D. References:**

Dosha Dhatu Mala Vidnyan by Vd.G.A.Phadake

Dosha Dhatu Mala Vidyan by Vd. S.G.Vartak

Kriya Sharir-part 1 and by Dr. Subhash Ranade, Dr. Swati Chaubhe

Sharir Kriya Vidnyan- vol 1, 2 Nandini Dilip Dhargalkar

## M.A.Yoga Semester I

### PAPER - 5: RESEARCH METHODOLOGY MA24N-105TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- Understanding the research methodology for scientific research.
- To learn the ethics in research.
- To know various statistical methods of data collection, analysis & presentation.
- To gain the knowledge of process of research.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand and apply research process.
- Comprehend research methodology and apply it effectively.

**C. Course Contents:**

Module 1	Research	30 hours
	Definition & types of Research Importance & Utility of Research in Yoga Research Process, development of Protocol Ethics in Research Evidence based medicine & scientific writing	2 credit
Module 2	Statistics	30 hours
	Importance of IT in Research. Definition & importance of Medical Statistics Common Statistical terms Collection & presentation of data Analysis of data	2 credit

**D.References:**

- Research methodology Methods & Techniques- C.R.Kothari
- Research Methodology And Medical Statistics- Prof.Dr. Subhash Ranade, Prof.Dr. R.R. Deshpande
- Research Methodology and Medical Statistics- Nandini Dhargalkar

**MAJOR ELECTIVE**  
**(SEMESTER I)**

## M.A.Yoga Semester I

### PAPER - 6: FUNDAMENTALS OF YOGA MA24N-106TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) Understand the concept of Health.
- b) Introduction to the basics of Yoga.
- c) To gain the knowledge of Fundamentals of Yoga

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand what health is.
- b) Understand the misconceptions of Yoga.
- c) Understand the dos and don'ts of Yoga.
- d) Understand the procedure, benefits & contra indications of asana.

**C. Course Contents:**

Module 1	Introduction	60 hours
	Definition of Health as per WHO & Ayurveda. What is Yoga? Dos and Dont's for yoga practice Procedure, Benefits, Contra indication of Standing & Sitting asanas. Basic Principles of Yoga	4 credits

**D. References:**

1. Asana, Pranayama, Mudra, Bandh by Swami Satyanand Saraswati  
Yog Publication Trust, Munger, Bihar.

## M.A.Yoga Semester I

### PAPER - 7: PRINCIPLES OF NATUROPATHY & ALLOPATHY

MA24N- 107TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) To learn the basic principles of Naturopathy & Allopathic medical sciences in brief.
- b) To learn Naturopathy & Allopathic systems with their good & bad effects.
- c) To understand & apply the knowledge of Yoga.
- d) To prevent & treat side effects of medicines.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand the principles of Naturopathy
- b) Understand the principles of Allopathy

**B. Course Contents:**

Module 1	Naturopathy	30 hours
	Principles of Naturopathy Kniipp Therapy Therapies followed in other countries	2 credit
Module 2	Allopathy	30 hours
	Principles of Allopathy Human body systems Cell Physiology	2 credit

**MAJOR CORE**  
**(SEMESTER II)**

## M.A.Yoga Semester II

### PAPER-1: YOGA IN DARSHAN SHASTRA MA24N- 201TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) Introduction to ancient sciences like Darshana.
- b) To understand the literature related to Yoga from the ancient sciences.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand the ancient science like darshana shastra.
- b) To understand the principles of yogic ancient literature.

**C. Course Contents:**

Module 1	Darshan Shastra	60 hours
	Sankhya Nyaya Vaisheshik Charvak Buddha Jain Mimamsa Yoga	4 credits

**D. References:**

**Padarth Vidnyan – Vaidya Arun Bhatkar**

## M.A.Yoga Semester II

### PAPER - 2: HATHAYOGA PRADIPIKA

MA24N- 202TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- Critical learning of Hathayoga from this basic classic text.
- Learn various aspects of Hathayoga & Pranayama.
- To understand the benefits of yoga from Hathayoga point of view.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand the principles of Hathayoga ancient yogic text.
- Understand & apply aspects of Hathayoga.

**C. Course Contents:**

Module 1	Introduction	30 hours
	1. Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice. 2. Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya. Rules in food taking, Hathayoga achievements.	2 credits
Module 2		30 hours
	3. Pranayama - Benefits of Pranayama, Nadishuddi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhathi, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonnnani, Varieties of Kumbhaka- Methods of practice, Classification of their benefits, 4. Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice 5. Nadanusandhana	2 credits

**D. References:**

- Hathyogpradipika by V.G.Devkule
- Hathyogpradipika by Bihar School of Yoga, Munger Bihar



## M.A.Yoga Semester II

### PAPER - 3: LIFESTYLE MANAGEMENT THROUGH AYURVEDA & YOGA MA24N- 203TH

**Lectures: 30**

**(Credits- 02)**

**A. Course Objectives:** The course aims to-

- a) Spiritual learning lessons from different Ayurved texts.
- b) Understanding the impact of non material entities like Manas. Atma, Indriya.
- c) Learn the methods like Dinacharya, Rutucharya to maintain basic life processes.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand & apply the concepts of Dinacharya, Rutucharya in day today life.
- b) Understand the principles of Manas, Atma & Indriya.

**C. Course Contents:**

Module 1	Non material entities	30 hours
	Atma – characteristics and functions Mana - characteristics and functions Indriya – types, characteristics and functions	2 credits
Module 2	Dincharya & Rutucharya	30 hours
	Shatchakra - characteristics and functions Prakriti – types and characteristics Dincharya – brief description of daily regimen Rutucharya - brief description of regimen according to seasons	2 credits

**D. References:**

Kriya Sharir Part I & II (English) Dr.Subhash Ranade & Dr.Swati Choughe  
Dosh dhatu mala vidnyay – Vaidya G.A.Phadke  
Sharir Kriya Vidnyan Part I & II (Marathi) Dr.Subhash Ranade

## M.A.Yoga Semester II

### PAPER 4: FOUNDATIONS OF YOGA: ASANAS & PRANAYAMA

MA24N- 204TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) Learn performing Asanas in different postures.
- b) To understand the benefits of asanas.
- c) To practice Pranayama & learn its effects on body.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Perform Asanas in different postures.
- b) To learn techniques of Pranayama.
- c) Understand the effects of Asanas & Pranayama on body.

**C.Course Contents:**

Module 1	Asanas	30 hours
	Supine Postures - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana. Prone postures - Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. Suryanamaskara	2 credits
Module 2	Pranayama	30 hours
	Benefits of pranayama, time of practice, avara- pravara- madhyama lakshana, yuktaayukta lakshana Nadishudhi Pranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini. Nadishudhilakshana	2 credits

**D. References:**

Asana, Pranayama, Mudra, Bandh by Swami Satyanand Saraswati  
Yog Publication Trust, Munger, Bihar

## **M.A.Yoga Semester II**

### **PAPER 5: INTERNSHIP OF YOGIC PRACTICES**

MA24N- 205P

**Lectures: 60**

**(Credits- 04)**

Internship or on-the-job training is essential for students pursuing a Master's in Yoga, as it bridges the gap between theoretical knowledge and practical application. During this immersive experience, students have the opportunity to work in various environments, such as yoga studios, wellness centers, and rehabilitation facilities, where they can observe seasoned instructors, assist in classes, and engage directly with clients. This hands-on training not only enhances teaching techniques and communication skills but also deepens the understanding of diverse practices and holistic approaches to well-being. By participating in internships, students can explore their personal teaching styles, receive valuable feedback, and build a professional network that can lead to future career opportunities in yoga therapy, personal instruction, or wellness coaching. Overall, this practical experience is crucial for developing the confidence and expertise needed to thrive in the dynamic field of yoga.

#### **A. Write a report on**

- a) Observation of patient-yoga therapist interaction.
- b) Study of various Yoga therapy protocols used.
- c) Participate in a assessment or Yoga therapy process.
- d) Attach a letter from the supervisor of clinic/hospital.
- e) Write a detailed report on the experience.

#### **B. Log Book:**

A Log Book will be provided for the duration of the On-the-Job Training (OJT). Filling in the log book daily is mandatory. It should document the following:

- Routine activities
- Patient rounds
- Interactions with patients or healthcare professionals
- Procedures observed
- Any other tasks completed

Focus Areas:

At the end of the OJT, **5 case studies as per the above mentioned focus areas** must be solved and included in the log book.

**MAJOR ELECTIVE**  
**(SEMESTER II)**

## M.A.Yoga Semester II

### PAPER 6: CONCEPT OF YOGA IN VEDAS & UPANISHADAS

MA24N- 206TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) Introduction to ancient literature like Veda, Upanishada
- b) To understand the literature related to Yoga from the ancient sciences.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand the ancient literature related to Yoga.

**C. Course Contents:**

Module 1	Vedas	30 hours
	Brief introduction, structure and contents of types of Veda - Rugveda, Yajurveda, Samaveda and Atharvaveda	2 credits
Module 2	Upanishadas	30 hours
	Essence of Upanishads, Principal Upanishads	2 credits

**D. References:**

The Principal Upanishad – S.Radhakrishnan  
Rigveda Samhita with the commentary of Sayanacharya – Rajvade V.K.  
Atharvaveda with the commentary of Sayanacharya – Vishwa bandhu  
Shukla Yajurveda – Dr. Weber  
Krushna Yajurveda – Dr.Vinayak Ganesh Apte  
Samveda – RTH Griffith

## M.A.Yoga Semester II

### PAPER 7: YOGIC DIET: HOLISTIC APPROACH MA24N- 207TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) To understand concept of Yogic diet which comprises Satvik, Rajasik, Tamsik food.
- b) To understand application of concept of Yogic Diet for Holistic Yoga practices.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand & apply the concept of Yogic diet

**C. Course Contents:**

Module 1		30 hours
	Concept of Ayurvedic Nutrition Concept of Vedic Diet Aaharvidhi visheshayatan Aaharvidhi vidhan Introduction to Satvik, Rajasik & Tamasik aahar	2 credits
Module 2		15 hours
	Yogic Diet from Gherand samhita Yogic Diet from Bhagavad Geeta Yogic Diet from Hathapradipika Application of Yogic diet	1 credit
Module 3		15 hours
	Definition of Nutrition, Classification of Nutrients, Carbohydrate – sources, functions and importance Protein - sources, functions and importance Fat - sources, functions and importance Vitamins - sources, functions and importance Minerals - sources, functions and importance	1 credit

**D. References:**

Charak Samhita Part I – Dr.Brahmanand Tripathi  
Srimad bhagwad geeta – Srimad Prabhupal  
Gherand Samhita – Bihar School of Yoga  
Hathpradipika – Bihar School of Yoga  
Nutrition Science – B.Srilakshmi

**MAJOR CORE**  
**(SEMESTER III)**

## M.A.Yoga Semester III

### PAPER – 1: FUNDAMENTALS OF DISEASES IN AYURVEDA

#### MA24N- 301TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- To gain the deep knowledge of causative factors of different diseases.
- To understand the Ayurvedic methods of diagnosis.
- To understand the principles of Yoga in different diseases.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand the causative factors of different diseases.
- Understand & apply methods of diagnosis

**C. Course Contents:**

Module 1	Method of Nidan in Ayurveda	
	1. Vyadhi Utpatti, Shatkriyakal 2. Sam Niram dosha	1 credit
Module 2	Method of Nidan in Ayurveda	
	1. Rog rogi parikshan	1 credit
Module 3	Strotasanurup Vyadhi	
	1. Pranavaha strotas 2. Annavaha strotas 3. Raktavaha strotas 4. Mamsavaha strotas 5. Medovaha strotas	1 credit
Module 4	Strotasanurup Vyadhi	
	1. Asthivaha strotas 2. Purishvaha strotas 3. Mutravaha strotas 4. Svedavaha strotas 5. Rasavaha strotas	1 credit

**D. References:**

Rogavijnan and Vikritivijnan by Dr.Rekha N.Jain & Dr.N.Y.Thite  
Kayachikitsa by Prof.Vd.Yashwant Govind Joshi



## M.A.Yoga Semester III

### PAPER – 2: GHERAND SAMHITA

MA24N- 302TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- Critical learning of Ghatayoga from this basic classic text.
- Learn various shatkriyas alongwith its methods & benefits.
- Learn various Mudras, its methods & benifits.
- Comparison of Hathayoga & Ghatayoga.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- Understand the principles of Ghatayoga.
- Learn & apply shatkriyas,mudras.
- Understand the comparative points of Hathayoga & Ghatayoga

**C. Course Contents:**

Module 1	Ghatayog	
	Ghatayoga - Introduction, Saptanga yoga, Benefits Satkriyas - Classification Practicing Methods and benefits.	2 credits
Module 2		
	Mudra - Introduction, 25 Mudras - Classification, Practising Methods and benefits. A comparative study of Hathayoga and Ghata yoga.	2 credits

• **D. References:**

Gherand Samhita by V.G.Devkule

Gherand Samhita by Bihar School of Yoga, Munger Bihar

## M.A.Yoga Semester III

### PAPER – 3: TECHNIQUES OF MEDITATION

MA24N- 303P

Lectures: 30

(Credits- 02)

**A. Course Objectives:** The course aims to-

- a) To learn various Bandha & Mudras.
- b) To practice tratak.
- c) To practice various meditative methods.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand & practice Bandha, Mudra, Tratak & meditative methods.

**C. Course Contents:**

Module 1	Meditation Techniques	
	Traditional Meditation Techniques Trataka – Bahiranga and Antaranga Ajapajapa Akashdharanas : Chidakash, Hridayakasha, Daharakasha	1 credit
Module 2	Meditation Techniques	
	Chakra Dhyana Transcendental Meditation Cyclic (Avartan) Dhyna	1 credit

**D. References:**

**Ajapa jap & Chidakash Dharna by Swami Satyanand Saraswati**

## M.A.Yoga Semester III

### PAPER 4: ADVANCED YOGIC PRACTICES

#### MA24N- 304TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) To learn the theory of various dharana practices.
- b) To learn the theory of Mudra & Bandhas.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand various types of Dharana practices
- b) Understand various types of Mudra & Bandh

**C. Course Contents:**

<b>Module 1</b>	<b>Dharna, Mudra, Bandh</b>	
	Theory of different Dharna practices	2 credits
<b>Module 2</b>	<b>Dharna, Mudra, Bandh</b>	
	Theory of Mudra & Bandhas	2 credits

**PAPER 5: MINOR RESEARCH PROJECT (PRACTICAL)**  
**MA24N- 305P**

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) Equip students with research skills
- b) To encourage critical thinking and problem-solving through data collection, analysis, and interpretation
- c) Deepen students understanding of their chosen subject by engaging them in in-depth study, literature review, and exploration of specific topics.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Students will demonstrate the ability to design and conduct a research project using appropriate methodologies, tools, and techniques.
- b) Students will develop strong written and oral communication skills, allowing them to present research findings clearly and effectively.
- c) Upon completion, students will have a deeper understanding of their research topic, demonstrated through a thorough literature review and theoretical analysis.

This will be an **independent research** project with an **observational research** focus. At the end of the project, students will be required to **write and submit a detailed report** outlining their methodology, observations, findings, and conclusions.

**MAJOR ELECTIVE**  
**(SEMESTER III)**

## M.A.Yoga Semester III

### PAPER 6: BASICS OF DIET & NUTRITION

MA24N- 306TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) To learn basics of Ayurved and modern diet.
- b) Classification & importance of diet.
- c) Understand the role & functions of macronutrients & micronutrients
- d) To understand the sources of macro & micro nutrients.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Understand & learn the basics of Ayurvedic & modern diet.
- b) Understand the importance of diet & role of nutrients in diet.

**C. Course Contents:**

Module 1	Ayurveda	
	Aahar- Classification & Importance of Aahar. Dietary guidelines according to Ayurveda such as Jalpan, Aahar as per rutu, Bhojanvidhi	2 credit
Module 2	Nutrition	
	Introduction & Concept of Nutrition Science. Macro nutrients Micro nutrients Dietary guidelines according to Modern science.	2 credit

## M.A.Yoga Semester III

PAPER 7: GERIATRICS & YOGA

MA24N- 307TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) To learn the physical & psychological conditions of geriatrics.
- b) Understand the role of Yoga therapy in the condition of geriatrics.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a. To understand & learn the conditions of geriatrics.
- b. To learn & apply the role of Yoga in the condition of geriatrics.

**C. Course Contents:**

Module 1		
	Defining geriatrics Old age - physical and psychological conditions Yoga therapy for different conditions in geriatrics. Lifestyle management for geriatrics	4 credits

**MAJOR CORE**  
**(SEMESTER IV)**



## M.A.Yoga Semester IV

### PAPER 1: APPLICATION OF YOGA

MA24N- 401TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- To learn the clinical examination skills.
- To learn the process of detail case taking.
- To learn the examination of various body systems.
- To implement the knowledge of yoga.
- Application to cure various diseases.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- To learn the process of case taking.
- To learn the examination of various body systems.
- To apply the knowledge of yoga to cure various diseases.

**C. Course Contents:**

Module 1		
	Case taking Clinical examination	1 credit
Module 2		
	Application of Yoga in various systemic disorders- <ul style="list-style-type: none"><li>Respiratory System - Nasal Allergy and Asthma</li><li>Cardiovascular System - Hypertension and coronary Artery diseases</li><li>Digestive System - Hyperacidity, Irritable bowel syndrome</li><li>Reproductive System - infertility, menstrual disorders</li><li>Endocrine System - Diabetes, Obesity, Thyroid(Hypo and Hyper)</li><li>Nervous System - Epilepsy, Migraine, Psychiatry - Anxiety, depressive neurosis, stress, Insomnia</li></ul>	3 credits

	<ul style="list-style-type: none"> <li>• Musculo Skeletal System - Arthritis, Back pain, Ankylosing spondylitis</li> <li>• Pregnancy - Role of stress in problems of pregnancy, Labour and fetal Special senses - Yog for eyes</li> </ul>	
--	---	--

#### **D. References:**

**Principles of Yoga Practice & Therapy by Dr.B.S.Damle**

## M.A.Yoga Semester IV

### PAPER 2: PATANJALI YOG SUTRA

MA24N- 402TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) To learn the most authentic compendia of Yoga i.e. Yogasutra
- b) To understand Patanjala Yogasutra.
- c) To learn Ashtanga yoga.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand the Patanjali Yogasutra.
- b) To Learn Ashtanga Yoga.

**C. Course Contents:**

Module 1		
	Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state	1 credit
Module 2		
	<p>Vrittis - Nature, classification, definition, method to control of chitta vrittis.</p> <p>3. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chitta-vikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshma-vishayatwa, Sabijasamadhi,</p> <p>4. Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya- yoga and its benefits.</p> <p>5. Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature &amp; Cause, Hanopaya, Hanaswarupa, Vivekakhya,</p>	3 credits

	6. Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction	
--	---	--

#### **D. References:**

**Patanjal Yogdarshan by Krishnaji Kolhatkar**

## M.A.Yoga Semester IV

### PAPER 3: INTRODUCTION TO SHUDDHIKRIYAS

MA24N- 403P

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) Introduction to Yogic Shatkriya.
- b) To understand practical significance & benefits of Shatkarma.
- c) To learn special techniques of Yoga Therapy

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand & practice Shatkriyas
- b) To understand the benefits of Shatkarma.

**C. Course Contents:**

<b>Module 1</b>		
	Shatkriyas – Shatkarma Dhauti, Basti, Neti, Trataka, Nauli, Kapalbhata	2 credits
<b>Module 2</b>		
	Yoga Therapy Special Techniques	2 credits

## M.A.Yoga Semester IV

### PAPER 4: DISSERATATION

MA24N- 404P

Lectures: 90

(Credits- 06)

---

**A. Course Objectives:** The course aims to-

- a) To gain knowledge of applied aspect of research in the field of Yoga
- b) To get practical knowledge of statistics.
- c) To gain the knowledge of research in Yoga
- d) To develop different yogic modules by research

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) Apply theoretical concepts of Yoga research in practical scenarios.
- b) Demonstrate the ability to critically analyze research papers and identify relevant yogic trends.
- c) Develop skills to design, conduct, and interpret experiments related to Yoga and public health.
- d) Apply statistical tools and techniques for data analysis in yogic research.

**C. Research Format:**

- This will involve **independent observational and interventional research**, where students will carry out a research project on a chosen topic related to Yoga.
- By the end of the course, the research should be compiled and submitted as a **hard-bound black book** with **40 to 100 pages**. This book should include detailed research methodology, findings, analysis, and conclusions

**MAJOR ELECTIVE**  
**(SEMESTER IV)**

## M.A.Yoga Semester IV

### PAPER 5: YOGA FOR WOMEN'S HEALTH

#### MA24N- 405TH

**Lectures: 60**

**(Credits- 04)**

**A. Course Objectives:** The course aims to-

- a) To learn the importance of Yoga in the life of women.
- b) To learn the disorders in women in different age groups.
- c) To apply the yogic therapy in disorders of women.
- d) To understand the psychology of women & its impact on women's health.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand the importance of Yoga in the life of women in different age groups.
- b) To apply the knowledge of yoga in disorders of women.

**C. Course Contents:**

<b>Module 1</b>		
	Importance of Yoga in the life of women Most common disorders in women	2 credits
<b>Module 2</b>		
	Yoga practices in different age groups Yoga practices in menopause phases Women's psychological health and yoga	2 credits



## M.A.Yoga Semester IV

### PAPER 6: TEACHING METHODS IN YOGA

MA24N- 406TH

Lectures: 60

(Credits- 04)

**A. Course Objectives:** The course aims to-

- a) To learn the principles of Yoga practices
- b) To understand the different teaching methods in yoga.
- c) To prepare the lesson plan & design a module for practical session.

**B. Learning Course Outcome (CO):** On completion of the course, the student will be able to,

- a) To understand & learn to prepare the lesson plan & design a module for practical session.

**C. Course Contents:**

<b>Module 1</b>		
	Principles of Yoga practice Different teaching methods in yoga	2 credits
<b>Module 2</b>		
	Preparation of lesson plan Designing a module and practical session	2 credits

**D. References:**

Teaching Methods of Yogic Practices by Dr.M.L.Gharote, Kaivalyadham