

Tilak Maharashtra Vidyapeeth, Pune
The Late Vd. P.G. Nanal Dept. of Ayurveda
Syllabus M. A. in Yoga

1. Name of the Course: M. A. in Yoga

2. Duration: The course will be of two years duration, which will be divided into four semesters as two semesters in each academic year.

3. Objectives:

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies.
- At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.

4. Syllabus: The syllabus is made to fulfill these objectives. (Syllabus is attached herewith).

5. Evaluation schedule –

Semester : 4 Semesters
 Theory : 4 Papers for Each Semester (60 Marks for each paper) Internal Assessment : 40 marks Each Paper
 Total Marks : 400 per Semester
 Marks and gradation are attached herewith.

5. Eligibility:

- Graduation with second Class
- Entrance Examination.

**Semester System
 With Credits**

Semester I

Paper No.	Course Details	Internal Assessment	Term End Examination (Theory)	Internal Assessment (Practical)		Total	Hours	Credits	
				50 Marks	30			Theory	Practical
		100 Marks		50 Marks					
101	Practical I	40	60	20	30	150	90 hrs	4	2
102	Srimad Bhagwad Gita	40	60	20	30	150	90 hrs	4	2
103	Basics of anatomy & Physiology OR Communication skills	40	60	20	30	150	90 hrs	4	2
104	Basics of Ayurveda - I	40	60	20	30	150	90 hrs	4	2

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Semester II

Paper No.	Course Details	Internal Assessment	Term End Examination (Theory)	Internal Assessment (Practical)	Term End Examination (Practical)	Total	Hours	Credits	
								Theory	Practical
		100 Marks		50 Marks					
201	Yoga in ancient literature OR Ancient Indian science and technology	40	60	20	30	150	90 hrs	4	2
202	Hathayoga Pradipika	40	60	20	30	150	90 hrs	4	2
203	Basics of Ayurveda II	40	60	20	30	150	90 hrs	4	2
204	Practical – II	40	60	20	30	150	90 hrs	4	2

1 credit=15 hrs.

Semester III

Paper No.	Course Details	Internal Assessment	Term End Examination (Theory)	Internal Assessment (Practical)	Term End Examination (Practical)	Total	Hours	Credits	
								Theory	Practical
		100 Marks		50 Marks					
301	Basics of Diet & Nutrition OR Occupational and environmental health	40	60	20	30	150	90 hrs	4	2
302	Gherand Samhita	40	60	20	30	150	90 hrs	4	2
303	Research Methodology & Biostatistics	40	60	20	30	150	90 hrs	4	2
304	Practical –III	40	60	20	30	150	90 hrs	4	2

1 credit=15 hrs.

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Semester IV

Paper No.	Course Details	Internal Assessment	Term End Examination (Theory)	Internal Assessment (Practical)	Term End Examination (Practical)	Total	Hours	Credits	
								Theory	Practical
		100 Marks		50 Marks					
401	Application of Yoga	60	40	20	30	150	90 hrs	4	2
402	Patanjal Yoga Sutra	60	40	20	30	150	90 hrs	4	2
403	Different systems of medicine OR Medical tourism	60	40	20	30	150	90 hrs	4	2
404	Practical – IV	60	40	20	30	150	90 hrs	4	2

***1 credit = 15 hrs**

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Syllabus of Masters in Yoga

I Semester

Paper No.	Name of the Paper	Marks
Paper 1	Practical 1	Total -60
	Standing Postures – Ardhakatichakrasana, Padahastasana, Ardchhakrasana, Trikonasana.	30
	Sitting postures - Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, arddhamatsyendrasana, Siddhasana.	30
Paper 2	Srimad Bhagwad Gita	Total 60
	Sanskrit - Orthography of Devanagari varnamala, classification of varnas, Sanskrit words -- Rama, Phalam, Lata, Hari, Mati, Vari, etc., Asmad, Yusmad, Tad, Kim etc. Introduction of linga, Vachana & Purusha. Kriyapada in Sanskrit - Classification, Purusas, Vachanas. Declaration of the following root words in Vartamana kala & Vidhyartha - Bhu, Vad, Gama, Path, Vacha, Sev, Prachchh, Tush, Kath, Chint, Stha, Kri.	10
	Bhagavadgeeta : A critical study of Sankhyayoga : Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atma, nature of death, feeling related to body, real and unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of wordly life, triguna, samatvayoga, qualities of restrained mind, characteristic of Enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani. A critical study of Dhyana yoga : Introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an 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, conductives 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.	50

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	Bhakti-yoga-Character-types of Bhakta, methods.	
Paper 3	Basics of anatomy & Physiology	Total- 60
	Respiratory system: functional anatomy of respiratory system. Definition of ventilation, mechanism of respiration, exchange and transport of gases	5
	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.	5
	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.	10
	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 Pitutary, Thyroid, Adrenal glands, their functions and their effects.	10
	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,.	5
	Musculoskeletal system: Muscle physiology – comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction, types & structure of bones & joints.	5
	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.	05

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	<p>OR</p> <p>Communication skills</p> <ol style="list-style-type: none">1. The Types of Business Communication<ul style="list-style-type: none">○ Introduction○ Business Communication○ The Classification, Functions & Scope of Business Communication○ Internal Communication○ External Communication○ Conclusion2. The Communication Process<ul style="list-style-type: none">○ Elements of Communication○ The Communication Cycle○ The Barriers to Communication3. The Principles of Communication<ul style="list-style-type: none">○ Introduction○ The Medium of Communication○ Accuracy○ Brevity○ Clarity○ Courtesy○ Conclusion4. Forms of Communication<ul style="list-style-type: none">○ Introduction○ The Types of Communication○ Oral Communication○ Written Communication○ Non-Verbal Communication○ Visual Signs in Non-Verbal Communication○ Audio Signals in Non-Verbal Communication○ Silence○ Time○ Touch○ The Functions of Non-Verbal Communication○ The Merits & Demerits of Non-Verbal Communication○ Conclusion5. Verbal Skills<ul style="list-style-type: none">○ Introduction○ The Language used in Oral Communication○ Verbal & Linguistic Modifiers & Regulators & Voice Culture○ The Techniques of Delivery○ Conclusion6. The Art of Listening	Total- 60
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	<ul style="list-style-type: none">○ Listening & Hearing○ The Value of Listening○ The Pitfalls involved in Listening○ The Functions of Listening○ The Process of Listening○ How to Listen Efficiency○ The Barriers to Efficient Listening○ The Types of Listening○ Conclusion <p>7. Body Language</p> <ul style="list-style-type: none">○ Introduction○ The Types of Body Language○ Facial Expressions○ Kinesics related to the Body○ Touch○ Conclusion <p>8. How to conduct Oral Communication</p> <ul style="list-style-type: none">○ The Classification of Oral Communication○ Dyadic Communication○ Group Communication○ Requests○ Complaints○ Inquiries○ Introduction○ Dictation○ The Telephone○ Interview: An Overview○ At the Interview Venue <p>9. The Essentials of Written Communication</p> <ul style="list-style-type: none">○ Introduction○ Alignments○ Font Style○ Bold, Italic & Normal○ Font Size○ Indentation & Block Style○ Items○ Emphasis○ Letter Heads○ Continuation Sheets○ Stationery○ Presentation○ Conclusion <p>10. Reading Skills</p> <ul style="list-style-type: none">○ Introduction○ The Speed of Reading	
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	<ul style="list-style-type: none"> ○ Eye Span ○ Ascertaining the Type of Communication ○ Ascertaining the Burden of Communication ○ The Structure of the Communication ○ Ascertaining the Details of Communication ○ Ascertaining the Meaning of Communication ○ Conclusion <p>11 How to Go About Written Communication</p> <ul style="list-style-type: none"> ○ Introduction ○ Alignment ○ Complaints & Adjustment Letters ○ Précis – Writing ○ Report Writing ○ Conclusion <p>Books Recommended :</p> <p>1) Business correspondence & Report writing - R.C. Sharma</p> <p>2) Business Communication - M. Balasubramanyam</p> <p>3) Essentials of Business Communication - R. Pal & Kolahalli</p> <p>4) Business Communication & Report Writing - Sharma , Mohaz</p> <p>5) Business Communication - Urmila Rai. & S.M. Rai</p>	
Paper 4	Basics of Ayurveda -I	Total- 60
	Doshdhatumala Vidnyan – introduction to Dosha, Dhatu, Mala	
	Tridosha – Sthana, Guna, Karma , Types, Kshaya & Vruddhi of Vata, Pitta, Kapha	20
	Saptadhatu: Sthana, Guna, Karma, Kshaya & Vruddhi of Rasa, Rakta, Mamsa, Meda, Asthi, Majja & Shukra dhatu, concept of Oja – Swaroopo & Karma.	15
	Trimala - Sthana, Guna, Karma, Kshaya & Vruddhi of Mutra, Purisha & Sweda.	5
	Panchamahabhuta sidhant	5
	Srotas-concept, definition, types, structure and significance.	5
	Lokpurushasamyā Siddhant, Samanya Vishesh Siddhant	10

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Reference books -

- Sabda Manjari
- Dhatu Manjari
- Human Physiology – Chatterjee
- A text book of Medical Physiology – Guyton
- Shrimad Bhagavadgita - Dr. S. Radhakrishna
- Gita for Modern man : Krishna Chaitanya (1986), New Delhi, Clarion Books
- Anatomy and Physiology of Yogic Practices - M.M Ghore, Kaivalyadhama, Lonavala, Pune

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II Semester

Paper No.	Name of the Paper	Marks
Paper 1	Yoga in ancient literature	Total- 60
	a) Veda – brief introduction, structure and contents of types of Veda - Rugveda, Yajurveda, Samaveda and Atharvaveda b) Upanishad - Essence of Upanishads, Isavasya, Taittiriya etc.	10
	Sankyadarshan - Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avishesha and Vissha, Sharira.	20
	d) Nyaya – introduction and principles in brief	10
	e)Vaisheshik - introduction and principles in brief	
	f) Charvak - introduction and principles in brief	
	g) Budhha - introduction and principles in brief	10
	h) Jain - introduction and principles in brief	
	i) Mimamsa - introduction and principles in brief	
	j)Yoga - introduction and principles in brief	10

	<p>OR</p> <p>Ancient Indian science and technology</p> <p>प्राचीन भारतीय विज्ञान आणि तंत्रज्ञान</p> <ol style="list-style-type: none"> विषयाची व्याप्ती आणि मूलभूत संकल्पना - विज्ञान म्हणजे काय? विज्ञानाचा प्रस्थापित दृष्टिकोन, तर्कवाद आणि अनुभववाद, विज्ञान-तंत्रज्ञान या विषयाचे समकालीन परस्परविरोधी मतप्रवाह विज्ञान आणि तंत्रज्ञान इतिहासाची पुरातत्त्वीय आणि ऐतिहासिक साधने, त्यांचे कालक्रम प्रगैतिहासिक आणि इतिहासपूर्व काळातील विज्ञान तंत्रज्ञानाचा उगम आणि विकास, शेती व पशुपालनाचा प्रारंभ, स्थिर जीवन आणि त्याचे विज्ञान - तंत्रज्ञानावरील परिणाम, हडप्पा संस्कृतीची परंपरा आणि तिचा वारसा लोहयुगापासून १२ व्या शतकापर्यंतचे विज्ञान- तंत्रज्ञान, लोहाचा उगम आणि त्याचा वापर, पूर्व आणि उत्तरवैदिक काळातील विज्ञान-तंत्रज्ञान, पंचमहाभूतांची संकल्पना, कणवाद, वस्तुसंबंधीचे सिद्धांत, वैद्यकीय शल्यक्रिया, गणित आणि खगोलविज्ञान प्राचीन भारतातील विज्ञान आणि तंत्रज्ञानाचा न्हास, न्हासाची कारणे, अरबी 	Total- 60
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विज्ञानाची परंपरा आणि मुख्य योगदान, युनानी-आयुर्वेद-अल्केमी
यांच्यातील परस्पर संबंध

संदर्भसूची-

1. जोशी, प्र. न. विज्ञान व तंत्रज्ञान- इतिहास आणि प्रगती, पुणे: केसागर प्रकाशन.
2. वैज्ञानिक पद्धती. पुणे: केसागर प्रकाशन.
3. Bose, D. M., S. N. Sen and B. V. Subbarappa (ed.) 1971. A Concise History of Science Academy, New Delhi: Indian National Science Academy.
4. Chakravarti, D.K. 1999, India: An Archaeological History, Delhi: OUP.
5. Chattopadhyaya, D. P. 2001. Ways of Understanding the Human Past: Mythic, Epic, Scientific and Historic. New Delhi: PHISPC.
6. Joglekar, P. P. 2000. - Animal Taxonomy from Ancient and Medieval Indian literature: Peeping through the Past. Edited by S.C. Bhattacharya, V. D. Misra, J. N. Pandey and J. N. Pal, 187-93. Allahabad: University of Allahabad.
7. Kapil, R. N. 1970. -Biology in Ancient and Medieval India". Indian Journal of History of Science 5(1): 119-40
8. Kumar, Deepak (ed.) 2001. Disease and Medicine in India: A Historical Overview. Delhi: Tulika Books
9. Murthy, S.R. N. 1995. - Evolution of Living matter Prakriti 4:15-20. New Delhi: Indira Gandhi National Centre for Arts.
10. Olby, R.C. G. N. Cantre, J.A. R. Christie and M. J.S. Hodge (ed.) 1990. Companion to the History of Modern Science. London and New York: Routledge.
11. Raina, Dhruv. 2003. Image and Contexts: The Historiography of Science and Modernity in India, Delhi: Oxford University Press.
12. Raina, D. and I. Habib (ed.) Situating History of Science : Dialogues with Joseph Need. Delhi: Oxford University Press.
13. Ray, P. and S. N. Sen (ed.) 1991. The Cultural Heritage of India. Volume VI- Science and Technology, Calcutta: The Ramakrishna Mission Institute of Culture.
14. Wood, A. 1995. Nature and Life Prakriti 5: 79-101
15. Indian Journal of History of Science- All volumes
16. Asian Agri-History- All volumes

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Paper 2	<p>Hathayoga Pradipika –</p> <p>Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya. Rules in food taking, Hathayoga achievements. Paranyama - 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. Syntoms of Nadishuddhi, Manonnani, Varieties of Kumbhaka- Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.</p>	Total- 60
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Paper 3	<p>Basics of Ayurveda II</p>	Total- 60
	Atma – characteristics and functions	05
	Mana - characteristics and functions	05
	Indriya – types, characteristics and functions	10
	Shatchakra - characteristics and functions	10
	Prakriti – types and characteristics	10
	Dincharya – brief description of daily regimen	10
	Rutucharya - brief description of regimen according to seasons	10
Paper 4	<p>Practical – II</p>	Total- 60
	Asanas & Pranayama	
	Supine Postures - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.	30
	Prone postures - Bhujangasana, Shalbhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	

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	Pranayama Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yuktaayukta lakshana Nadishudhi Pranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini. Nadishudhilakshana	20
	Suryanamaskar	10

Reference books -

- Hathayoga Pradeepika - Swami Satyananda saraswati and Swami Muktibodhananda Saraswati, (1993), Bihar School of Yoga, Munger
- Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala
- Sankhyakarika : Ishwarakrishna
- Dashopanishat
- Light on Pranayama - B.K.S. Iyengar
- A Critical survey of Indian Philosophy - Chandradhara Sharma

III semester

Paper No.	Name of the Paper	Marks
Paper 1	Basics of Diet & Nutrition	Total- 60
	Aahar- Classification & Importance of Aahar	10
	Aahar Vidhi visheshayatan	10
	Aahar Vidhi Vidhan	10
	Definition of Nutrition, Classification of Nutrients, Carbohydrate – sources, functions and applied aspect	30
	Protein - sources, functions and importance	
	Fat - sources, functions and importance	
	Vitamins - sources, functions and importance	
	Minerals - sources, functions and importance	
	OR Occupational and environmental health 1. History and Evolution of occupational health 2. Occupational diseases and prevention 3. Effect of heat and prevention 4. Effect of noise and prevention 5. Effect of Radiation and prevention 6. Effect of lighting and prevention 7. Ventilation 8. Air pollution	Total- 60

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	9. Ergonomics 10. Accidents and their prevention 11. Pneumoconiosis 12. Indian Factories 13. Employees state insurance scheme & act 14. Medical examinations in industry 15. Disposal of industrial wastes	
Paper 2	Gherand Samhita Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing Methods and benefits. Mudra - Introduction, 25 Mudras - Classification, Practising Methods and benefits. A comparative study of Hathayoga and Ghata yoga.	Total- 60
Paper 3	Research Methodology & Biostatistics	Total- 60
	Definition & types of Research	05
	Importance & Utility of Research in Yoga	05
	Research Process, development of Protocol	10
	Ethics in research	05
	Evidence based medicine & Scientific writing	05
	Importance of IT in Research	05
	Definition & importance of Medical Statistics	05
	Common Statistical terms	05
	Collection & presentation of data	05
	Analysis of data	10
Paper 4	Practical –III	Total- 60
	Bandhas and Mudras	30
	Meditation – 1. Traditional Meditation Techniques 2. Trataka : Bahiranga and Antaranga 3. Ajapajapa 4. Antarmauna 5. Akashdharanas: Chidakasha, Hridayakasha, Daharakasha. 6. Transcendental Meditation	30

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	7. Preksha Dhyana 8. Avarthana Dhyana etc.	30
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Reference books -

- Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger
- Gherandasamhita - Bihar School of Yoga, Munger, Bihar
- Bandhas & Mudras - by Swami Geetananda, Anandashrama, Pondicherry
- Trancendental Meditation : Maharshi Mahesh Yogi.
- A text book of Biochemistry - Subba Rao
- Research methods : published SVYASA, Bangalore
- Deepika Chawla and Neena Sondhi. (2011). Research Methods- Concepts and cases. New Delhi: Vikas Publishing House.
- Greenhalgh, T. (2006) How to Read a Paper: The Basics of Evidence-Based Medicine. (3rd ed) Blackwell
- Kothari- CR (2004). Research Methodology- Methods and Techniques (Second Revised Edition). New Age International Publishers- New Delhi.
- Mahajan B K, Methods in Bio statistics for medical students, 5th Ed. New Delhi, Jaypee Brothers Medical Publishers
- Symalan, K. (2006). Statistics in Medicine (First Edition) Trivandrum: Global Education Bureau.
- Sundar Rao, Jesudian Richard - An Introduction to Biostatistics

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IV Semester

Paper No.	Name of the Paper	Marks
Paper 1	Application of Yoga	Total- 60
	Case taking	05
	Clinical examination	05
	Application of Yoga in various systemic disorders- Respiratory System - Nasal Allergy and Asthma Cardiovascular System - Hypertension and coronary Artery diseases Digestive System - Hyperacidity, Irritable bowel syndrome Reproductive System - infertility, menstrual disorders Endocrine System - Diabetes, Obesity, Thyroid(Hypo and Hyper) Nervous System - Epilepsy, Migraine, Psychiatry - Anxiety, depressive neurosis, stress, Insomnia Musculo Skeletal System - Arthritis, Back pain, Ankylosing spondylitis Pregnancy - Role of stress in problems of pregnancy, Labour and fetal Special senses - Yoga for eyes	50
Paper 2	Patanjal Yoga sutra – Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. 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. Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhya, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.	Total- 60
Paper 3	Different systems of Medicine	Total- 60

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	Principles of Allopathy in brief	10
	Principles of Ayurveda in brief	05
	Principles of Yoga in brief	05
	Principles of Siddha in brief	10
	Principles of Unani in brief	10
	Principles of Homeopathy in brief	10
	Principles of Naturopathy in brief	10
	OR Medical tourism 1. Introduction to Medical Tourism 2. International Relations and Global Health 3. Introduction to Healthcare systems 4. Quality Management Systems and standards in Healthcare 5. Health insurance and Medical Tourism 6. Medical tourism Marketing 7. Tour operations Management 8. Business and Entrepreneurship in Medical tourism	Total- 60
Paper 4	Practical - IV	Total 100
	Shatkriya - Shatkarma Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati	20
	Yoga Therapy Special Techniques	40

Reference books -

- Basis and applications of Yoga : Published by SVYASA, Bangalore
- Yogasutras of Patanjali - Hariharananda Aranya, University of Calcutta Press, Calcutta
- Patanjali Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur
- A Systematic course in the ancient tantric techniques of yoga and kriya - Bihar School of Yoga, Munger
- Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger
- Yoga for different ailments - series published by SVYASA, Bangalore and Bihar Yoga Bharati
- Yoga therapy : by Swami Kavalayanand, Kaivalaya dhama, Lonavala
- Hutchinson's : Clinical Methods etc.
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