NOTIFICATION


Ref: 1. BOS Res no. 01 Dated: 05.06.2017
   2. A.C Res. No 09 Dated: 08.06.2017
   3. Vice Chancellor’s order dated:

Advertising the above it is hereby notified to the Chairman, P.O Dept. of Studies in Yoga, K.U.D that introduction of Post-Graduation Studies in Yoga and Ph.D in Yoga Studies w.e.f 2017-18 and onwards, subject to approval by the Government.

Further, you are requested to bring the contents of the same to the notice of all concerned and display a copy of the notification on the notice board.

The notification with syllabus and regulations may also be obtained through K.U website, www.kud.ac.in Academic Folder.

To,
1. The Chairman, P.G Dept. of Studies in Yoga, Karnataka University, Dharwad.
2. The Registrar (Evaluation), K.U Dharwad.

Copy fwsd to:
1. Dr.(Smt) V.A Aminabahvi, Dean, Faculty of Social Science, PG Dept. of Studies in Psychology, K.U Dharwad
2. The Chairman, BOS in Yoga Studies (UG/PG), P. G Dept. of studies in Yoga, K.U. Dharwad.

Copy to:
1. PS to Vice Chancellor, K.U. Dharwad.
2. S.A to Registrar, K.U. Dharwad.
3. O.S Exam (P.G) Section, K.U Dharwad.
4. O.S. Exam (Confl) Section, K.U. Dharwad.
5. O.S Exam (QP) Section, K.U. Dharwad.
6. O.S Exam (GAD) Section, K.U Dharwad.
7. O.S CDC Section, K.U Dharwad.
8. O.S Academic (PG & Ph.D) Section, K.U Dharwad.
Karnatak University, Dharwad.

P.G. Department of Yoga Studies

Regulation governing M.A in Yoga Studies for I to IV semester course as per CBCS and Ph.D. programmes in Karnatak University (with effect from 2017-18 and onwards)

In exercise of the powers conferred under Sec.44 of the Karnataka State Universities Act, 2000, the Academic Council of Karnatak University frames the following Rules in consonance with Regulations of Faculty of Social Science.

Title:

These Regulation shall be called - Karnatak University Regulation governing Post-Graduate Programmes under Choice-Based Credit System for M.A. in Yoga and Ph.D. Programmes in Yoga Studies under Faculty of Social Science.

Commencement:

These Regulation shall come into force from the academic year 2017-18 and onward

Definitions:

In these Regulation, unless otherwise mentioned:

a) "University" means Karnatak University; Dharwad.

b) "Post-Graduate Programmes" means Semesterized Master Degree Programmes under CBCS.

c) This "Compulsory professional Course" means a fundamental course which a student admitted to a particular Post-Graduate programme should successfully complete to receive the Post-Graduate Degree in the concerned subject.

d) "Open elective" means a course offered by the Department for students of other Departments. Such Open Elective Courses shall be taught by qualified teachers approved by the University.

e) "Credit" means the unit by which the course work is measured. For this Rule, one Credit means one hour of Theory or practical Teaching work week. Normally a Semester, is of 16 weeks duration in any given academic year. As regards the marks for the courses, 1 credit is equal to 25 marks, 2 credits are equal to 50 marks, 3 credits are equal to 75 marks and 4 credits are equal to 100 marks.

f) "Course Weightage" means number of credits assigned to a particular course.

g) "Grade" is an index to indicate the performance of a student in the selected course. These Grades are worked out by converting marks scored in each subject by the candidates in both Internal Assessment and Semester end Examinations.

h) "Grade Point Average" or GPA refers to an indication of the performance of the student in a given semester. GPA is the weighted average of all Grade points obtained by a student in a given semester.

i) "Cumulative Grade Point Average" or CGPA refers to the Cumulative Grade Point Average weighted across all the semesters and carried forward from 1st semester to subsequent semesters.
I. Regulation Pertaining to M.A. in Yoga Studies Semesterised CBCS Programme 2017-18 and onwards

Preamble:
Yoga is an integral part of Indian Cultural, Spiritio-Philosophical heritage. The Science of Yoga promotes Physical Mental and Spiritual Health of an individual in particular and entire human society at large. Yoga has been and is Promoting and fastering global Peace and harmony in the humankind. Now a days, Yoga is being utilized for Personality development, Stress management, Eradication of worries, Moralization of desires, and Neutralization of anger. For the Systematic and Scientific Study and Research of Yoga, UGC is encouraging the Universities.

Karnatak University is the first University in Karnataka State and second to entire India (after Sagar University) which has started the Dept. of Yoga Studies and running P.G. Diploma in Yoga Studies, Certificate Course in Yoga Studies and introduced Yoga as Optional Subjects of three equal importance at UG Level (i.e. at B.A/B.Sc). Karnatak University is also the first University to receive Rs.10 Lacks in the entire Country to start Master and Research degrees in the Department to train the Students to undertake higher training and research in various aspects of Yogic Science. Hence, as per the wishes of the UGC and as per the directions of the Vice-Chancellor and Registrar of our University Special Board of studies in Yoga Studies met on 05-06-2017 under the Deanand Chair person of P.G: Dept. of Yoga Studies, KUD and has resolved to introduce Master of Arts in Yoga Studies and Ph.D. Courses in the Dept. of Yoga Studies, Karnatak University, Dharwad.

1. Title:
The Course shall be called "Master of Arts" in Yoga Studies (M.Y.S)

2. Duration:
2.1 This shall be full time professional course and is extended over a period of Two academic years comprising of Four Semesters from the date of admission; failing which candidate shall be allowed to complete it within a maximum period of another two years
2.2 Whenever the syllabus is revised, the candidate reappearing shall be allowed for the examinations only according to new syllabus.

3. Objectives:
The Programme is designed:
3.1 To impart Yoga education and Psycho- Socio-Spiritio-and Naturo-therapies training or promotion of positive health and perfect personality of an individual in particular and Entire humankind in general.
3.2 To impart scientific training in Yogic Science and allied areas ro the students desirous of making a career in the field of Yogic Science and develop them to become Yoga professionals to teach Yoga, to create Yogic awareness in the society and to cure Physico- Social diseases.
3.3 To introduce the fundamentals of Yogic techniques-therapies and to provide newer avenues to the students to learn, practice and propagate the philosophy of this ancient science to herald peace and harmony in the society.
3.4 To provide intensive training in fundamental Yogic texts, spiritualism of world's major religions and philosophy of peace to establish unity in diversity which is one of the mottos of yoga philosophy
3.5 To train the students to create yogic culture for shaping a holistic personality so as to become global and noble citizens and to shape future mankind which enjoy peace and tranquility.
3.6 To Train the students to undertake higher training and research in various aspects of Yogic Science.

4. Minimum Eligibility for Admission:
4.1 A Candidate who has passed bachelors degree examination in any subject from any University in the state or from any other University recognized as equivalent there to and comply with other eligibility requirements as prescribed by the University is eligible for admission to M.A. Degree Course in Yoga Studies. Weightage for admission will be given to those who have passed in P.G.D.Y.S. and / or studied Yoga as optional paper at Degree level.
4.2. A candidate should be medically fit. A medical fitness certificate in this regard issued from the Health Centre, Karnataka University campus must be produced at the time of admission. Candidate suffering from any chronic disease are strictly advised not to seek admission to this course.

5. **Medium of Instruction:**
   
   English / Kannada

6. **Hours of Instruction:**
   
   There shall be 4 hours of teaching work per week for every theory/practical paper of 100 marks and 4 hours of teaching/demonstration/treatment for every therapy paper of 100 marks.

7. **Intake Capacity:**
   
   Maximum 25 candidates of which 5 should be under the category of enhanced fee structure (30+10) or as prescribed by the university from time to time.

8. **Attendance:**
   
   8.1 A student shall attend minimum of 75% of the total instruction hours in a paper (theory/practical) in each term or as prescribed by the University from time to time.

   8.2 There is no provision for condoning shortage of attendance.

   8.3 Students who do not satisfy prescribed requirement of attendance shall not be eligible for ensuing examination. Such candidates may seek admission afresh to the given semester.

   8.4 Students who have participated in the State/National/International Level sports, NSS, Cultural activities and other related activities as stipulated under existing regulations shall be considered for giving attendance for actual number of days utilized in such activities (including travel days) subject to the production of participation certificates from the relevant authorities within two weeks after the event.

9. **For Women:**
   
   9.1 The practical training classes for women will be arranged as for as possible separately and conducted by lady Yoga teachers. However, under odd situations, they must be ready to undertake training from male Yoga teachers.

   9.2 In case of Natural Problems (Such as periods, Pre- & Post Pregnancy) they have exemption of not practicing but they have to attend the classes.

10. **Scheme of Examination:**
    
    10.1 There shall be University Examination at the end of each semester both in theory and practical papers.

    10.2 Candidates are allowed to write the said exam, either in English or in Kannada.

    10.3 The duration of theory paper examination shall be of 3 hours.

    10.4 Each theory paper of 100 marks (75+25) shall comprises of 5 questions of 16 marks each from 5 units with internal choices covering entire syllabus.

    10.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 9 candidates.

    10.6 Each candidate of 4th semester shall submit (i) Educational Tour Report and (ii) Camp/Project Report to the Department for examination before commencement of theory examination.

    10.7 Each candidate of 4th semester shall write a Dissertation on any selected topic (in consultation with the course teacher and the Chairman) of not less than 60 pages and submit it to the Department for examination before commencement of the theory examination.

    10.8 There shall be Viva-Voce examination for 4th semester students which shall be conducted after the examination of both theory and practical examination.

    10.9 For Lady candidates: in case of Natural Problems such as periods, Pre & Post Pregnancy they are allowed to appear for the Practical Exam, in the odd and even Semester end examination & when conducted by the University. There is no exemption in appearing for the Practical Examination.

    10.10 The programme under CBCS is a fully carry-over system. A candidate reappearing for either odd or even semester examinations shall be permitted to take examinations as and when they are
conducted i.e., even semester examination in even semester and odd semester examination in odd semester.

10.11 Candidates who have failed, remained absent or opted for improvement in any course/courses shall appear for such course/courses in two immediate successive examinations that are conducted.

However, in case of candidates appearing for improvement of their marks, the marks secured in the previous examination shall be retained if the same is higher.

II. Internal Assessment:

11.1 For all theory & practical papers comprising of 100 marks there shall be 20 Internal Assessment and it will be divided into Mid-Semester Test (05 marks), Lecture cum demonstration (05 marks) & Seminar presentation (10 marks)

11.2 The Dept. shall notify the scheme of Internal Assessment in the first week of each semester.

11.3 Marks for attendance shall be awarded to the students according to the following table

<table>
<thead>
<tr>
<th>Attendance (in percentage)</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above 95</td>
<td>5</td>
</tr>
<tr>
<td>Above 90 and up to 95</td>
<td>4</td>
</tr>
<tr>
<td>Above 85 and up to 90</td>
<td>3</td>
</tr>
<tr>
<td>Above 80 and up to 85</td>
<td>2</td>
</tr>
<tr>
<td>Above 75 and up to 80</td>
<td>1</td>
</tr>
<tr>
<td>75</td>
<td>No Marks</td>
</tr>
</tbody>
</table>

11.4 The IA Tests shall be written in a designated book supplied by the University.

11.5 Students are not permitted to improve Internal Assessment marks.

12. Dissertation:

12.1 All those enrolled in the M.A. Programme shall write a Dissertation under the guidance of a course teacher during their Fourth Semester.

12.2 The Department council shall meet after the commencement of the Fourth Semester and determine who shall guide the student in dissertation writing. The Dissertation shall be completed and submitted to the Department before the commencement of IV Semester theory Examination.

12.3 Dissertation shall carry 80 marks

12.3 Viva-voce: There shall be Dissertation Viva-Voce examination for 20 Marks at the end of theory and practical examination of IV Semester.

13. Board of Examiners and Valuation:

13.1 There shall be a Board of Examiners to set, scrutinize and approve the Question Papers

13.2 There shall be double valuation for all Theory Papers and Dissertation. The average jbf marks awarded by the Internal and External Examiners shall be taken as the final award. Provided that in case the difference between the marks awarded by the Internal and the External Examiners in respect of any Theory paper or Dissertation be more than 20%, then, such Theory answer scripts or Dissertation shall be referred to a third valuer and the nearest scores shall be averaged and declared as the final award.

14. Marks, Credit Points, Grade Points and Grade Point Average:

14.1 The grade points and the grade letters to candidates in each course shall be awarded as follows:

<table>
<thead>
<tr>
<th>Percentage of marks</th>
<th>Grade Points</th>
<th>Grade Letter</th>
</tr>
</thead>
<tbody>
<tr>
<td>75 and above, up to 100%</td>
<td>7.50 to 10.00</td>
<td>A</td>
</tr>
<tr>
<td>60 and above but less than 75%</td>
<td>6.00 and above but less than 7.5</td>
<td>B</td>
</tr>
<tr>
<td>50 and above but less than 60%</td>
<td>1.0 and above 1.1 but less than 6.0</td>
<td>C</td>
</tr>
<tr>
<td>40 and above but less than 50%</td>
<td>1.0 and above 1.1 but less than 5.0</td>
<td>D</td>
</tr>
<tr>
<td>Less than 40.00%</td>
<td>Less than 4.00</td>
<td>F</td>
</tr>
</tbody>
</table>
14.2 Credit Point (CP): The Credit Point for each course shall be calculated by multiplying the grade point obtained by the credit of the course.

14.3 The award of Grade Point Average (GPA) for any student is based on the performance in the whole semester. The student is awarded Grade Point Average for each semester based on the Total Credit Points obtained and the total number of credits opted for. The GPA is calculated by dividing the total credit points earned by the student in all the courses by the total number of credits of those courses of the semester.

14.4 The Cumulative Grade Point Average (CGPA) shall be calculated by dividing the total number of credit points in all the semesters by the total number of credits in all the semesters. The CGPA up to date shall be calculated by dividing the total number of credit points in all the semesters up to date by the total number of credits in all the semesters up to date.

\[ \text{CGPA for the I Semester} = \frac{\text{Sum of the CP of the I Semester}}{\text{Sum of the credits of the I Semester}} \]

\[ \text{CGPA for the II Semester} = \frac{\text{Sum of the CP of the I Sem} + \text{Sum of the CP of II Sem}}{\text{Sum of the credits of the I Semester} + \text{II Semester}} \]

CGPA for the III and IV Semesters shall be computed accordingly.

14.5 The Grade Card at each semester examination shall indicate the courses opted by the student the credit for the course chosen by the student, the credit point obtained in each course, the grade letter and the grade point average. No class shall be awarded for each semester and the same would only be awarded at the end of all the semesters based on Cumulative Grade Point Average.

14.6 Class shall be awarded to the successful candidates based on the Cumulative Grade Point Average (CGPA) as specified below:

<table>
<thead>
<tr>
<th>Cumulative Grade Point Average (CGPA)</th>
<th>Class to be awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.5 to 10.0</td>
<td>First class with Distinction</td>
</tr>
<tr>
<td>6.0 and above but below 7.5</td>
<td>First Class</td>
</tr>
<tr>
<td>5.0 and above but below 6.0</td>
<td>Second Class</td>
</tr>
</tbody>
</table>

15. Declaration of Results:

15.1 Minimum marks required for passing in each course shall be 40% of the total marks including both IA and semestend examinations. Further, candidate shall obtain at least 40% of marks in semestend examination. There is no minimum marks for IA.

15.2 Candidate shall secure a minimum marks of 50% in aggregate in all courses of a programme in each semester including IA marks.

15.3 For the purpose of declaring Ranks/Classes, the aggregate of the marks in all semesters shall be taken into account. However, Ranks shall not be declared in case the candidate has not successfully completed each of the semesters in first attempt.

15.4 For the purpose of announcing results, the aggregate of marks secured by a candidate in all semester examinations shall be taken into account.

16. Miscellaneous:

16.1 The General Regulations, the Regulations of Faculty of Social Science, Directions, | Orders, Notifications issued by the University Authorities in the respect of matter not covered by these Rules shall be final provided they are in conformity with the provisions of the Karnataka State Universities Act, 2000 and the Ordinances, Statutes, Regulation and the Rules made thereunder.

16.2 However, the Vice-Chancellor is empowered to take such kind of decisions, matter related to the academic interest, in consultation with the Chairman and Dean & Place it for ratification at appropriate bodies within the scope & limits of the Act & Regulations.
Course outline of M.A. in Yoga Studies for I to IV Semester Course as per Choice Based Credit System From 2017-18 and onwards

Semester I

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Max. Marks</th>
<th>Internal Assesment Marks</th>
<th>Total Marks</th>
<th>Credits</th>
<th>Teaching Hrs. Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Compulsory Papers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P 1.1</td>
<td>Philosophy of Yoga</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>P 1.2</td>
<td>Anatomy and Physiology</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>P 1.3</td>
<td>Patanjal Yoga Sutra</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>P 1.4</td>
<td>Elementary Sanskrit in Yoga</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>P 1.5</td>
<td>Yoga Practicals (Pract-1)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>Men-Women 4 Hrs - 4 Hrs.</td>
</tr>
<tr>
<td></td>
<td>Core Paper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P 1.6</td>
<td>Dhoshoponishads</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
</tbody>
</table>

Core paper Total 450 150 600 24 24

Semester II

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Max. Marks</th>
<th>Internal Asst. Marks</th>
<th>Total Marks</th>
<th>Credits</th>
<th>Teaching Hrs. Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Compulsory Papers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.1</td>
<td>Human Consciousness</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>2.2</td>
<td>Yoga Psychology</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>2.3</td>
<td>Hatayoga Pradipika and Gheranda Samhita</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>2.4</td>
<td>Yoga Vashista</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>2.5</td>
<td>Yoga Practicals (Pract-II)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>Men-Women 4 Hrs - 4 Hrs.</td>
</tr>
<tr>
<td></td>
<td>Open Elective Paper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.6</td>
<td>Yoga and Holistic Health</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
</tbody>
</table>

Total 450 150 600 24 24
### Semeste III

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Max. Marks</th>
<th>Internal Asst. Marks</th>
<th>Total Marks</th>
<th>Credits</th>
<th>Teaching Hrs. Per Week.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Research Methodology for Yogic Science</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>3.2</td>
<td>Yoga, Spiritualism and Global peace</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>3.3</td>
<td>Shivasamhita</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>3.4</td>
<td>Yoga Practicals (Pract-III)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>Men-Women 4 Hrs - 4 Hrs.</td>
</tr>
<tr>
<td>3.5</td>
<td>Yoga Therapy (Diagnosis)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>3.6</td>
<td>Yoga and Spiritualism</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td><strong>450</strong></td>
<td><strong>150</strong></td>
<td><strong>600</strong></td>
<td><strong>24</strong></td>
<td><strong>24</strong></td>
</tr>
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</table>

### Semeste IV

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Max. Marks</th>
<th>Internal Asst. Marks</th>
<th>Total Marks</th>
<th>Credits</th>
<th>Teaching Hrs. Per Week.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1</td>
<td>Bhagavadgeeta</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>4.2</td>
<td>Yoga Therapy (Treatment)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td>4.3</td>
<td>Yoga Practicals (Pract-IV)</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>Men-Women 4 Hrs - 4 Hrs.</td>
</tr>
<tr>
<td>4.4</td>
<td>i) Educational Tour Report</td>
<td>50</td>
<td>00</td>
<td>50</td>
<td>2</td>
<td>2 Hrs.</td>
</tr>
<tr>
<td></td>
<td>ii) Yoga Camp Report</td>
<td>50</td>
<td>00</td>
<td>50</td>
<td>2</td>
<td>2 Hrs.</td>
</tr>
<tr>
<td>4.5</td>
<td>i) Project Dissertation</td>
<td>80</td>
<td>00</td>
<td>80</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
<tr>
<td></td>
<td>ii) Viva-Voce</td>
<td>20</td>
<td>00</td>
<td>20</td>
<td>00</td>
<td>00</td>
</tr>
<tr>
<td></td>
<td><strong>Core Paper</strong></td>
<td><strong>500</strong></td>
<td><strong>100</strong></td>
<td><strong>600</strong></td>
<td><strong>24</strong></td>
<td><strong>24</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Paper Code</th>
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<th>Max. Marks</th>
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<th>Credits</th>
<th>Teaching Hrs. Per Week.</th>
</tr>
</thead>
<tbody>
<tr>
<td>P 4.6</td>
<td>Yoga and World Peace</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>4</td>
<td>4 Hrs.</td>
</tr>
</tbody>
</table>
M.A. in Yoga Studies Syllabus with effect from 2017-18

I Semester

1.1 Philosophy of Yoga
1.2 Science of Yoga (Physiology)
1.3 Patanjal Yoga Sutra
1.4 Elements of Sanskrit for Yoga
1.5 Yoga Practicals (Pract. I & II)

Core Paper

1.6 Dhoshoponishads

Detailed Syllabus for the Papers

1.1 Philosophy of Yoga

Unit -I: Introduction
1. Meaning, Definitions, Objectives and Scope of Yoga
2. Definition, Nature, Scope, Objectives of Philosophy
3. Indian Philosophy Verus Western Philosophy
4. Relationship between:
   a. Yoga and Indian Philosophy
   b. Yoga and Religion
   c. Yoga and Ethics
   d. Yoga and Science

Unit -II: The Origin and development of Yoga Philosophy
1. Various Theories of the origin of Yoga
2. History and development of the concept of Yoga from ancient to modern period
3. Yoga, Aparokhsanubhava & Mysticism

Unit - III: Methods of Yoga
1. Bhakti-Yoga y
2. Karma-Yoga
3. Raj a-Yoga
4. Hat-Yoga
5. Kundalini-Yoga
6. Jnana-Yoga
7. Nirgunastanga-Yoga
8. Shiva-Yoga (Shatstala-Shivayoga)
9. Purna-Yoga

Unit - IV: Metaphysics of Yoga
1. Prakriti, Purusha & Evolution
2. Svarodaya, Nadis, Vaayus & Chakras
3. Prakriti Parinamavada, Brahmaparimavada and Brahma Vivarthavada
4. Self and God (Brahman) in Theistic and Absolutisic Vedanta Schools.
5. Metaphysics of Meditation and Samadhi
Unit - V: Axiology of Yoga
1. Yoga and Values-Yogic, Spiritual & Social values
2. Bondage and Liberation in Samkhya Yoga
3. Bondage and Liberation in Theistic & Absolutistic Vedanta Schools (Dvaita, Visistadvaita and Advaita)
4. Yoga and Social Concern:
   a. Siddha and Social Concern
   b. Jivanmukta and Social Concern
   c. Bodhisattva and Social Concern
   d. Sthitaprajna and Lokasangraha

Unit - VI: The Benefits of Yoga in Modern Society
1. Yoga and Stress Management
2. Yoga and Personality Development
3. Yoga, Moralization of desire, Neutralization of anger and Eradication of worries

Books for Study:

Karela Werner  Yoga and Indian Philosophy  Motilal Banarsidas, Delhi, 1979.
---------”--------  Bharati Adhyatmika Parampare  "--------”--------
---------”--------  Yoga Philosophy in Relation to other Systemsof Indian thought  "--------”--------
Kunhan Raja  Some Fundamental Problems in Indian Philosophy.  Motilal Banarsidas, Delhi, 1974.
Das gupta S.N.  Hindu Mysticism  Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda  Philosophy of Yoga  Sri. Ramakrishnanshrama, Mysore.
Fenerstein George  The Yoga Tradition: Its History, Literature, Philosophy and Practice,  Bhavana Books and Prints, 2002
Swami Vivekananda  Jhana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.  Advaita Ashrama, Culcutta, 2000:
Vethathiri Maharshi  Kaya Kalpa Yoga  Vethathiri Publication Erode-638001
---------”--------  Karma Yoga  "--------”--------
---------”--------  Yoga for Modern age  "--------”--------
Dr.D.L.Patil  Knowledge and Human Values  Viveka Prakashana, Mysore.
R.D.Ranade  Vedanta the Culmination of Indian Thought  Bharatiya Vidya Bhavan, Bombay
Dr. I.C.Mulagund & Dr.R.N.Kechappanavar  Personality Development and Communication Skills  Shrusti Prakashan, Dharwad.
---------”--------  Journal of Indian Philosophical Congress  "--------”--------

10
1.2: Human Anatomy and Physiology

Unit-I. Basics of Anatomy and Physiology

1. Structure of human cell
2. Functions of Human cell & transport mechanism of cells.
3. Types of cells
5. Meaning of Homeostasis.

Unit-II. Concept of Health, Diseases:

1. Health, Meaning & Definitions
2. Concept of disease, definitions and types of diseases

Unit-III. Ten Systems of the Body:

First 5 systems

1. The Digestive System:
The Digestive system: Structure and Functions.

2. Cardiovascular system:
The Cardiovascular: Structure and Functions.

3. Respiratory system:
The Respiratory system: Structure and Functions.

4. Skeletal system:
The Skeletal system: Structure and Functions.

5. Muscular system:
The Muscular system: Structure and Functions.
Unit-IV. Other 5 systems of the body:

1. **Urinary System:**
   The Urinary System: Structure and Functions.

2. **Endocrine system:**
   Endocrine system: Structure and Functions.

3. **Immune system:**
   The Immune system: Structure and Functions.

4. **Nervous system:**
   The Nervous system: Structure and Functions.

5. **Reproductive system:**
   The Reproductive system: Structure and Functions.

Unit-V. **Senses of the Body:**

**Books for Study:**

<table>
<thead>
<tr>
<th>Author/Title</th>
<th>Publisher/Location</th>
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<tbody>
<tr>
<td>Dr. Anand Nadgir</td>
<td>Sharrera Rachana Shastra</td>
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<td>Mattu Shareera Shastra</td>
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<td>Mallasajjan Prakashan.MVAS</td>
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<td>Shri K.G.Nadgir College of</td>
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<td>Education, Dharwad-580008.</td>
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<tr>
<td>Tony Smith</td>
<td>The Human body</td>
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<tr>
<td>K.G. Nadagir</td>
<td>Arogya &amp; Arogya Shikshana</td>
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<td></td>
<td>Mallasajjan Prakashan, Dharwad.</td>
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<tr>
<td>Yadav</td>
<td>Human Anatomy and Physiology</td>
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<td>Nirali Publication</td>
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<tr>
<td>Chatterjee</td>
<td>Human Physiology</td>
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<td>Medical Aliened Agency Calcutta-1985</td>
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<td>Guyton</td>
<td>Text book of Medical</td>
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<td>Physiology</td>
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<td>Philadelphia- Saccades-1969</td>
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<td>Chaurasia</td>
<td>Human Anatomy Vol-1 -3</td>
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<td>Delhi CBS</td>
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<td>Pearce</td>
<td>Anatomy &amp; Physiology for</td>
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<td>Nurses including clinical</td>
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<td>application</td>
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<td>Calcutta, OUP-1982</td>
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<td>Shambuling</td>
<td>Human Physiology</td>
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<td>Madras</td>
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<td>R.L. Bijlani</td>
<td>The Human Machine</td>
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<td>The Director National Book</td>
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<td>Trust. India A-5 Green Park,</td>
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<td>New-Delhi-110016</td>
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<td>Swamy</td>
<td>Common Diseases</td>
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<td>Satyananda</td>
<td>Sri G.K. Kejriwal, Honorary</td>
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<td>Saraswati</td>
<td>Secretary, Bihar School of</td>
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<td></td>
<td>Yoga.</td>
</tr>
</tbody>
</table>
1.3: Patanjali Yoga Sutra

Swami Vivekananda  Raj-Yoga (Kannada-English)  Ramkrishna Aashram, Bangalore.
R.M. Umesh  Science of Mind Control  Shri. Sharada Trust Bharathi Street Sriningeri.

1.4: Elementary of Sanskrit for Yoga

Unit - I. Elementary Grammar:
1. Important Nouns and Pronouns
2. Svara, Vyanjana & Visarga
4. Samaasas: Simple Compounds of Six Samaasas
5. Lakaaras: Lat, Lang Lrita & Lot
6. Avyayas: Tvaanta, Tumanta, Lyabanta etc

Unit - II. Shabdarupa, Dhatupupa

Unit - III. Vedantic texts:
1. Bhagavadgeeta-16 Chapter
2. Jeevanmukti- Viveka of Vidyaranya (Manonaasha-Prakaranam)

Unit - IV. Aayurvedeeya Subhaashitas 13th Chapter (Vaidyakeeya Subhashita Saahitya)

Books for Study:
1. Dr. D.N Shanabhag  Subodha-Sanskrita- Vyaakaranaga  Bhararat Book-Depot, Dharwad
2. Vetaaia Panchavimshati  Chaukhambha  Sanskrit Series, Varanasi
4. Dr. D.N. Shanbag  Hitopdesh (Kan)  Prasaranga Karnatak University, Dwd.
5. Dr. Basavaraj Siddhashrama  Shree Vedyaatara Jivanmukti  Siddha prakash No.31 Shiddharrudha Nagar, Shri Nagar, Dharwad-3

1.5: Yoga Practicals (Pract-I)

a) Practical - I

The following Yogic practices with brief theoretical knowledge about their importance of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Bhandha Mudra and Meditation will be taught along with record writing:

I. Kriyas: Kapalbhati, Jalaneeti & Suraneeti
B) Practical

I. Pranayama:
   a. Mechanism of correct breathing.
   b. Yogic deep breathing.
   c. Concept of Puraka, Rechaka and Kumbhaka
   d. Anuloma Viloma Pranayama.
      (i). Suryaanuloma
      (ii). Chandraanuloma

II. Mudra: Viparitkarani & Mahamudra

III. Meditation : Pranava- Antamouna

Books for Study:

- Prakash Yogi, Yogamrutadeepika (Kannada): Patanjali Yoga Shrama Trust, Bangalore, 2002.
- Vethathiri Maharshi, Simplified Physical Exercises: Vetharthin Publ., Erode-638001.

Core Paper

1.6: Dhashopanishads

1. Katopanishads
2. Ishavashyopanishads
3. Kenopanishads
4. Prashnopanishads
5. Mundukopanishads
6. Mandukyapanishads
7. Thaithariopanishads
8. Iathareyapanishads
9. Shwetashwatarpanishads
10. Brahadharkpanishads
II Semester

Title of the Paper

Compulsory Papers

2.1 Human Consciousness
2.2 Yoga and Psychology
2.3 Hata Pradipika and Gheranda Samhita
2.4 Yoga Vashista
2.5 Yoga Practicals (Pract-II)

Open Elective Paper

2.6 Yoga and Holistic Health

Detailed Syllabus for the Papers

2.1: Human Consciousness:

Unit-I: Introduction:
1. Mind, Matter and Energy
2. Magnetism, Genetic Centre, Gravity & Stock-Force
3. Psychological theories of Consciousness
4. Pancha Koshas
5. Jagrat-Swapna, Sushupti & Turiya

Unit-II: Relational theory of Consciousness:
1. Shankara's classification of Consciousness
2. Sakshi, Kutastha & Pratyagatma
3. Madhyamika's concept of Consciousness
4. Consciousness and extreme presentationism and agnosticism

Unit-III: Consciousness as Quality:
1. Consciousness and Materialism
2. The doctrine of Soul-Substance
3. Ramanuja and Locke on Consciousness
4. William James on Consciousness
5. Doctrine of Soul-Substance and Changing Self

Unit-IV: Consciousness and Self-Consciousness:
1. Personal Identity - Problems & Perspectives
2. Discursive Intellect - Shankara & Kant
3. Sankara on Personal Identity
4. Self as aparoksa and Svaparakasa
5. Deep Sleep and Samadhi

Unit-V: Absolute Consciousness:
1. Nagarjuna on Infinity
2. Shankara on Being
3. Bradley on Immediate Experience
4. Gantile on Infinite unity
5. Upanisadic concept of Sat-Cit-Ananda
### Books for Study:

<table>
<thead>
<tr>
<th>Author/Mentor</th>
<th>Title</th>
<th>Publisher/Location</th>
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<tbody>
<tr>
<td>A.C. Mukerji</td>
<td>The Nature of Self</td>
<td>The Indian Press Allahabad</td>
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<tr>
<td>Vethathiri Maharshi</td>
<td>Journey of Consciousness</td>
<td>Brain Trust-Publ. Aliy642101</td>
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<td>Genetic Centre</td>
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<td>History of the Universe and Living Beings</td>
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<td>Unified Force</td>
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<td>The Gravity of Gravity &amp; Consciousness.</td>
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<td>Mind</td>
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<td>Bio-Magnetism</td>
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<tr>
<td>Dr. Basavaraj Siddhashrama</td>
<td>The Metaphysics and the Mysticism of Sri Nijaguna Shivayogi</td>
<td>Siddha Prakashana No.31. Siddharoodha Nagar Srinagar, Dharwad.</td>
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<tr>
<td>Dr. B.P. Siddhashrama (Ed)</td>
<td>Global Spiritualism</td>
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<tr>
<td>Glen Peter Kezwar</td>
<td>Mediation, Oneness and Physics</td>
<td>Sterling Paperbacks, An Imprint of L-10 Green Park, Extension, New Delhi</td>
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<tr>
<td>Sri Aurobindo</td>
<td>The Life Divine</td>
<td>Sri Aurobindo Ashram Pondicherry</td>
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<tr>
<td>Ramakrishna Puligandla</td>
<td>Jnana-Yoga -The way of knowledge</td>
<td>D.K. Print world, New Delhi-110015</td>
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<tr>
<td>Saraswati Chennakesavan</td>
<td>Concept of Mind in Indian Philosophy</td>
<td>Motilal Banarsidass Pub. Delhi.</td>
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<tr>
<td>Sankaracharya</td>
<td>Atmabodha</td>
<td>Ramakrishnashrama, Mysore.</td>
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<td>Nikhilananda Swamy (Trans.)</td>
<td>Self Knowledge of Sri Sankaracharya</td>
<td>Ramakrishnamath, Madras.</td>
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<tr>
<td>Osho</td>
<td>Enlightenment-The only Revolution</td>
<td>The Rebel Pub. Pune.</td>
</tr>
<tr>
<td>Dr. B.P. Siddhashrama (Ed)</td>
<td>Problems &amp; Perspectives of Social Philosophy Vol 1 to 4</td>
<td>Siddha Prakashana No.31. Siddharoodha Nagar Srinagar, Dharwad.</td>
</tr>
</tbody>
</table>
2.2: Yoga and Psychology
Unit-I: Elements of affective connective
Definitions, Scope of Psychology, Applications of Psychology, Methods in Psychology, Behavior and Consciousness, Current Development in Yoga Psychology.

Unit-II: Biological Basis of Behavior:
Nervous System, Neurotransmitters Processes.

Unit-III: Basic Psychological Processes
Sensation, Attention, Perception, Memory, States of Consciousness, Intelligence Emotional Intelligence.

Unit-IV: Personality:
Self Concept: Approaches: Typological Trait Phenomenological Psycho-Analytical Socio-Psychological; Assessment of Personality

Unit-V: Types of Motivation:
Nature of Motivation, Moslo’s Theory of Meditation and self Actualization.

Unit-VI: Emotion:

Books for Study:

<table>
<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>Publisher</th>
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<tbody>
<tr>
<td>Swami Adidevananda</td>
<td>The Yoga Psychology</td>
<td>Ramkrishna Vedanta Math Calcutta</td>
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<tr>
<td>Swami Rama &amp; Swami Ajaya</td>
<td>Creative use of Emotion</td>
<td>Malviya Nagar, New Delhi-110017</td>
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<tr>
<td>Geraldine Coster</td>
<td>Yoga and Western Psychology</td>
<td>41.U-A Bungalow Road, Jawahar Nagar Delhi-110007</td>
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<tr>
<td>B. Krishnamurthy and K.L. Reddy</td>
<td>Psychological Immunity</td>
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2.3: Hatayoga Pradipika and Gheranda Samhita

Text / Reference Books:

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<th>Author</th>
<th>Title</th>
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<tbody>
<tr>
<td>Shree Sahajananda</td>
<td>Hatha Yoga Manjari</td>
<td>Kaivalyadhama S.M.Y.M. Samiti, Lonavala</td>
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<tr>
<td>Swami Muktibodhananda Saraswati</td>
<td>Hatha Yoga Pradipika</td>
<td>Dr. G.K. Keirwal, Bihar School of Yoga, Manger</td>
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<tr>
<td>Burley Mikel</td>
<td>Hatha Yoga-Its Context Theory and practice</td>
<td>M.L.B.D. Delhi, 2000</td>
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<tr>
<td>Burnier Radha</td>
<td>Hatha Yoga Pradipika of Svatmaarama</td>
<td>-------&quot;&quot;&quot;&quot;&quot;</td>
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<tr>
<td>Dr. C.S. Naikar</td>
<td>Ghatastha Yoga</td>
<td>Medha Pub. Kalyan Nagar, Dharwad 580007</td>
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<td>Swami Digambar ji</td>
<td>Gherandha Samhita</td>
<td>-------&quot;&quot;&quot;&quot;&quot;</td>
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<td>Dr. Mallikarjun paraddi and Sri Laxman</td>
<td>Hatha Pradipika of Shwathmaram</td>
<td>Kaivalyadhama S.M.Y.M. Samiti, Lonavala-1998</td>
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<tr>
<td>Kumar Sannellappannavar</td>
<td>Hatha Pradipika (Kan.)</td>
<td>Dr. G.K. Keirwal, Bihar School of Yoga, Manger</td>
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</table>
2.4 Yoga Vashista
Text / Reference Books:

2.5: Yoga Practicals (Pract-II)
A. Practical
The following Yogic practices with brief theoretical knowledge about their importance of
name, the technique, benefits, salient features, precautions to be taken and advantages of each
of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Bhandha and Meditation
will be taught along with record writing:
I. Kriyas: Vamana Dhauti, Vastra Dhauti & Agnisara
II. Yogic Surya Namaskar:
III. Asanas:
Svastikasana, Siddhasana, Vrikshasana, Urdhva hastottanasana, Parivritta trikonasana,
Mandukasana, Parshva konasana, Baddha konasana, Ardha matsyendrasana, Supta Vajrasana,
Navasana, Paschimottanasana, Halasana, Matsyasana, Dhanurasana, Uttitha Padmasana,
Vatayanasan, Chakrasana, Kukutasana, Kurmasana, Shavasana.
B. Practical
I. Pranayama: (With bahya-kumbak Pranayama):
Surya bedhana, Chandra bedhana, Nadi shodhana, Ujjayee, Sheetali & Bhramari
II. Bhandha: Mula Bhandha, Uddiyana Bandha & Jalandhara Bandha
III. Meditation: Vipassana Meditation and transidental meditation.

Books for Study:
Yogiraj Behramji Yogasana for Health Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari Yogasana Vijna Yoga Centre, Madras
Tiruka Yogasanagalu (Kannada) Ananthashevasrham, Malladihalli, 1989
Yogeshwar The Text book of Yoga Yoga Centre, Madras
Lajapat Rai A Physiological Approach to Yoga C.R.I.Y. New Delhi, 1996.
Ajit Kumar Yoga Pravesha (Kannada) Rastrothana Sahitya Parishat, Bangalore, 1984.
Tiruka Shatkriyegalu (Kannada) Ananthashevasrham, Malladihalli
Swami Satyananda Saraswati Surya Namaskar Bihar School of Yoga, Munger, 1983.
Dr. Patrick Horay & David Harp Hot Water Therapy Orient Paper Backs, New Delhi, 1997.
Osho Dhyana Sutra Osho Misare Meditation Centre, Bangalore, 1986.
--------”--------” Meditation Rajaneesh Ashrama, Poona.
--------”--------” Meditation First Last Freedom --------”--------”
--------”--------” Meditation; The Art of Ecstasy --------”--------”
--------”--------” Yoga Hoo Mystic Rose --------”--------”
Open Elective Paper

2.6 Yoga and Health Practices

Unit-I: Introduction:
1. Health its meaning and definitions
2. Yoga, Holistic Health-its perspectives
3. Concepts of disease, definitions & types of diseases

Unit-II: Nutrition and Health:
1. Components of food and nutrients
2. Role of food for healthy living
3. Meaning of balanced diet
4. Role of Vitamins & Minerals

Unit-III: Yoga and Mental Health:
1. Human psyche, Behavior therapy to treat Depression, Anxiety etc.
2. Symptoms, Treatment
3. Yoga therapy for attaining unified vision, spiritualization and identification of chitsagara.
4. Yoga, spiritualism, peace within and without.

Unit-IV: Patanjali’s Kriya Yoga and Holistic Health.
1. Pancha Kleshas and their eradication
2. The concept of prakriti and its purpose
3. The concept of purusha-kaivalya
4. Ashtangayoga

Unit-V: Yoga and Social Health
1. Yoga and social concern
2. Yoga and reconstruction of human society
3. Karma-Bhakti, Jnanaraj yogas and Social upliftment

Books for Study:

Dr. Anand Nadgir
Sharrera Rachana Shastra Mattu Shareera Shastra

K.G. Nadagir
Arogya & Arogya Shikshana
Mallasajan Prakashan, Dharwad.

Chatterjee
Human Physiology
Medical Aliened Agency Calcutta-1985

Pearce
Anatomy & Physiology for Nurses including clinical application
Calcutta, OUP-1982

Swamy Satyananda
Common Diseases
Sri G.K. Kejriwal, Honorary Secretary, Bihar School of Yoga

Swami Vivekananda
Raj-Yoga (Kannada-English)
Ramkrishna Ashram, Bangalore.

Swami Vivekananda
Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.
Advaita Ashrama, Calcutta, 2000

Dr. B.P. Siddhashrama (Ed)
Problems & Perspectives of Social Philosophy Vol 1 to 6
Siddha Prakashana No.31. Siddharoqdh, Nagar Srinagar, Dharwad.

Dr. B.P. Siddhashrama (Ed)
Spiritual Globalization
--------”--------

Swami Adidevananda
The Yoga Psychology
Pub. Ramkrishna Vedanta Math Calcutta

Swami Rama & Swami Ajaya
Creative use of Emotion
Himalayan International Institute Malviya Nagar New Delhi-110017

--------”--------
Yoga and Psychotherapy-the Evolution of Consciousness
--------”--------

Dharanendra A.S
Samanya Mano Vijnana (Kannada)

Yogiraj Behramji
Yogasana for Health
Himalayan International Institute, Malviya Nagar, New Delhi-110017

Dr. Ganesh Shankar
Health for all through Yoga
Department of Yogic Studies, Dr. harishigh Gour University, Saga470003 (MP)
Scheme of Papers

Title of the Paper

Compulsory Papers

3.1 Research Methodology for Yogic Science
3.2 Yoga, Spiritualism and Global Peace
3.3 Shivasmhita
3.4 Yoga Practicals (Pract-III)
3.5 Yoga Therapy (Diagnosis)

Open Elective Paper

3.6 Yoga, Culture & Future Mankind

3.1: Research Methodology for Yogic Science

Unit-I: Introduction:
Yoga and Research: Objectives, types, approaches, significance of research, General methods of research, Research process, Flowchart; problems encountered by Yoga research in India.

Unit-II: Research Process of Yogic Science:
Problem Hypotheses and Testing of Hypotheses.

Unit-III: Concepts, constructs and variables:
Variables control of variable; Constitutive and operational definitions of constructs and variables. Application of Variable techniques in Yogic Science.

Unit-IV: Research Design:
Need for research design; features of a good design; important concepts relating to research design, different research designs - Basic principles of experimental design. Experiment on consciousness and its evolution through meditation.

Unit-V: Methods of Data Collection:
Interview, objective tests and scales; observation of behavior; projective methods; available materials and content analysis; and case study.

Unit-VI: Report Writing and Preparing Research Proposal:
Meaning, why techniques? Precautions; steps in report writing; layout types; oral presentation; precautions in report writing.
Books for Study:


Dr. Chaya Rai  Studies in Philosophical Methods  University of Jabalpur, Jabalpur.

Swami Satprakashananda  Methods of Knowledge  Advaita Ashrama, Calcutta.

Dr.B.P.Siddhashrama  Spiritual Globalization  Siddha Prakashana, No.31. Siddharoodha Nagar Srinagar, Dharwad-3.


Rist J.M.  Plotinus - The Road to Reality

David Scot and Tony Doubleday  The Elements of Zen Masters  Rajaneesh Ashrama, Poona.

Osho  The Perfect Way  Rajaneesh Ashrama, Poona.

Tantra: The Supreme Understanding  ------”--------

Vedanta: Seven Steps of Samadhi  ------”--------

3.2: Yoga, Spiritualism and Global Peace

Unit-I: Spiritualism:

1. Meaning, Definitions and aims & Objectives of Spiritualism
2. Relationship between Yoga and Spiritualism
3. Yoga therapy and Spiritualism
4. Astanga-Yoga and Spiritualism

Unit-II: The Concept of Peace:

1. Definition, nature, Scope, aims of Peace.
2. Yoga, Health, Peace within and without.
3. The concept of Vasanaksaya, Manonasa & Peace.
4. Dhyana, Dharana, Samadhi and Peace

Unit-III: Spiritual Globalization:

1. Self-Actualization
2. Religious Amity & Meta-Religious Consciousness
3. Reconstruction of Human Society on Spiritual basis
4. Global Peace & Harmony
5. Realization of Lord in the entire manifestation.

Unit-IV: Yoga, Spiritualism and World Religions:

1. Yoga in Hinduism, Buddhism and Jainism
2. Yoga and Spiritualism in Islam, Christianity & Taoism
3. Spiritualism in Sikhism, Sufism & Veerasaivism
4. Spiritualism in Haridasas and Sahaj Raj-Yoga of I.V.V.
5. Spiritualism in Kayakalpayoga & Kundaliniyoga of Vetharthi Maharshi
Unit-V: **Spiritualism & Global Peace**

1. Meditation & interreligious relationships.
2. Comparative Religion & Universal Religion
3. Yogic values and the concept of Universal Brotherhood
4. Contemporary Scenario of Yogic & Spiritual Movements
5. Spiritualism and Global Peace.

**Books for Study:**

<table>
<thead>
<tr>
<th>Author/Ed</th>
<th>Title</th>
<th>Publisher/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vethathiri Maharshi</td>
<td>Blue Print for world Peace</td>
<td>Vethathiri Publications, Erode- 638001</td>
</tr>
<tr>
<td>Prof. B.P.Siddhashrama (Ed)</td>
<td>Problems and Perspectives of Social Philosophy Vol.4</td>
<td>Prof. Girish Sharma, Gauhati University, Guwahati.</td>
</tr>
<tr>
<td>Prof. B.P.Siddhashrama</td>
<td>Spiritual Globalization</td>
<td>Siddha Prakashana, No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.</td>
</tr>
<tr>
<td>Prof. B.P.Siddhashrama (Ed)</td>
<td>Global Spiritualism Vol. I.</td>
<td>Siddha Prakashana No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.</td>
</tr>
<tr>
<td>Swami Muktananda Paramhamsa</td>
<td>From the Finite to the Infinite</td>
<td>Sydafoundation P.O.Box-600 South Fallsdurg Hong Kong</td>
</tr>
<tr>
<td>J. Krishnamurthy</td>
<td>The Meditative Mind</td>
<td>Krishnamurthy, Fonation, USA.</td>
</tr>
<tr>
<td>Antony Kolenderry</td>
<td>The Meditation for Peace</td>
<td>Indian Institute of Spirituality, Bangalore</td>
</tr>
<tr>
<td>Aronowitz</td>
<td>Post-Modern Education</td>
<td>Minnea Polis Publ. USA.</td>
</tr>
<tr>
<td>Bubharakkita Acharya</td>
<td>Meditation and Peace</td>
<td>Bubha Rakkita tera Trust, Bangalore.</td>
</tr>
<tr>
<td>D. Britto Francis</td>
<td>Man's Search for Peace</td>
<td>--- &quot;-------------------&quot;</td>
</tr>
<tr>
<td>A.R.Wadia</td>
<td>Religion as a Quest for Values</td>
<td>University of Culcutta, 1950</td>
</tr>
<tr>
<td>Swamy Nirvedananda</td>
<td>Lecturers on Universal Religion</td>
<td>Rama Krishna Ashrama Culcutta, 1938</td>
</tr>
</tbody>
</table>
3.3: Shivasamhita

Text: Shyam Gosh: The Original Yoga (Book-I full)
Publ: Munshiram Manoharlal Pvt.Ltd., New Delhi.

3.4: Yoga Practicals (Pract-III)

A. Practical
The following Yogic practices with brief theoretical knowledge about their importance
of name, the technique, benefits, salient features, precautions to be taken and advantages
of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Bhandha Mudra and
Meditation will be taught along with record writing.

I. Kriyas: Danda Dhauti & Nauli

II. Asanas: Parvatasana, Poorvottanasana, Utkatasana, Padmapoorvottanasana, Naukasana,
Ardrabaddhapadmapachimottasana Tringyamukaikapadapaschim anasan, Adhomukha,
Matsyasana, Uttanamandukasana, Akarna Dhanurasana, Karnapeedasan, Mayurasana, Garudasana, Bhujapeedasan,
Bakasana, Ekapada Rajakapotanasan, Ekapada Shirshasan, Ugrasan, Shirshasan & Shavasana

B. Practical
I. Pranayamas: (With Kumbaka Pranayama,l:l:2.)
Nadi Shodhana, Ujjayee, Sheetal, Shitkari, Bhramari & Bhasrika

II. Bhandas & Mudras: Jivha Bhand, Simha Mudra & Yoga Mudra

III. Meditation: Viswatmaka-Maitri, Witnessing Subtle elements & Nadabrahma

Reference Books:
Yogiraj Behramji Yogasana for Health Himalayan Yoga Institute,
Dhirendra Brahmacari Yogasana Vijnana Dhirendra Yoga
Publications, New Delhi, 1989
Tiaari, O.P Asana Why and How Kaivalyadhamma, Lonavala,
Tiruka Yogasanagalu (Kannada) Ananthashevashrama,
Malladihalli, 1989
Yogeshwar The Text book of Yoga Yoga Centre, Madras
Swami Satyananda Pranayama Kaivalyadhamma, Lonavala,
1983.
3.5: Yoga Therapy

Unit-I.
1. Case Study–Importance and Method
2. Case History
3. Data Entry, Relationship with Patient
4. Present condition of sleep, hunger, micuration, Bowel movements, Menstural cycle.
5. Preparation for case taking

Unit-II. General Physical examination:
1. Height, Weight, B.P recording temperature etc.
2. Food habits and Daily routines
3. Examination of Nails, eyes, skin, tongue etc.
4. Supporting of literatures

Unit-III. Examination of the different system:
1. Digestive system
2. Cardio Vascular
3. Respiratory System
4. Excretory System
5. Nervous system

Unit-IV. Analysis of:
Psycho level, Socio level, Spiritio level

Unit-V. Lab investigation:
Blood Analysis, X-ray, Scanning etc, Urine, Stool analysis etc, Follow up.

Books for Study:
Swami Rama The Art of Joyful living The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.

Davidson Anatomy and Physiology


Hutchinsons Clinical Methods

Dr. G.D.Thapar Keart Attecks U.B.S.Pub. New Delhi.

Davidson Clinical Methods

A.G.Likhachev Diseases of the Ear, Nose & Throat Mir, Pub. Moscow
Open Elective Paper

3.6: Yoga and Health Practicess

Unit-I: Introduction:
1. Definition, nature and scope of Spiritualism
2. Problems and perspectives of Spiritualism
3. Spiritualism compared with Philosophy, Religion, Ethics and Yoga

Unit-II: The concept of self:
1. Self and Consciousness
2. Panchakosha and discovery of Self
3. Jagrat, Swapna, Sushupti and Turiya
4. Self and Reincarnation

Unit-III: Self-Consciousness:
1. Consciousness and Materialism
2. The doctrine of Soul Substance and Personal Identity of Self
3. Absolute Consciousness and Self (Sat-Cit-Anand)

Unit-IV: Concept of God:
1. Theories of God and Proofs for the existence of God.
2. God - Cosmic Energy - Spiritual Globalization
3. God - Religious dialogue, adaptation of common spiritual values and unity of mankind

Unit-V: God, Soul and World:
1. God and His Creation.
2. The relationship of God with selves and world - Cycle,
3. Self-realization, God-realization
4. Bondage, release and means

Unit-VI: Spiritual Globalization:
1. Self-Actualization
2. Reconstruction of Human Society on Spiritual basis
3. Realization of Lord in the entire manifestation
4. Comparative Religion and Universal Religion
5. Yogic Values and the concept of Universal Brotherhood

Books For Study:
1. Siddhashrama B.P. (Ed) - Problems and Perspectives of Social Philosophy Vol. 4,
2. Siddhasharma. B.P. - Spiritual Globalization, Siddha Prakashana, No. 31, Siddharoodha Nagar, Srinagar, Dharwad - 3
4. Swami Muktananda Paramahamsa - From the Finite to the Infinite, Krishnamurthy. J. - The meditative Mind, Krishnamurthy, Foundation, USA
M.A. in Yoga Studies Syllabus for IVth Semester with effect from 2018-19 and onwards
IVth Semester

4.1 Bhagavadgita

4.2 Yoga Therapy (Treatment)

4.3 Yoga Practicals (Pract-IV)

4.4 (i) Educational Tour Report
(ii) Yoga Camp

4.5 Project Dissertation
Viva-Voce
Core Paper

4.6 Yoga and World Peace

4.1: Bhagavadgita

Books for Study:

Gorkpur Press Geeta Press Geeta publication

4.2: Yoga Therapy (Treatment)

Unit-I Line of Treatment:
1. Tridosha Theory
2. Panca Kosha theory
3. 25 Tatva Theory
4. Modern Method
5. Set up for the treatment

Unit-II. Effect of Yoga Therapy on:
1. Digestive System
2. Cardio vascular System
3. Respiratory System
4. Endocrine System
5. Reproductive System
6. Nervous System

Unit-III. Yoga therapy for following diseases:
1. Diabetes mellitus
2. Hypo /Hyper tension, Heart problems
3. Allergy, Asthma, Breathlessness
4. Back pain, Joint pain, Arthritis
5. Digestive disorders, Ulcers, Obesity
Unit-IV. Dietics, Method, Basis, Implementation, Life style, Sleep, Bath, Work, Rest. Maintenance of record and Data follow up.

Unit-V. **Yoga therapy concept in:**
1. Patanjala Yoga Sutra
2. Hathayoga Pradipika
3. Gheranda samhita
4. Siva samhitap
5. Mandukya karika

**Books for Study:**

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<tr>
<td>Hathayoga Pradipika</td>
<td>Kuvalayananda Kaivalyadhamna Lonavala</td>
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<td>Gheranda Samhita</td>
<td>Kuvalayananda Kaivalyadhamna Lonavala</td>
</tr>
<tr>
<td>Siva Samhita</td>
<td>Chawkamba Varanasi</td>
</tr>
<tr>
<td>Mandukya Karika</td>
<td>&quot;&quot;</td>
</tr>
<tr>
<td>Yogic Anatomy &amp; Physiology</td>
<td>Dr. M.M. Gore, Lonavala</td>
</tr>
<tr>
<td>Yoga Therapy</td>
<td>Kuvalayananda Kaivalyadhamna Lonavala</td>
</tr>
<tr>
<td>Scientific Survey of Yogic Practices</td>
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<tr>
<td>Asana Survey of Yogic Practices</td>
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</tbody>
</table>

4.3: **Yoga Practicals (Pract-IV)**

A. **Practical**

The following Yogic practices with brief theoretical knowledge about their importance (of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Mudra and Meditation will be taught along with record writing.

I. **Kriyas:** Trataka Jattru Trataka & Jyotih Trataka

II. **Advance Asanas:** Matsyendrasana, Kapotasana, Hanumanasana, Gomukhasana, Setu Bhandha-Sarvangasana, Nataraj aasan, Raj kapotasana, Kraunchasana, Marichyasana, Padma Shirshasana, Bharadwajasana, Yoga Nidrasana, Garbhasana, and Padangusthasana.

B. **Practical**

I. **Pranayamas:** (With Kumbhaka 1:4:2.)
   Surya Bedhana, Chandra Bedhana, Ujjayee, Sheetal, Shitkari, Bhramari Bhastrika & Nadi Shodhana

II. **Banda Mudras:** Dhyana Mudra & Shanmukhi Mudra
III. Meditation: Amanaska, Turiya, Turiyatita, Nissamadhi, Yuthana & Universal Consciousness. Encompassing Cit alone in all the three states.

Books for Study:

Dr. M.L.Gharote  Yogic Techniques  The Lonaval Yoga Institute India, Lonaval, 1999

4.4: Educational Tour Report

(i) Educational Tour Report:  50 Marks
There shall be an Educational Study Tour is compulsory for M.A. – IV Semister students. The students will be taken to any one or more than one of the recognized yoga centers in India. Each student has to submit a study Tour Report which will be evaluated by the concerned teacher and also approved by chairman of the Dept.

(ii) Yoga Camp Report  50 Marks
Each student has to organize two Camps i.e. one Yoga Training Camp and another Yoga Therapy i.e. Diagnosis & Treatment Camp not less than a week's period for each camp under the supervision of concerned Teacher of the Department and further the submit the Report I which will be evaluated by concerned teacher and also approved by the Chairman of the Dept. The above reports will be Scrutinized by the external Practical examiner all the time of Annual examination

4.5 Project Dissertation and Viva- voce  (80+20 marks)

(i) Project Dissertation  80 marks
Student should select a topic under the era of applied yoga and carry out an empirical study. Further prepare a dissertation following of the records method properly and submit to the department.

(ii) Viva-voce  20 marks
There shall be dissertation Viva-voce exam, by the Board of Examiners at the end of all theory/practical examination
Core paper

4.6: Yoga and World Peace

Unit-I: Peace in Theory and Practice
1. Yoga as Peace Science
2. Peace as non-injury, compassion, love, service and mutual aid
3. Peace with justice through non-violent action
4. Multi-dimensional aspects of yoga, peace, non-violence and development

Unit-II: Conflict resolution and peace making
1. Definition, nature and scope of conflict, inner conflict and outer conflict
2. Yogic methods of conflict resolution, meditation, mental and spiritual healing.
3. Peaceful methods of conflict resolution, negotiation, mediation, arbitration adjudication, role of gender, race, culture, language and religion in conflict situation
4. Yogic methods of annihilating Stress, Strain, Anger & Anxiety.

Unit-III: Social aspects of peace
1. Non-violent social change
2. Creating peaceful social structures
4. Yogic treatment for socio-individual disorders through developing Iccha, Kriya, & Jnana shaktis

Unit-IV: Psychological Aspects of Peace
1. Psychology of crime and deviant behavior
2. Psychology of nationalism, child abuse, adolescent aggression
3. Yogic treatment for the diseased individual / social psyche

Unit-V: Gandhi's contribution to peace
1. Gandhian Satyagraha model
2. Yoga education as value education
3. Education experiment, peace awards, role of UNO for establishment of peace

Books for Study:
1. Stene Marks : Peace, Development and Human Rights Education
2. Galung John : Violence and Peace Research
3. Magnus Haavelsred : Peace Education
4. Murthy. K.S: The Quest for Peace
5. Kenneth Boulding : Stable Peace
II. Ph.D. Degree programme:

1. Title
   The course shall be called "Doctor of Philosophy" (Ph.D) in Yoga Studies

2. Duration:
   This shall be a full time Programme and is extended over a period of two academic years comprising of Four terms or as prescribed by the University from time to time.

3. Eligibility:
   Candidates who have obtained Master's degree in Yoga, Philosophy, Education, Physical Education, Psychology, Anthropology, Sanskrit and Medicine from any University in the state or from any other University recognized as equivalent thereto and comply with other eligibility requirements as prescribed by the University are eligible for admission to Ph.D. degree Programme in Yoga Studies.

Sd/-
Dean and Chairman BOS
P.G. Dept. of Yoga Studies,
Karnatak University, Dharwad.