

KARNATAK UNIVERSITY, DHARWAD



Regulations

For

MASTER OF YOGA STUDIES

CHOICE BASED CREDIT SYSTEM (MYS CBCS)



2017-2018 & Onwards

KARNATAK UNIVERSITY, DHARWAD



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From

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Karnatak University, Dharwad.

P.G. Department of Yoga Studies

Rules governing M.A in Yoga Studies for semester course as per GBCS pattern and Ph.D. programmes in Karnatak University.

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

Commencement:

These Rules shall come into force from the academic year 2017-18.

Definitions:

In these Rules, 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. Rules Pertaining to M.A. in Yoga Studies Semesterised CBCS Programme 2017-18

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 pier 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.

R-1. Title:

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

R-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.

R-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.

R-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, Karnatak 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.

R-5. Medium of Instruction:

English / Kannada

R-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.

R-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.

R-9: For Women:

- 9.1 The practical training classes for women will be arranged as far 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.

R-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/ProjectReport 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 then 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
- 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 examinations & 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 j 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 \$re 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.

R-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

Attendance (in percentage)	Marks
Above 95	5

Above 90 and up to 95	4
Above 85 and up to 90	3
Above 80 and up to 85	2
Above 75 and up to 80	1
75	No Marks

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.

R-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.

R-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.

R-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:

Percentage of marks	Grade Points	Grade Letter
75 and above, up to 100%	7.50 to 10.00	A
60 and above but less than 75%	6.00 and above but less than 7.5	B
50 and above but less than 60%	1.0 and above 1.1 but less than 6.0	C
40 and above but less than 50%	1.0 and above 1.1 but less than 5.0	D
Less than 40.00%	Less than 4.00	F

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 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:

Cumulative Grade Point Average (CGPA)	Class to be awarded
7.5 to 10.0	First class with Distinction
6.0 and above but below 7.5	First Class
5.0 and above but below 6.0	Second Class

R-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 semester-end examinations. Further, candidate shall obtain at least 40% of marks in semester-end examination. There is no minimum marks for I A.
- 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.

R-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 Semester Course as per

Choice Based Credit System Pattern (From 2017-18) onwards

Semester-I

Paper Code	Title of the Paper	Max. Marks	Internal Assesment Marks	Total Marks	Credits	Teaching Hrs. Per Week.
	Compulsory Papers					
A01	Philosophy of Yoga	75	25	100	4	4 Hrs.
A02	Anatomy and Physiology	75	25	100	4	4 Hrs.
A03	Patanjal Yoga Sutra	75	25	100	4	4 Hrs.
A04	Elementary Sanskrit in Yoga	75	25	100	4	4 Hrs.
A05	Yoga Practicals (Pract-I)	75	25	100	4	Men-Women 4 Hrs - 4 Hrs.
	Core Paper					
A06	Dhoshoponishads	75	25	100	4	4 Hrs.
	Core paper Total	450	150	600	24	24

Semester-II

Paper Code	Title of the Paper	Max. Marks	Internal Asst. Marks	Total Marks	Credits	Teaching Hrs. Per Week.
	Compulsory Papers					
B01	Human Consciousness	75	25	100	4	4 Hrs.
B02	Yoga Psychology	75	25	100	4	4 Hrs.
B03	Hatayoga Pradipika and Gheranda Samhita	75	25	100	4	4 Hrs.
B04	Yoga Vashista	75	25	100	4	4 Hrs.
B05	Yoga Practicals (Pract-II)	75	25	100	4	Men-Women 4 Hrs - 4 Hrs.
	Open Elective Paper					
H93	Yoga and Holistic Health	75	25	100	4	4 Hrs.
	Total	450	150	600	24	24

Semester-III

Paper Code	Title of the Paper	Max. Marks	Internal Asst. Marks	Total Marks	Credits	Teaching Hrs. Per Week.
Compulsory Papers						
C01	Research Methodology for Yogic Science	75	25	100	4	4 Hrs.
C02	Yoga, Spiritualism and Global peace	75	25	100	4	4 Hrs.
C03	Shivasamhita	75	25	100	4	4 Hrs.
C04	Yoga Practicals (Pract-III)	75	25	100	4	Men-Women 4 Hrs - 4 Hrs.
C05	Yoga Therapy (Diagnosis)	75	25	100	4	4 Hrs.
Open Elective Paper						
I88	Yoga and Spiritualism	75	25	100	4	4 Hrs.
Total		450	150	600	24	24

Semester-IV

Paper Code	Title of the Paper	Max. Marks	Internal Asst. Marks	Total Marks	Credits	Teaching Hrs. Per Week.
Compulsory Papers						
D01	Bhagavdgeeta	75	25	100	4	4 Hrs.
D02	Yoga Therapy (Treatment)	75	25	100	4	4 Hrs.
D03	Yoga Practicals (Pract-IV)	75	25	100	4	Men-Women 4 Hrs - 4 Hrs.
D04	i) Educational Tour Report	50	00	50	2	2 Hrs.
D05	ii) Yoga Camp Report	50	00	50	2	2 Hrs.
D06	i) Project Dissertation	80	00	80	4	4 Hrs.
D07	ii) Viva-Voce	20	00	20	00	00
Core Paper						
D08	Yoga and World Peace	75	25	100	4	4 Hrs.
Total		500	100	600	24	24

I Semester

- A01 Philosophy of Yoga
- A02 Anatomy and Physiology
- A03 Patanjali Yoga Sutra
- A04 Elements of Sanskrit for Yoga
- A05 Yoga Practicals (Pract-I)

Core Paper

- A06 Dhoshoponishads

Detailed Syllabus for the Papers

A01 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 Absolutistic 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.
Swami Prabhavananda	Spiritual Heritage of India	Sri. Ramkrishna Math, Madras, 2004.
-----”-----	Bharatiy Adhyatmika Parampare	-----”-----
Dasgupta S.N.	Yoga as Philosophy and Religion	Kegan Pub, London, 1924.
-----”-----	Yoga Philosophy ;n Relation to other Systemsof Indian thought	-----”-----
Kunhan Raja	Some Fundamental Problems in Indian Philosophy.	Motilal Banarsidas, Delhi, 1974.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.
Fensterstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002
Swami Vivekananda	Jnana 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.
Dr.B .P. Siddhashrama	The Metaphysics and the Mysticism ofShri.Nijaguna Shivayogi	Siddhaprakashana, Siddharoodhanagar, Srinagar, Dharwad-3.
-----”-----	ಶ್ರೀ ವಿದ್ಯಾರಣ್ಯ ಜೀವನುಕ್ತಿ ವಿವೇಕದ ತತ್ವಸಿದ್ಧಾಂತ	-----”-----
-----”----- (Ed)	Journal of Indian Philosophical	-----”-----

Dr. C.D.Sharma	Congress A Critical Survey of Indian Philosophy	Motilal Banarasdas Publication New Delhi.
Dr. G.Srinivasan R.D.Ranade	Essentials of Vedanta A Constructive Survey of Upanishadic Philosophy	Bopco Publication Bangalore Bharatiya Vidya Bhavan Mumbai-7
Prof.M.Hiriyanna Gopi Krishna Swami Krishnananda	The Quest After Perfection Kundalini- The Secret of Yoga The Philosophy of life	Kavyalaya Publication Mysore. U.B.S. Publisher's Nw Delhi The Divine life Society P.O.Shivanand Nagar, U.P-India..
Phil Nuernberger Sri Swami Rama	Freedom from Stress Choosing a Path	Himalaya International Institute New Delhi Himalaya International Institute of Yoga Science & Philosophy of the U.S.A. Pennsylvania.
Sri. Aurobindo Blawyn and Jones Sir. John Woodroffe	The Synthesis of Yoga Chakra worked out The Serpent Power	Sri Aurobindo Ashram, Ponclicherry Pustak Mahal, Bangalore. By Ganesh & Co. 35, Thanikachafam Road, Madras-600017.
Prof. R.D.Ranade	Studies in Indian Philosophy	Mrs. Sunanda Shintre and Ashwirti jog 114/8 Murarjipeth Solapur-413001
S.N.Dasgupta	Hindu Mysticism	Motilal Banarsidas Publishers Private Limited Bungalow road Delhi-110007
Ganesh Shankar	Classical and Modern Approaches to Yoga	Pratibha Prakashna (Unient Publishers & Book sellers) 29/5 Shakti Nagar, Delhi-7.

A02 : 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
4. Tissue-anatomy, its classification & functions.
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:

Vision, Hearing, Smell, Taste, Touch : Structure and Functions.

Books for Study:

Dr. Anand Nadgir	Sharrera Rachana Shastra Mattu Shareera Shastra	Mallasajjan Prakashan. MVAS Shri K.G. Nadgir College of Education, Dharwad-580008.
Tony Smith K.G. Nadgir Yadav	The Human body Arogya & Arogya Shikshana Human Anatomy and Physiology	Dorling Kindersley Limited-1995. Mallasajjan Prakashan, Dharwad. Nirali Publication
Chatterjee Guyton	Human Physiology Text book of Medical Physiology	Medical Aliened Agency Calcutta-1985 Philadelphia- Saccades-1969
Chaurasia Pearce	Human Anatomy Vol-1 -3 Anatomy & Physiology for Nurses including clinical application	Delhi CBS Calcutta, OUP-1982
Shambhuling R.L. Bijlani	Human Physiology The Human Machine	Madras The Director National Book Trust. India A-5 Green Park, New-Delhi-110016
Swamy Satyananda Saraswati	Common Diseases	Sri G.K. Kejriwal, Honorary Secretary, Bihar School of Yoga.

A03 : Patanjali Yoga Sutra

1. Samadhi pada	2. Sadhana pada	3. Vibhuti pada	4. Kaivalya pada
ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು	ಯೋಗಸೂತ್ರ-ಟಿಕಾ ಷಟ್ಪಯುಕ್ತ	ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ ಸಿರೀಜ, ವಾರಣಾಸಿ, 1972	ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ, ಸಿರೀಜ ವಾರಣಾಸಿ, 1970.
ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು	ಪಾತಂಜಲ ಯೋಗದರ್ಶನಮ್	Ramkrishna Ashram, Bangalore.	Shri. Sharada Trust Bharathi Street Sringeri.
Swami Vivekananda R.M. Umesh	Raj-Yoga (Kannada-English) Science of Mind Control	ಜ್ಞಾನಯೋಗಾಶ್ರಮ, ಬಿಜಾಪೂರು	ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಬೆಂಗಳೂರು.
ಶ್ರೀ ಮಲ್ಲಿಕಾರ್ಜುನ ಮಹಾಸ್ವಾಮಿಗಳು ಸ್ವಾಮಿ ಹರ್ಷಾನಂದ	ಪಾತಂಜಲಿ ಯೋಗದರ್ಶನ ಮಹರ್ಷಿ ಪಾತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರಗಳು		

A04: Elementary Sanskrit in Yoga

Unit -I. Elementary Grammar:

1. Importants Nouns and Pronouns
2. Svara, Vyanjana & Visarga
3. Kaarakas: Important Rules of Six Kaarakas
4. Samaasas: Simple Compounds of Six Samaasas
5. Lakaaras :Lat, Lang Lrita & Lot
6. Avyayas Tvaanta, Tumanta, Lyabanta etc

Unit - II. Shabdarupa, Dhaturupa

Unit - III. Vedantic texts:

1. Bhagavadgeeta-16 Chapter
2. Jeevanmukti-Viveka of Vidyananya (Manonaasha-Prakaranam)

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

Books for Study:

Dr. D.N Shanabhadg	Subodha-Sanskrita- Vyaakarana	Bhaarat Book-Depot, Dharwad
Vetaaia Panchavimshati	Chaukhambha	Sanskrit Series,Varaanasi
Swami Abhedananda	Bhagavatgita	RamakrishnaVedanta Math, Culcutta.
Dr. D.N.Shanbag	Hitopdesh (Kan)	Prasaranga Karnatak University, Dwd.
Dr.Basavaraj	Shree Vedyaaranyara Jivanmukti	Siddha prakash No.31 Siddharudha
Siddhashrama	Vivekada Tatva Siddhanth (Kan)	Nagar, Shri Nagar, Dharwad-3
Subramanya Shastri	Jivanmukti Viveka of	The Adyar Library & Research
(Engl. Trans)	Vidyananya	Centre, Chennai.
Dr. Ghanekar B.G	Vaidyakeeya Subhaashita	Chawkhamba Sanskrit
	Saahitya	Samsthana,:Varanasi

A05: 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 & Sutraneeti

II. Asanas: Sukhasana, Padmasana, Vajrasana, Makarasana, Vishramasana, Tadasana, Urdhva Hastasana, Ardha Chakrasana, Padahastasana, Trikonasana, Shashankasana, Badhrasana, Ustrasana, Vakrasana, Bhujangasana, Janushirasana, Sarvangasana, Shalabhasana, Pavana Maktasana, Saral Mutsysana, Baddha Padmasana & Savasana.

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). Surya anuloma
 - (ii). Chandra anuloma

II. Mudra: Viparitkarani & Mahamudra

III. Meditation : Pranava- Antar-mouna

Books for Study:

Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala,1982.
Tiwari, O.P	Asana: Why and How	Kaivalyadhama, Lonavala,1991.
Swami Satyananda Saraswati	Asana,Pranayama,Mudra,Bandha	Bihar Schools of Yoga, Manger, 1989.
Iyengar B.K.S	Yoga Deepika (Kannada)	V.K. Yogas,Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali YogaShrama Trust, Bangalore, 2002.
Vethathiri Maharshi	Simplified Physical Exercises	Vetharthin Publ., Erode-638001.
ಸಿ. ಸಿತಾರಾಂ	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M.L.Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala,1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas,Bangalore,1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
Iyengar B.K.S	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas,Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.

Core Paper

A06: 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

- B01 Human Consciousness
- B02 Yoga Psychology
- B03 Hata Pradipika and Gheranda Samhita
- B04 Yoga Vashista
- B05 Yoga Practicals (Pract-II)

Open Elective Paper

- H93 Yoga and Holistic Health

Detailed Syllabus for the Papers

B01: 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 Svaprakasa
- 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:

A.C.Mukerji	The Nature of Self	The Indian Press Allahabad
Vethathiri Maharshi	Journey of Consciousness	Brain Trust-Publ. Aliyr-642101
-----”-----	Genetic Centre	-----”-----
-----”-----	History of the Universe and	-----”-----
	Living Beings	
-----”-----	Unified Force	-----”-----
-----”-----	The Gravity of Gravity &	-----”-----
	Consciousness.	
-----”-----	Mind	-----”-----
-----”-----	Bio-Magnetism	-----”-----
Dr.Basavaraj	The Metaphysics and the	Siddha Prakashana No.31.
Siddhashrama	Mysticism of Sri.Nijaguna	Siddharoodha Nagar Srinagar,
	Shivayogi	Dharwad.
Dr.B.P.Siddhashrama	Global Spiritualism	-----”-----
(Ed)		
Swami Aadi Devananda	Goudapad Karika A Study of	Ramkrishnashrama, Mysore.
Janneswar Ghosh	Yoga	Motilal Banarsidas, Delhi.
Glen Peter Kezwar	Mediation, Oneness and	Sterling Paperbacks, An Imprint
	Physics	of L-10 Green Park, Extension,
		New Delhi
Sri Aurobindo	The Life Divine	Sri Aurobindo Ashram
		Pondicherry
Ramakrishna Puligandla	Jnana-Yoga -The way of	D.K.Print world, New Delhi-
	knowledge	110015
Saraswati	Concept of Mind in Indian	Motilal Banarsidass Pub. Delhi.
Chennakesavan	Philosophy	
Sankarachary	Atmabodha	Ramakrishnashrama, Mysore.
Nikhilananda Swamy	Self Knowledge of Sri	Ramakrishnamath, Madras.
(Trans.)	Sankaracharya	
Osho	Enlightenment-The only	The Rebel Pub. Pune.
	Revolution	
Dr.B.P.Siddhashrama	Problems & Perspectives of	Siddha Prakashana No.31.
(Ed)	Social Philosophy Vol 1 to 4	Siddharoodha Nagar Srinagar,
		Dharwad.

B02: Yoga 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, Maslow's Theory of Motivation and self Actualization.

Unit-VI: Emotion:

Nature, Types, Bodily changes during emotions, attaining control over emotion, meditation and emotional control, Nature and Management of stress.

Books for Study:

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	-----"-----
Geraldine Coster	Yoga and Western Psychology	41.U-A Bungalow Road, Jawahar Nagar Delhi- 110007.
Munn N.L	Introduction to Psychology	Pub. Oxford & IBH Pub. Co. Calcutta
Bhatia H.R	General Psychology	Pub. Oxford & IBH Pub. Co. Calcutta
Dharanendraiah A.S	Samanya Mano Vijnana (Kannada)	Pub. Mys. Uni. Mysore
Nataraj P.K	Samanya Mano Vijnana Vol I & II	Pub. Mysore Uni. Mysore
B. Krishnamurthy and K.L. Reddy	Psychological Immunity	-----"-----

B03: Hatayoga Pradipika and Gheranda Samhita

Text / Reference Books:

Shree Sahajananda	Hatha Yoga Manjari	Kaivalyadhama S.M.Y.M.Samiti, Lonavala
Swami Muktibodhananda	Hatha Yoga Pradipika	Dr. G.K.Keiriwal, Bihar School of Yoga, Manger
Saraswati		
Burley Mikel	Hatha Yoga-Its Context Theory and practice	M.L.B.D.Delhi, 2000
Kunhan Raj	Hatha Yoga Pradipika	The Adyar library Publications Chennai, 2000.
Burnier Radha	Hatha Yoga Pradipika of Svatmaarama	-----”-----
Dr. C.S.Naikar	Ghatastha Yoga	Medha Pub. Kalyan Nagar, Dharwadl 580007.
Swami Digambar ji	Gherandha Samhita	-----”-----
Dr. Mallikarjun paraddi and Sri Laxman	Hatha Pradipika of Shwathmaram	Kaivalyadhama S.M.Y.M.Samiti, Lonavala-1998
Kumar Sannellappannavar	Hatha Pradipika (Kan.)	Dr. G.K.Keiriwal, Bihar School of Yoga, Manger

B04 Yoga Vashista

Text / Reference Books:

B05: 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, Vatayanasana, Chakrasana, Kukkutasana, 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 Vijnana	Dhirendra Yoga Publications, New Delhi, 1989.
Tiruka	Yogasanagalu (Kannada)	Ananthashevashrama, Malladihalli, 1989
Yogeshwar	The Text book of Yoga	Yoga Centre, Madras
Lajapat Rai	A Physiological Approach to Yoga	C.R.I.Y. New Dheli, 1996.
Iyengar B.K.S	Yoga Deepika (Kannada)	V.K. Yogas, Bangalore, 1989.
Gharote M.L.	Pranayama - The Science of Breath	The Lonavala Yoga Institute, Lonavala, 2003.
Ajit Kumar	Yoga Pravesha (Kannada)	Rastrothana Sahitya Parishat, Bangalore, 1984.
Tiruka	Shatkriyegalu (Kannada)	Ananthashevashrama, Malladihalli
PAnÖãªÄÄ Dgî.«.	ªÄÄª±AªAwUÁV zsÄÄª	Usha Enterprises, Bangalore, 2004
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.
Geeta S. Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon 1999.
Osho	Dhyana Sutra	Osho Misarge Meditation Centre, Bangalore, 1986.
-----”-----	Meditation	Rajaneesh Ashrama, Poona.
-----”-----	Meditation First Last Freedom	-----”-----
-----”-----	Meditation; The Art of Ecstasy	-----”-----
-----”-----	Yoga Hoo Mystic Rose	-----”-----

Open Elective Paper

H93 Yoga and Holistic Health

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 Syptoms, Treatment
- 3 Yoga therapy for attaining unified vision, spiritualization and adentification of chitsagara.
- 4 Yoga, spiritualism, peace within and without.

Unit-IV: Patanjali's Kriya Yoga and Holistic Health.

- 1 Pancha Kleshas and their eradicaion
- 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	Mallasajjan Prakashan, MVAS Shri K.G. Nadgir College of Education, Dharwad-580008.
K.G. Nadagir	Arogya & Arogya Shikshana	Mallasajjan Prakashan, Dharwad.
Chatterjee	Human Physiology	Medical Aliened Agency Calcutta-1985

Pearce	Anatomy & Physiology for Nurses including clinical application	Calcutta, OUP-1982
Swamy Satyananda Saraswati	Common Diseases	Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga
Swami Vivekananda	Raj-Yoga (Kannada-English)	Ramkrishna Aashram, Bangalore.
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000
Dr.B.P.Siddhashrama (Ed)	Problems & Perspectives of Social Philosophy Vol 1 to 6	Siddha Prakashana No.31. Siddharoqdhha; 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	-----”-----
Dharanendraiah A.S	Samanya Mano Vijnana (Kannada)	Pub. Mys.Uni.Mysore
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. harisihgh Gour University, Sagar-470003 (MP)

M.A. in Yoga Studies: III Semester

Scheme of Papers

Title of the Paper

Compulsory Papers

- C01 Research Methodology for Yogic Science
C02 Yoga, Spiritualism and Global Peace
C03 Shivasmhita
C04 Yoga Practicals (Pract-III)
C05 Yoga Therapy (Diagnosis)

Open Elective Paper

- I88 Yoga and Spiritualism

C01: 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:

Kerlinger F.N.	Foundations of Behavioral Research -II Ed.,	Reinhart and Winston. Hew York; Holt.
Kothari C.R.	Research Methodology,	Wishva Prakashan Chennai, 2000.
C.J.Mouly	The Science of Education Research (2nd Edn.)	Van Nastrand, 1970
Degroot A.J.	Methodology, Houghton, 1969.	-----”-----
D.Amoto	Experimental Psychology	THM Edition, New Delhi, 1979.
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.
L.V.Redman and A.V.H.Mory	The Romance of Research	Cambridge University Press, 1967.
Rist J.M.	Plotinus - The Road to Reality	-----”-----
David Scot and Tony Doubleday	The Elements of Zen Masters	-----”-----
Osho	The Perfect Way	Rajaneesh Ashrama, Poona.
-----”-----	Tantra: The Supreme Understanding	-----”-----
-----”-----	Vedanta: Seven Steps of Samadhi	-----”-----

C02: 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 Vasanasaya, 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 & inter-religious 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:

Dabre Thomos	Education for Peace	Cambridge Uni. Pub. Cambridge
Vethathiri Maharshi ಜಿ.ಎ. ಶಿವಲಿಂಗಯ್ಯ (ಸಂ)	Blue Print for world Peace ಅನಾದಿ ವೀರಶೈವ ಸಂಗ್ರಹ	Vethathiri Publications, Erode- 638001 ಬಸವ ಸಮಿತಿ, ಬೆಂಗಳೂರು.
Prof. B.P.Siddhashrama (Ed)	Problems and Perspectives of Social Philosophy Vol.4	Prof. Girish Sharma, Gauhati University, Guwahati.
Prof. B.P.Siddhashrama	Spiritual Globalization	Siddha Prakashana, No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.
Prof. B.P.Siddhashrama (Ed)	Global Spiritualism Vol. I.	Siddha Prakashana No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.
Swami Muktananda Paramhansa ಸ್ವಾಮಿ ಯತೀಶ್ವರಾನಂದ	From the Finite to the Infinite ಧ್ಯಾನ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಜೀವನ	Sydafoundation P.O.Box-600 South Fallsdurg Hong Kong ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಬಸವನಗುಡಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು.

S.C.Nadimath	Handbook of Veerasaivism	L.E.Association, Dharwad (1941).
J. Krishnamurthy	The Meditative Mind	Krishnamurthy, Fondation, USA.
Antony Kolenderry	The Meditation for Peace	Indian Institute of Spirituality, Bangalore
Aronowitz	Post-Modern Education	Minnea Polis Publ. USA.
Bubharakkita Acharya	Meditation and Peace	Bubha Rakkita tera Trust, Bangalore.
Cox Gray	The Way of Peace	Paulist Press, New York, 1986.
Kainz Howard	Philosophical Perspective on Peace	Macmillan, London, 1987
D. Britto Francis	Man's Search for Peace	-----”-----
A.R.Wadia	Religion as a Quest for Values	University of Culcutta, 1950
S. Radhakrishna	East and West in Religion	Allen & Unwin Ltd. London, 1956.
Radhakrishna C	Religion and Culture	Orient Paper back, New Delhi, 1987.
Swamy Nirvedananda	Lecturers on Universal Religion	Rama Krishna Ashrama Culcutta, 1938

C03: Shivasamhita

Text: Shyam Gosh: **The Original Yoga** (Book-I full)

Publ: Munshiram Manoharlal Pvt.Ltd., New Delhi.

C04: 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, Ardabaddhapadmapachimottasana, Tringyamukaikapadapaschim anasan, Adhomuka, Matsyasana, Uttanamandukasana, Akarna Dhanurasana, Karnapeedasana, Mayurasana, Garudasana, Bhujapeedasana, Bakasana, Ekapada Rajakapotasana, Ekapada Shirshasana, Ugrasana, Shirshasana & Shavasana

B. Practical

I. Pranayamas: (With Kumbaka Pranayama, 1:1:2.)

Nadi Shodhana, Ujjayee, Sheetali, Shitkari, Bhramari & Bhastrika

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

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

Reference Books:

Iyengar B.K.S Yogiraj Behramji	Yoga Deepika (Kannada) Yogasana for Health	V.K.Yogas,Bangalore, 1989. Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari	Yogasana Vijnana	Dhirendra Yoga Publications, New Delhi, 1989
Tiaari, O.P	Asana Why and How	Kaivalyadhama, Lonavala, 1991.
Tiruka	Yogasanagalu (Kannada)	Ananthashevashrama, Malladihalli, 1989
Yogeshwar Swami Satyananda	The Text book of Yoga Pranayama	Yoga Centre, Madras Kaivalyadhama, Lonavala, 1983.

C05: 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	-----”-----
Jone. H. Clarke	Diseases of the Heart and Arteries	B. Join Pub. New Delhi
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

188 : Yoga and Spiritualism

Unit-1: 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

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
3. Siddhasharma B.P. - Global Spiritualism Vol. 1.
4. Swami Muktananda Paramahansa - From the Finite to the Infinite, Krishnamurthy. J. - The meditative Mind, Krishnamurthy, Foundation, USA

IV Semester

D01 Bhagavdgeeta

D02 Yoga Therapy (Treatment)

D03 Yoga Practicals (Pract-IV)

D04 (i) Educational Tour Report

D05 (ii) Yoga Camp

D06 Project Dissertation

D07 Viva-Voce

Core Paper

D08 Yoga and World Peace

D01: Bhagavdgeeta

Books for Study:

Gorkpur Press

Geeta Press

Geeta publication

D02: 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 samhita
5. Mandukya karika

Books for Study:

Hathayoga Pradipika	Kuvalayananda Kaivalyadhama Lonavala
Gheranda Samhita	Kuvalayananda Kaivalyadhama Lonavala
Siva Samhita	Chawkamba Varanasi
Mandukya Karika	-----”-----
Yogic Anatomy & Physiology	Dr.M.M.Gore, Lonavala
Yoga Therapy	Kuvalayananda Kaivalyadhama Lonavala
Scientific Survey of Yogic Practices	-----”-----
Asana Survey of Yogic Practices	-----”-----

D03: 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 & Jyothi Trataka

II. Advance Asanas: Matsyendrasana, Kapotasana, Hanumanasana, Gomukhasana, Setu Bhandha-Sarvangasana, Nataraj aasana, 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
Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala, 1982.
Iyengar B.K.S	Yoga Deepika (Kannada)	V.K. Yogas, Bangalore, 1989.

D04: Educational Tour Report

(i) Educational Tour Report:

50 Marks

There shall be an Educational Study Tour is compulsory for M.A. – IV Semester 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.

D05 (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

D06 Project Dissertation and Viva- voce

(80+20 marks)

(i) Project Dissertation

80 marks

Shudent should select a topic under the eara of applied yoga and cary out an empirical study. Further prepare a dissertation following of the records method proporrly and submite to the department.

D07 (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

D08: 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
3. Mass violence, suicide, crime.
4. Yogic treatment for socio-individual disorders through developing Iecha, 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. Magmus 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.