

# **KARNATAK UNIVERSITY, DHARWAD**



## **Regulations**

For

**MASTER OF YOGA STUDIES**

**CHOICE BASED CREDIT SYSTEM (MYS CBCS)**



**2017-2018 & Onwards**

**KARNATAK UNIVERSITY, DHARWAD**



**REGULATIONS**

**For**

**MASTER OF YOGA STUDIES**

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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 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 Dean and 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 to 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**

<b>Paper Code</b>	<b>Title of the Paper</b>	<b>Max. Marks</b>	<b>Internal Assesment Marks</b>	<b>Total Marks</b>	<b>Credits</b>	<b>Teaching Hrs. Per Week.</b>
	<b>Compulsory Papers</b>					
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.
	<b>Core Paper</b>					
A06	Dhoshoponishads	75	25	100	4	4 Hrs.
	<b>Core paper Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

**Semester-II**

<b>Paper Code</b>	<b>Title of the Paper</b>	<b>Max. Marks</b>	<b>Internal Asst. Marks</b>	<b>Total Marks</b>	<b>Credits</b>	<b>Teaching Hrs. Per Week.</b>
	<b>Compulsory Papers</b>					
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.
	<b>Open Elective Paper</b>					
H93	Yoga and Holistic Health	75	25	100	4	4 Hrs.
	<b>Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

### Semester-III

Paper Code	Title of the Paper	Max. Marks	Internal Asst. Marks	Total Marks	Credits	Teaching Hrs. Per Week.
<b>Compulsory Papers</b>						
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.
<b>Open Elective Paper</b>						
I88	Yoga and Spiritualism	75	25	100	4	4 Hrs.
<b>Total</b>		<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

### Semester-IV

Paper Code	Title of the Paper	Max. Marks	Internal Asst. Marks	Total Marks	Credits	Teaching Hrs. Per Week.
<b>Compulsory Papers</b>						
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
<b>Core Paper</b>						
D08	Yoga and World Peace	75	25	100	4	4 Hrs.
<b>Total</b>		<b>500</b>	<b>100</b>	<b>600</b>	<b>24</b>	<b>24</b>

## 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.	ಜ್ಞಾನಯೋಗಾಶ್ರಮ, ಬಿಜಾಪೂರು
Swami Vivekananda R.M. Umesh	Raj-Yoga (Kannada-English) Science of Mind Control		
ಶ್ರೀ ಮಲ್ಲಿಕಾರ್ಜುನ ಮಹಾಸ್ವಾಮಿಗಳು ಸ್ವಾಮಿ ಹರ್ಷಾನಂದ	ಪಾತಂಜಲಿ ಯೋಗದರ್ಶನ ಮಹರ್ಷಿ ಪಾತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರಗಳು		ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಬೆಂಗಳೂರು.

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

#### Unit - IV. Ayurvedeeya 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: Kapalbhata, 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 Svataarama	-----”-----
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 Delhi, 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
PAnÖãÄÄ Dgî. «.	*ÄÄÄ±ÄÄwUÄV zsÄÄÄ	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 Sypatams, 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	Blue Print for world Peace	Vethathiri Publications, Erode- 638001
ಜಿ.ಎ. ಶಿವಲಿಂಗಯ್ಯ (ಸಂ)	ಅನಾದಿ ವೀರಶೈವ ಸಂಗ್ರಹ	ಬಸವ ಸಮಿತಿ, ಬೆಂಗಳೂರು.
Prof. B.P.Siddhashrama	Problems and Perspectives of	Prof. Girish Sharma, Gauhati
(Ed)	Social Philosophy Vol.4	University, Guwahati.
Prof. B.P.Siddhashrama	Spiritual Globalization	Siddha Prakashana, No.31.
		Siddharoodha Nagar, Srinagar,
		Dharwad-3.
Prof. B.P.Siddhashrama	Global Spiritualism Vol. I.	Siddha Prakashana No.31.
(Ed)		Siddharoodha Nagar, Srinagar,
		Dharwad-3.
Swami Muktananda	From the Finite to the Infinite	Sydafoundation P.O.Box-600 South
Paramhansa		Fallsdurg Hong Kong
ಸ್ವಾಮಿ ಯತೀಶ್ವರಾನಂದ	ಧ್ಯಾನ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಜೀವನ	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, Menstrual 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 samhitap
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, Sheetali, 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 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. 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.

*KARNATAKA UNIVERSITY*  
*DHARWAD SYLLABUS*

*CERTIFICATE COURSE IN YOGA  
STUDIES (C.Y.S)*

*W.E.F.2020-2021*

**KARNATAK UNIVERISTY DHARWAD**  
**DEPARTMENT OF YOGA STUDIES**

**PREAMBLE:**

Yoga is an integral part of Indian cultural and Spiritual heritage. The science of Yoga promotes physical, mental and spiritual health and also helps an individual to lead a happy and healthy life, thus bring harmony and peace in the society. In the modern days, the techniques of Yogic science are extremely useful in the management of stress and stress related disorders and promote positive health of an individual.

Karnatak Univeristy Dharwad has established the Department of studies in Yoga way back in the year 1976 and is the first University in Karnatak state and second in entire India which has started the Department of studies in Yoga, to impart comprehensive Yoga education with Provisions to grant higher degrees in Yogic studies. At present the Department of Yoga studies functions with following objectives.

**OBJECTIVES:**

1. To impart Yoga education and training for promotion of positive health and also for overall personality development of an individual.
2. To impart scientific training in Yogic studies (both theoretical and practical) to those desirous making a carrier in the professional field of Yogic teaching and to provide professional Yoga teachers to all levels of learning.
3. To train the students to undertake higher training and research in various aspects of Yogic science.
4. To organize short term Yoga training and Yoga therapy courses or camps, special lectures, workshops and seminars on Yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
5. To promote and also to propagate the importance of Yogic science in modern days and take in to the common man.

**COURSES OFFERED**

The Dept. of Yoga Studies is now offering two regular courses each of one year duration and one MA course of two years duration:

1. Certificate Course in Yoga Studies (Part Time)
2. P.G. Diploma in yoga Studies (Full Time)
3. M.A in Yoga (Full Time)

## COURSE STRUCTURE

### **1. CERTIFICATE COURSE IN YOGA STUIDES (C.Y.S)**

**1. Title:**

The course shall be called “Certificate Course in Yoga Studies” (C.Y.S)

**2. Duration :**

The Course is extended over a period of one academic year comprising of two terms.

**3. Objectives :**

The Course is designed

3.1 To introduce Yoga and Yogic practices to promote positive health of an individual.

3.2 To provide training in theory and practice of Yoga allied subjects for development of personality of an individual at physical, mental, emotional and intellectual levels with a spiritual basis.

3.3 To traine the students to undertake higher training and practice in Yoga

**4. Eligibility:**

4.1 A candidate seeking admission to certificate course in Yoga studies shall have passed the S.S.L.C (X) of Karnataka State or its equivalent thereto

4.2 Candidates are allowed to take admission to the CYS Course along with their studies in Under Graduate or Post Graduate course (i.e P.U.C., B.A, B.Sc, B.Com, M.A, M.Sc, M.Com, MBA, M.Phil, Ph.D etc).

4.3 Candidates who are in employment are also allowed to take admission to the said course.

**5. Medium of Instruction:**

English/Kannada

**6. Hours of Instruction:**

There shall be 4 hours of teaching work per week for every theory paper of 100 marks and 8 hours of teaching work per week for every practical paper of 100 marks.

**7. Intake Capacity:**

Maximum Hundred (100) candidates/ As prescribed by the University from time to time.

**8. Attendance:**

For admission to the said examination, candidates are required to keep two terms in the Department of Yoga Studies of this University. A students shall attend a 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

**9. Scheme of Examination:**

9.1 There shall be a University examination at the end of an academic year both in theory and practical papers.

9.2 Candidates are allowed to write the said examination either in English or in Kannada.

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

9.4 Each theory paper of 100 marks shall comprise of 10 questions of 20 marks each from five units covering the entire syllabus. The student has to answer five questions out of Ten.

9.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 12 candidates.

**10. Standard of Passing**

A candidate is required to obtain 40% of marks in each paper and 40% of marks in the aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 50% of aggregate marks for Pass class, 50% or more but less than 60% of aggregate marks for second class, 60% or more but less than 70% of

aggregate marks for a first class and 70% or more of aggregate marks for a first class with Distinction.

### 11. Reappearing Facility:

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for only those paper/s in which he/she has failed. He/she need not reappear for the papers (theory or practical's) in which he/she has passed.

### 12. Scheme of papers and practical

S. No.	Paper No.	Title of the Paper	Total Marks	Hours of Instruction	Duration of Exam.
1	C01	Foundations to Yoga	100	4 hrs/week	3 hrs
2	C02	Yoga and Health	100	4 hrs/week	3 hrs
3	C03	Practical Training in Yoga	100	8 hrs/week	4 hrs

### C01: FOUNDATIONS TO YOGA

Marks: 100

Duration: 4hrs/week

#### Unit-I: Introduction to Yoga

1. Etymology and definitions of Yoga.
2. Origin, history and development of Yoga.
3. Misconceptions, aims and objectives of Yoga.
4. Important schools of Yoga—karma yoga, jnyana yoga and bhakti yoga.

#### Unit-II: Yogic Practices for Common Man

1. Rules and regulations to be followed by a yoga practitioner.
2. Nature, types and importance of meditation.
3. Relevance of yoga in modern world.

#### Unit-III: Essence of Patanjali Yoga Sutra.

1. Introduction of Patanjali Yoga Sutra: Samadhipada, Sadhanapada, Vibhutipada and Kaivalyapada.
2. Concept of Chitta, Chitta-bhumis, Chitta-vrittis, Chitta-vritti nirodhopaya (Abhyasa and Vairagya).
3. Astanga Yoga :Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

#### Unit-IV: Essence of Hatha Yoga Pradeepika. .

1. Meaning, nature, scope, aim and objectives of Hatha Yoga.
2. Introduction to Hatha Yoga Pradeepika text.
3. Technique and utility of hatha yoga practices: such as Asanas, Pranayamas, Kriyas, Bhandhas and Mudras etc..
4. Shat-chakras, their nature and importance in Hatha-yoga

#### Unit – V: Philosophical Foundations of Yoga

1. Introduction to philosophy, salient features of Indian Philosophy.
2. Concepts of Soul and moksha in important Indian philosophical systems( Buddhism, Jainism, Sankya-Yoga, Upanisads, Advaita, Vishistadvaita, and Dvaita).
3. Theory of Karma and Rebirth.

#### Books for Reference

- Swami Rama : Lectures on Yoga (The Himalaya International Yoga Institute, Pennsylvania, 1979)
- Joshi K. S.:Yoga in Daily Life (Orient Paper Backs, New Delhi, 1985)
- Ajitkumar: Yoga Pravesh (Kannada) (Rastrothana sahity, Bangalore, 1990)
- Swami Digambaraji : Hatha Pradipika (Kaivalyadhama, Lonavala, 1982)
- Swami Digambarji & Gharote, M.L.:Gheranda Samhit (Kaivalyadhama, Lonavla, 1978)
- Naikar C.S.: Ghatashthayoga (Kannad)(Media Publisher, Dharwad, 1977)
- Naikar C.S.: Hatha Yoga pradeepika (Kannada) (Media Publishers, Dharwad, 2001)



- Burley, Mikel : Hatha Yoga, its Context Theory and practice (M.L.B.D. Delhi, 2000)
- Karambelkar, P.V.: Patanjali's Yoga Sutra (English)(Kaivalyadhama, Lonavala, 1989)
- Stephen Sturges: The Yoga Book (Motilal Banarsidass, Delhi, 2004)
- Swami Adidevananda :Patanjala Yoga darshan (Kannada) (Ramakrishna Math, Bangalore)
- Nadiger K.G. :Patajala Yogasara (Kannada)
- Karel Werner: Yoga and Indian Philosophy ((Motilal Banarsidas, Delhi, 1979)
- Swami Prabhavananda : Spiritual Heritage of India (English) Bharatiya Adhyatmika Parampare (Kannada) (Shri Ramkrishna Math, Madras, 2004)
- Kunhan Raja: Some Fundamental Problem in Indian Philosophy (Pub : Motila Banarsidass, 1974)
- Brij Bihari Nigam: Yoga Power (Dominant Publishers, Delhi, 2001)
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karmayoga, Rajayoga (Advaita Ashrama, Culcutta -200)
- Dr. N.G.Mahadevappa: Yoga Mattu Bharatiya Tattvashastra, Suyoga Prakasana, Chaitanya, 5<sup>th</sup> Cross Kalyana Nagara , Dharwad-580007, 2008.
- Vedanta Keshari Sri Mallikarjuna Mahaswamigalu: Patanjala Yogasutra, Jnyana Yoga Foundation, Bijapura, 2003.
- Dr. Chandramouli S. Naikar: Hathayogapradeepika,Medha Publishers, Sankalpa, Kalyana Nagar, Dharwad-7

## **C02 YOGA AND HEALTH**

Marks : 100

Duration:4hrs/week

### **Unit I: Concept of Health in Yoga**

1. Yogic concept of health and disease: concept of adhi and vyadhi; meaning and definitions.
2. Concept of Tridosha, Triguna, pancha-mahabhutas, pancha-prana, and their role in health and healing. .
3. Concept of pancha kosha, shat-chakra and their role in health and healing.

### **Unit II: Nutrients and Yogic Principles of Diet**

1. Food: concept, components, functions and classification.
2. Nutrients: sources, functions and effects on body.
3. Yogic Diet: concept of ahara, mitahara, pathya and apathy.

### **Unit III: Introduction to Human Anatomy.**

1. Nine systems of human body (ie, circulation, nervous, muscular, skeleton, digestive, reproductive, endocrine, cardio-vascular and sensory organ): their basic knowledge structure and functions.
2. Cell and tissue: their Structure and functions.

### **Unit IV: Introduction to Human Psychology**

1. Meaning and definitions of Human Psychology.
2. Mental process: attention, sensation, perception, learning, memory, feeling and emotions.
3. Definitions and types of personality; Yoga and personality development.

### **Unit V: Yogic Management of Common Disorders**

1. Yogic management of frustration, conflict and stress.
2. Effect of Yogic practices on nine systems of human body and mind,.
3. Yogic treatment for common psychosomatic disorders.

## Books for Reference

- Iyengar B.K.S: Arogya – Yoga (Kannada) (Himagiri Graphics, Bangalore, 2000)
- Nagarathna R and Nagendra H. R.: Inegrated Approach of Yoga Therapy for positive Health (Swami Vivekananda yoga Prakashana, Bangalore, 2001)
- Lajapt Rai And others: Human Food (Anubhava Rai publication, Gurgaon, 1999)
- Gore M.M.: Anatomy and physiology Yogic Practice (Kanchana Prakashana, Lonavala, 2004)
- Shirley Telles : A Glimpse of the human body (Pub : V.K. Yogas, Bangalore, 1995)
- Nadiger A.K. : Shareera Rachane mattu Gundharma Shastra (Kan) (Shareer shikshan prakashna, Dharwad, 2000)
- Bhatia H. R.: General Psychology (Oxfor & IBH Publishing co., Culcutta, 1971)
- Sachdeva I.P. : Yoga and depth psychology (Motilal Banarsidas, Delhi, 1978)
- Nataraj P.K.: Samanaya Mano Vijanan, Vol. I &II (Kannada ) (Mysore University, Mysore )
- Nagendra H.R. & Nagaratna .R.: New Perspectives in Stress Management ( V.K. yoga Prakashana , Bangalore,2001)
- Swami Kuvalyananda& Vinekar S.L. : Yogic Therapy ( Ministry of Health, Govt of India , New Delhi 1963)
- **Swami Satyanada Saraswati: Yogic Management of common diseases** ( Bihar school of Yoga, munger )
- Nagendra H.R. & Nagaratna R.:Samagra Yoga Chikitse (Kannada) (Swami Vivekanand Yoga Prakashana, Bangalore, 2000)

## C03: PRACTICAL:PRACTICAL TRAINING IN YOGA

Marks : 100 (80+20)

Duration : 8hrs./week (6+2)

The student should know the technique and important features of the following Yogasanas, Pranayam, Meditation, Yogic Kriyas, Bandhas and Mudras and their practices.

### I. Yogasanas 40 marks

- a. **Meditative Asanas** : Sukhasana, Padmasana, Vajrasana, Svastikasana,
- b. **Relaxative Asanas** : Shavasana, Makarasana, Vishramasana, Tadasana,
- c. **Cultural Asanas** : Urdhva Hastasana, Kati Chakrasana, Ardha Chakrasana, Padahastasana, Trikonasana, Parivrita Trikonasana, Parshva Konasana, Yoga Mudra, Uttitha padmasana, Shashankasana, Baddha konasana, Ustrasana, Navasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana, Paschimottanasana, Supta Vajrasana, Utthana Mandukasana, Akarna Dhanurasana, Baddha padmasana, Garbhasana, Bhujangasana, Shalabhasana, Dhanurasana, , Pavanamuktasana, , Sarvangasana, Matsyasana, Halasana, Chakrasana, Shirshasana and Mayurasana.

### d. Yogic Surya Namaskara

### II. Pranayama & Meditation

20marks

1. Mechanism of correct breathing. 2. Yogic deep breathing 3. Concept of Puraka, Rechaka and Kumbhaka 4. Nadi Shodhana Pranayama, (with Kumbhaka) 5. Ujjayee, Sheetali and Bhramari Pranayamas (without Kumbhaka) 6. Recitation of Pranava japa and 7. Elementary practice of Meditation

### III. Bhandas & Mudra

10Marks

1. Jalandhara Bandha. 2. Yoga Mudra. 3. Uddiyana Bandha. 4. Shanmukhi Mudra. 5. Mula Bandha. 6. Simha Mudra. 7. Jivha Bandha. 8. Vipareeta Karani

### IV. Yogic Kriyas

10Marks

1. Neti, 2. Dhouti, 3. Nouli, 4. Basti, 5. Kapalabhati, 6. Trataka.

**V. Journal – Viva Voce**

20Marks

- a. **Journal** : The students have to write minimum ten assignments on different topics related to Yoga practical prescribed by the Yoga practical teachers. The journal has to be signed by the concerned practical teacher and the Chairman of the Department and shall be produced at the time of annual practical examination for evaluation.
- b. **Viva Voce**: There shall be a viva voce examination.

**Books for Reference**

- Swami Kuvulyananda : Asana (Kaivalyashama, Lonvala, 1982)
- Tiwari O.P.: Asana Why and How (Kaivalyadhama, Lonvala, 1991)
- Swami Satyananda Saraswati :Asana, Pranayama, Mudra, Bandha (Bihar School of Yoga, Munger, 1989)
- Yogeshwar: The Text Book of Yoga (Yoga centre Madras)
- Swami Satyananda : Surya Namaskar Saraswati (Bihar School of Yoga, Munger 1983)
- Swami Shivanand: Yogasanagalu (Kannada) (Bangalore Divya Jeevan Sangh, Bangalore, 1989)
- Tiruka : Yogasanagalu (Kannada) (Ananthashevashrama, Malladihalli)
- Nagendra, H. R.: The art and science of Pranayama (V.K. Yogas, Bangalore, 1993)
- Swami Kuvulyananda : Pranayama (Kaivalyadhama, Lonavala, 1983)
- Gharote, M.L.: Pranayama – The Science of Breath (The Lonavala Yoga Institue, Lonavala, 2003)
- Joshi, K. S.:Yogic Pranayama (Orient Paperback, New Dehli, 1990)
- Tiruka : Shtkriyeagalu (Kannada) (Ananthashevashrama, malladihalli)
- Nimbalkar S. P. :Yoga for health and Pease (Yoga Vidya Niketana, Bombay, 1992)
- Ajitkumar: Yoga Pravesh (Kannada) (Rastrothana Sahitya Parishat, Bangalore, 1992)
- Swami Yateeshwarananda : Dhyana Jeevan Deepika (kannada) (Ramkrishnashrama, Bangalore, 1984)
- Kattimani R. V. :Manashantigagi Dhyana (Kannada)(Usha Enterprises, Bangalore, 2004)
- Mandalika V.V.:Yoga Pravasha (kannada) (Yoga Vidya Dhama, Nasik, 2004)

***KARNATAKA UNIVERSITY***  
***DHARWAD SYLLABUS***

***1. POST GRADUATE DIPLOMA IN YOGA  
STUDIES (P.G.D.Y.S)***

***W.E.F.2020-2021***

**KARNATAK UNIVERISTY DHARWAD**  
**DEPARTMENT OF YOGA STUDIES**

**PREAMBLE:**

Yoga is an integral part of Indian cultural and Spiritual heritage. The science of Yoga promotes physical, mental and spiritual health and also helps an individual to lead a happy and healthy life, thus bring harmony and peace in the society. In the modern days, the techniques of Yogic science are extremely useful in the management of stress and stress related disorders and promote positive health of an individual.

Karnatak Univeristy Dharwad has established the Department of studies in Yoga way back in the year 1976 and is the first University in Karnatak state and second in entire India which has started the Department of studies in Yoga, to impart comprehensive Yoga education with Provisions to grant higher degrees in Yogic studies. At present the Department of Yoga studies functions with following objectives.

**OBJECTIVES:**

1. To impart Yoga education and training for promotion of positive health and also for overall personality development of an individual.
2. To impart scientific training in Yogic studies (both theoretical and practical) to those desirous making a carrier in the professional field of Yogic teaching and to provide professional Yoga teachers to all levels of learning.
3. To train the students to undertake higher training and research in various aspects of Yogic science.
4. To organize short term Yoga training and Yoga therapy courses or camps, special lectures, workshops and seminars on Yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
5. To promote and also to propagate the importance of Yogic science in modern days and take in to the common man.

**COURSES OFFERED**

The Dept. of Yoga Studies is now offering two regular courses each of one year duration and one MA course of two years duration:

1. Certificate Course in Yoga Studies (Part Time)
2. P.G. Diploma in yoga Studies (Full Time)
3. M.A in Yoga (Full Time)

## COURSE STRUCTURE

# **POST GRADUATE DIPLOMA IN YOGA STUDIES (PGDYS)**

## **P.G DIPLOMA IN YOGA STUDIES (P.G.D.Y.S)**

### **1. Title:**

The course shall be called “P.G. Diploma in Yoga Studies” (P.G.D.Y.S)

### **2. Duration:**

This is a full time course and is extended over a period of one academic year comprising of two terms.

### **3. Objectives:**

The Course is designed

- 3.1 To introduce Yoga and Yogic Practices to holistic health of an individual.
- 3.2 To impart scientific training in Yoga studies (both in theory and practical) and allied subjects to students desirous of making a career in the field of Yogic science and develop them to be come Yoga teachers to teach Yoga at all levels.
- 3.3 To provide intensive training in theory, practice and teaching techniques of Yoga studies as are necessary to develop the basic knowledge, skill, techniques and attitudes in students to work with individuals, groups and communities.
- 3.4 To introduce the fundamentals of Yoga therapy and also to provide new avenues to the students to learn, practice and propagate the techniques of this ancient science.
- 3.5 To organize Yoga camps, workshops, symposia and seminars etc for the benefit of all sections of the society.
- 3.6 To train the students to undertake higher training and research in various aspects of Yogic science

### **4. Eligibility:**

- 4.1 A candidate who has passed bachelors degree examination in any faculty of Karnatak University or any recognized university in India or abroad shall be eligible for admission to the P.G. Diploma in Yoga studies course and preference will be given to those who have successfully completed Certificate course in Yoga studies (one year duration) of this University or its equipment thereto.
- 4.2 A candidate should be medically fit. A medical fitness certificate in this regard issued from the Health Centre, Karnatak University must be produced at the time of admission. Candidates suffering from any chronic disease are advised not to seek admission to this course.
- 4.3 No one who is in employment shall be allowed to join the P.G.D.Y.S Course without taking leave from his Institution/office etc. From the date of commencement of the academic session to the conclusion of the second term.
- 4.4 Students who are studying in P.G. Courses (e.g. M.A., M.SC., M.COM., M.B.A., M.Phil., Ph.D., etc.) as a regular student or in any other regular courses are not allowed to take admission to the above course. An under taking in this regard should be produced at the time of admission.
- 4.5 There is no upper age limit for admission to the P.G. Diploma in Yoga Studies Course.

### **5. Medium of Instruction**

English/ Kannada

### **6. Hours of Instruction:**

There shall be 4 hours of teaching work per week for every theory paper of 100 marks and 8 hours of teaching work per week for every practical paper of 100 marks and their to.

**7. Intake Capacity:**

Maximum 40+10 candidates or  
As prescribed by the University from time to time

**8. Attendance:**

For admission to the said examination, candidates are required to keep two terms in the Department of Yoga Studies of this University. A student shall attend a 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.

**9. For women:**

The practical training classes for women may be arranged separately and conducted by a lady Yoga teacher. But they must be prepared to take up training from the male Yoga teacher also.

**10. Scheme of examination:**

- 10.1 There shall be a University examination at the end of an academic year both in theory and practical papers.
- 10.2 Candidates are allowed to write the said examination 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 shall comprise of 10 questions of 20 marks each from five units covering the entire syllabus. The student has to answer five questions out of Ten
- 10.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 8candidates.

**11. Standard of Passing**

A candidate is required to obtain 40% of marks in each paper and 40% of marks in aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 50% or more but less than 60% of aggregate marks for second class, 60% or more but less than 70% of aggregate marks for a first class and 70% or more of aggregate marks for a first class with Distinction.

**12. Reappearing Facility:**

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for those paper/s in which he/ she has failed. He/she need not reappear for the papers (theory or practicals) in which he/ she has passed.

**13. SCHEME OF PAPERS AND PRACTICALS:**

S.NO.	PAPER NO.	TITLE OF THE PAPER	TOTAL MARKS	HOURS OF INSTRUCTION	DURATIN OF EXAMIATION
1.	Y01	Traditional Yogic Texts	100	4hrs./week	3 hrs.
2.	Y02	Philosophical Foundations of Yoga	100	4hrs./week	3 hrs.

3.	Y04	Applied Yoga	100	4hrs./week	3 hrs.
4.	Y05	Practical Training in Yoga	150	12hrs./week	3 hrs.
5.	Y06	Teaching Methods for Yogic Practices	50	4hrs./week	30 Minutes per student
6.	Y08	Human Biology & Psychology	100	4hrs./week	3 hrs.
7.	Y09	Project work and Journal	50	-----	----
8.	Y10	Study Tour	50	-----	----

### **Y01: TRADITIONAL YOGIC TEXTS:**

Duration: 4 hrs. Per week

Marks: 100

#### **SECTION A: HATH-YOGIC TEXTS**

Duration: 3 hrs. Per week

Marks: 60

#### **UNIT I**

1. Introduction of Hatha Yoga Pradeepika: Meaning, nature, relevance and aims of Hatha-Yoga
2. Introduction of Gheranda Samhita: shatkarma, asana, mudra, pratyahara, pranayama, dhyana and samadhi.
3. Introduction of Shivasamhita: liberation, nadis, pranas, success in yoga, asanas, mudras, mantrayoga and chakras.

#### **UNIT II**

1. Asanas: Types, techniques, prerequisites and benefits of yogasanas as per Hatayoga Pradeepika
2. Pranayama: Types, techniques, prerequisites and benefits of pranayama as per Hatha-yoga Pradeepika
3. Shatkriyas: Techniques and benefits of shatkriyas as per Hath-yoga Pradeepika

#### **UNIT III**

1. Bandhas and mudras: Concepts, definitions, techniques and benefit as per Hatha yoga pradeepika.
2. Shat-chakras: their nature, importance and utility of shat-chakras meditation
3. Concepts and benefits of nadha and nadhanusandana; nature of Samadhi.



## SECTION B : PATANJALI YOGA SUTRA

Duration: 1 hr.

Marks:40

### UNIT IV

1. Nature and introduction of Patanjali Yoga Sutra; Samadhi pada, sadhana pada, vibhuti pada and kaivalya pada.
2. Yoga, psychology: Chitta, chittabhumi, chitta-vrutti, chitta-vrutti nirodhopaya, chitta vikshepas and chittaprasadanam.
3. Ashtanga Yoga; concept of vasana.

### UNIT V

1. Theory of Klesha, kriya yoga, vibhuthis and kaivalya as per Patanjali Yoga Sutra
2. Concept of abhyasa, vairagya and Ishwar as per Patanjali Yoga Sutra
3. Nature and types of Samadhi as per Patanjali Yoga Sutra: ritambharaprajna and adhyatmaprasada; samprajnyata and asamprajnyata, sabeeja and nirbeeja samadhi.

### **BOOKS FOR REFERENCE**

1. Swami Digambarji and Pt. Raghunatha Shastri: Hatha pradeepika of Svatomarama kaivalyadhama, S.M.Y.M. Samiti LONAVALA, 1988
2. Swami Muktibodhananda Saraswati: Hath-yoga Pradeepika, The light on Hathayoga Bihar School of Yoga Munger,1985
3. Swami Digambarji and Gharate M.L.: Gheranada Samhita Kaivalyadhama, M.Y.N. Samiti, Lonavala,1978
4. Burley, Mikel: Hatha Yoga, Its context Theory and Practice, M.L.D.B.Delhi,2000
5. Paraddi.M.S. & Sannellappanavar L.V. : Hathapradeepika (Kannada), Utasahi prakashana, Dharwad, 1998
6. Naikar C.S.: Ghatasthayoga (kannada), Medha Publishers, Dharwad, 1997
7. Kunhan Raj : Hatha Yoga pradeepika with Jotsna The Adyar Library publications, Chennai2000
8. Ghosh, Shyam : The original Yoga , Munshiram Manoharlal, New Delhi, 1999
9. Burnier, Radha : Hathayoga pradepika of Svatomarma ,The Adyar Library publications, Chennai, 2000
10. Swami Maheshanandaji and others : Shiova Samhita, Kaivalyadhama, S.M.Y.M. Samiti, Lopnavala, 1999
11. Ghatore M.L. & others: Hatharatnavali of Srinivasyogi, The Lnavala Yoga Institute, Lonavala, 2002
12. Woodroffe, Sir John : The Surpent power, Ganesh & Company, Madras, 2000

13. Karambelkar P.V. : Patanjali Yoga Sutra , Kaivalyadhama, Lonavala, 1989
14. Timmi I.K. : The Science of Yoga ,The Adyar Library, Madras.
15. Woods J.H. : The Yoga System of Paptanjali ,M.L.D.B., Delhi, 1988.
16. Swami Vivekananda : Rajyoga ,Advaita Ashram, Culcutta,2000.
17. Swami Adidevananda : Patanjali Yoga Darshana (Kann.)
18. Swami Harshananda : Maharshi Patanjaliya Yoga Sutragalu (kannada), Ramakrishna Asharama, Mysore, 1996.
19. Iyengar B.K.S. : Light on Patanjali Yoga ,New York, Schocken Books, 1994.
20. Rukmini T.S. : Yopga Vartika Vijnanbhikshu (Tr.) Vol. I,II,III & IV , Munshiram Manoharlal Pvt. Ltd. New Delhi.
21. Swami Sir Omananadatirtha : Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994.
22. Vedanta Keshari Sri Mallikarjuna Mahaswamigalu: Patanjala Yogasutra, Jnyana Yoga Foundation, Bijapura, 2003.
23. Dr. Chandramouli S. Naikar: Hathayogapradeepika, Medha Publishers, Sankalpa, Kalyana Nagar, Dharwad-7

## **Y02 : PHILOSOPHICAL FOUNDATIONS OF YOGA**

Duration: 4 hrs per week

Marks : 100

### **UNIT I : A BREAFF INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY**

1. Introduction to philosophy: its nature, scope and branches.
2. Indian Philosophy: orthodox and heterodox schools, Salient features of Indian Philosophy.
3. Theory of Karma and rebirth
4. Relation between Yoga and Indian Philosophy

### **UNIT II : CONCEPT OF SOUL AND MOKSHA IN INDIAN PHILOSOPHY**

1. Concept of Soul and moksha in Upanishads.
2. Concept of Soul and moksha in Charvaka, Jainism and Buddhism.
3. Concept of Soul and moksha in Samkhya-Yoga, Advaita, Dvaita and Vishistadvaita philosophy

### **UNIT III : ORIGIN, HISTORY & DEVELOPMENT OF YOGA**

1. Nature, etymology, definition, aim, objectives and misconceptions of Yoga.
2. Origin, history and development of Yoga; Yoga in Shad-darshana, Vedas, Upanishads, tantra, Sufism, Jainism and Buddhism.
3. Contributions for the development of Yoga in modern times.

#### UNIT IV : SCHOOLS OF YOGA

1. Introductions to different kinds of Yoga:
2. Bhakti Yoga, Jnyana Yoga, Karma Yoga: their Philosophical foundations and practices.
3. Patanjali Yoga, Buddhist yoga, Kundalini Yoga and Shiva-Yoga : Their Philosophical foundations and practices.

#### UNIT V : YOGA IN BHAGVAD-GEETA

1. Introduction and essentials of Bhagavad Geeta from Chapters II,III,V, VI, XII & XVII
2. Samkhya Yoga and Dhyana Yoga
3. Karma-Yoga and Bhakti-Yoga
4. Gunatraya vibhaga yoga

#### **BOOKS FOR REFERENCE**

1. Kerala Werner : Yoga and Indian Philosophy (Motilal Banarsidas, Delhi,1979)
2. Radhakrishnan S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London)
3. Swami Prabahvananda : Spiritual Heritage of India (English) Bharatiy Adhyatmika Parampare, (Kannada), (Sri Ramakrishna Math, Madras, 2004)
4. Dasgupta S.N. : Yoga as Philosophy and Religion (Kegan Paul, London, 1924)
5. Dasgupta S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (university of Culcutta, Culcutta, 1924)
6. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidas, Delhi.1974)
7. Kunhan Raja : Some Fundamental Problems in Indian Philosophy ( Motilal Banarsidas, Delhi.1974)
8. Stace, W.T. : Mysticism & Philosophy (macmillan and co. London)
9. Dasgupta S.N. :Hindu Mysticism ( Motilal Banarsidas, Delhi.1927)
10. Stephen Sturges : The Yoga Book (Motilal Banarasidas, Delhi, 20-04)
11. Swami Jnananda : Philosophy of Yoga ( Sri Ramakrishnasharama, Mysore)
12. Bhat Edurkala Shankarnarayan. :Hindu dharmada parichaya (kannada) (Sri Ramakrishna Prakashana, Bhagmandala)
13. Swami Krishnananda : A short History of Religions and Philosophic Thought in India, (The Devine Life Society, Rishikesh,1973)
14. Fenerstein George: The Yoga Tradition: Its History, Literature, Philosophy and Practice, (Bhavana Books and Prints, 2002)

15. Swami Vivekananda : Jnana Yoga, Bhaktio Yoga, Karma Yoga, Raja Yoga (Advaita Ashrama, Culcutta)
16. Swami Atmananda : Four Yogas (Bhartiaya Vidyabhavana, Bombay, 1966)
17. Radhakrishnan S. : The Principal Upanishads (George Allen and Unwin, London, 1953)
18. Somanathananda : Upanishad Bhavadhare (Sri Ramakrishnashrama, Mysore, 1966)
19. Goyandaka Jayadayal : Sri Madbhagavadgita Tattvavivecani (Geeta Press, Gorakhpur, 1961)
20. Radhakrishnan S. : The Bhagvadgeeta (Routledge & Kegan Paul, London, 1960)
21. Swami Adidevananda : Sri Ramanuja Gita Bhasya (Sri Ramakrishnashrama, Mysore, 1993)

## **Y08 : HUMAN BIOLOGY AND PSYCHOLOGY**

### **SECTION - A : HUMAN BIOLOGY**

Duration: 2hrs. per week

Marks: 50

#### **UNIT - I:**

1. Cell: Structure and function of cell and tissues. Organs of human body.
2. Skeletal System: Types and functions of skeletal systems. Joints and classification of bones.
3. The Muscular System: Characteristics, structure and functions of body and skeletal muscles. Types of body muscles.
4. The Circulatory System: Structure and function of the heart. The mechanism of systemic and pulmonary circulation. The cardiac cycle. Composition and functions of blood. Blood groups and their importance. Blood Pressure.

#### **UNIT – II:**

1. The Respiratory System: Anatomy and physiology of respiratory system, its organs and functions. The process of respiration, lung volume and capacities
2. The Digestive System: Anatomy and physiology of digestive system. Alimentary canal and their functions. Physiology of digestion.
3. The Urinary System: Anatomy and physiology of urinary system, structure and functions of kidney. The Nephron and production of urine.
4. The Reproductive System : Anatomy of the male and female reproductive system, Functions of testis and ovary. The menstrual cycle.

#### **UNIT – III:**

1. The Endocrine System : The structure and function of the major endocrine glands. Hormones and their functions. Pituitary, thyroid, parathyroid, adrenal, pancreas and gonads.

2. The Nervous System : Gross anatomy of nervous system. Central nervous system. Peripheral nervous system, autonomic nervous system. The sympathetic and parasympathetic divisions. The Neuron.
3. Sense organs: (Vision, smell, hearing, taste and touch) their structure and pathways.

### **SECTION B : HUMAN PSYCHOLOGY**

Duration: 2 hr per week

Marks: 50

#### **Unit - IV: Human Psychology**

1. Human Psychology: The nature and scope of psychology, mental processes, the human behavior and psychological basis of behavior.
2. Mental Processes: attention, sensation, perception, learning, memory, feeling and emotion. States of consciousness, intelligence and its measurements, emotional intelligence. Motivation and multiple intelligence.

#### **Unit - V : Personality Development**

1. Personality : The nature and characteristics of personality, determinants of personality, types of personality, personality disorders, the yogic concept of personality and its development, psychosomatic problems and psychiatric ailments.
2. Mental Health: Means of mental health; positive mental health; mental disorders; yogic management of mental conflicts, stress, disorders; yoga for mental health, psychology of spiritual growth, spiritual values, pure consciousness and mode of living.

### **BOOKS FOR REFERENCE**

1. Gore M.M. : Anatomy and Physiology of Yogic Practices (Kanchana Prakashana, Lonavala, 2003)
2. Shirley Telles : A Glimpses of the Human body (V.K. Yogas, Bangalore,1995)
3. Nadiger A.K. : Shareera Rachane mattu Gunadharma Shastra (Kann.) (Shareera Shikshana Prakashana, Dharwad, 1999)
4. Evelyn C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968)
5. Chatterjee C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Culcutta, 1992)
6. Munn N.L. : Introduction of Psychology (Oxford and IBH Publishing Co. Culcutta, 1967)
7. Bhatia H.R. : General Psychology (Oxford and IBH Publishing Co. Culcutta, 1976)
8. Nataraj P.K. : Samanya Mano Vijnan, (kannada) (Vol.I & II) (Mysore University, Mysore)
9. Hilgard E.R. and others : Introduction to Psychology (Oxford and IBH Publishing Co. Culcutta, 1975)

10. Sachdev I.P. : Yoga and Depth Psychology (Motilal Banarasidas, Delhi,1978)
11. Coleman J. : Abnormal Psychology and Modern Life (Foresman, Scott, 1972)
12. Nagendra H.R. & Nagratna R. : New Perspectives in Stress Management (V.K.Yogas, Bangalore, 1988)

### **Y04 : APPLIED YOGA**

Duration : 4 hrs per week

Marks: 100

#### **Unit - I : YOGA AND HEALTH**

1. Concept of health and disease according to yoga, WHO, ayurveda and naturopathy; dimensions of health: physical, mental, social and spiritual.
2. Concept of adhi and vyadhi; Concept of pancha kosha
3. Preventive, curative and promotive aspects of yoga
4. Yoga and principles of Diet
5. Yogic principles of healthy living: Ahara, Vihara, Achara, Vichara
6. Yogic practices for healthy living

#### **Unit - II : YOGA AS A THERAPY**

1. Meaning, scope, principles and practices of yoga therapy.
2. Effect of yogic practices on different systems of body and mind.
3. Food: its components, classification, nutrients. Panchprana, panch-bhuta, shat-chakra, tridosha, saptadhatu, and triguna
4. Concept of dinacharya, rutucharya, shadrutu, shodhana and shaman

#### **Unit - III : YOGIC MANAGEMENT OF DISORDERS**

1. Psychosomatic problems and psychiatric ailments
2. Examination of patient: complaints, history study of symptoms, investigation, diagnosis and treatment, follow up and review of systems.
3. Yogic management and treatment of common psychosomatic disorders of respiratory, digestive, cardio-vascular, nerves, bones and joint systems.
4. Yogic management of stress and stress related problems.

#### **Unit - IV : YOGA & RESEARCH**

1. Meaning, nature and concept of research in yoga

2. Problems, hypothesis, design, sampling in yogic research
3. Methodology in yogic research
4. Brief survey of research carried out in yoga such as scientific research, philosophic research, and therapeutic research.
5. Brief survey of research contributions of reputed yoga institutions.

#### Unit - V : YOGA EDUCATION

1. Meaning and purpose of yoga education; Role of teaching, learning, teachers and students in yoga education; Principles of teaching; quality of perfect yoga guru; yogic levels of learning, vidhyarti, shishya, mumukshu;
2. Methods of yoga teaching, factors influencing yoga teaching; teaching techniques of group teaching; techniques of mass instructions; organizations of teaching – time management, discipline etc..
3. Yoga and value education, contents of value education, methods of value education.

#### **BOOKS FOR REFERENCE**

1. Gharote M.L. : Applied Yoga (Kaivalyadhama Publications, Lonavala, 1990)
2. Gore M.M. : Anatomy & Physiology of Yogic Practices (Kanchana Prakashana, Lonavala, 2003)
3. Iyengar B.K.S. : Arogya – Yoga ( Kannada) (Himagiri Graphics, Bangalore, 2000)
4. Nagarathana R. & Nagendra H.R. : Integrated Approach of Yoga Therapy for Positive Health (Swami Vivekananda Yoga Prakashana, Bangalore2001)
5. Nagendra H.R. & Nagrathana R. : New Perspectives in Stress Management (V.K. Yogas, Bangalore, 1988)
6. Nagendra H.R. & Nagrathana R. : Samagra Yoga Chikitse (Kannada) (Swami Vivekananda Yoga Prakashana, Bangalore2000)
7. Lajpat Rai & others : Human Food (Anubhava Rai Publicationa, Giragaon, 1999)
8. Swami Kuvalyananda & Vinekar S.L. : Yogic Therapy (Ministry of Health, Govt. of India, New Delhi, 1963)
9. Swami Satyananda Saraswati : Yogic Management of Common Diseases (Bihar School of Yoga, Munger)
10. Shankar P.S. : Your Body in Health & Sicknes (Jaico Publishing House, Bombay, 1982)
11. Swami Kuvalyananda : Asana, Pranayama (Kaivalyadhama Publications, Lonavala)
12. Vaze D.R. : Swadhyaya and Yoga Therapy (Gokul masik Prakashan, Pune,2002)
13. Fawley David : Ayurvedic Healing (MotilalBanarisidass, Ahamadabad,1997)

14. Gandhi T.P. & others : Human Anatomy – Physiology and Health Education (B.S. ShahPrakashan, Ahmadabad, 2000)
15. Gharote M.L. & Ganguly S.K. : Teaching Methods for Yogic Practices (Kaikvalyadhama, Lonavala, 1988)
16. Nagendra H.R. & others : Yoga in Education (Kannada & English) (V.K.Yogas, Bangalore, 1994)
17. Kogler Aladar : Yoga for every Athlete (Jaico Publishing House, Delhi 1999)

### **Y05 : PRACTICAL TRAINING IN YOGA**

Marks: 150 (130+20)

Duration: 12hrs/week

#### **I. YOGASANAS:**

**60 Marks**

The theoretical knowledge, techniques, importance of the name, advantages and practices of the following yogasanas.

1. **Meditative Asanas** : Sukhasana, Padmasana, Vajrasana, Svastikasana, Siddhasana
2. **Relaxative Asanas** : Shavasana, Makarasana, Vishramasana, Tadasana Mechanism of correct breathing
3. **Cultural Asanas**: Vrikshasana, Urdhva Hastottanasana, Ardhakati Chakrasana, Ardha Chakrasana, Padahastanasana, Trikonasana, Parivrita Trikonasana, ParshvaKonasana, Utkatasana, Yoga Mudrasana, Uttitha Padasana, Shashankasana, Baddha Konasana, Navasana, Ustrasana, Akarna Dhanurasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana, Parvatasana, Utthana Mandukasana, Janushirshasana, Paschimottanasana, Poorvottanasana, Supta Vajrasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavanmuktasana, Sarvangasana, Halasana, Karnapeedanasana, Matsyasana, Chakrasana, Shirshasana and Mayurasana
4. **Advanced Asanas** : Vatayanasana, Garudasana, Hanumanasana, Padangusthasana, Natarajasana, Baddha Padmasana, Kukkutasana, Garbhasana, Bhujapeedasana, Bakasana, Kurmasana, Ugrasana, Matsyendrasana, Ekpada Shirshasana, Ekpada Rajakapotasana, Kapotasana, and Yoganidrasana
5. **Yogic Surya Namaskar**

#### **II. PRANAYAMA:**

**30 Marks**

1. Mechanism of correct breathing
2. Yogic deep breathing
3. Concept of Puraka, Rechaka & Kumbhaka
4. Nadi Shodhana Pranayama (with a Ratio of 1:4:2:1)
5. Surya Bedhana, Chandra Bedhana, Ujjayee, Sheetali, Shitkari, Bhramari and Bhastrika Pranayamas (with Kumbhaka and of suitable ratio)

#### **III. YOGIC KRIYAS:**

**20 Marks**

Kapalbhati, Jalaneti, Sutraneti, Vamna Dhauti, Vastra Dhauti, Jyoti Trataka, Agnisara, Nauli



**IV. BANDHAS & MUDRAS:****10 Marks**

Jalandhara Bandha, Yoga Mudra, Uddiyana Bandha, Shanmukhi Mudra, Mula Bandha, Simha Mudra, Jivha Bandha, Vipareeta Karani.

**V. MEDITATION:****10 Marks**

Recitation of pranava japa, hymns, antarmouna and elementary practice of pranava dhyana.

**VI. JOURNAL( Montly Progress Report) & VIVA-VOCE:****20 Marks**

1. **Journal (Monthly Progress Report):** The students have to write monthly progress reports of the progress made by them in yoga practical. The consolidated personal progress report with remarks and signature of yoga practical teacher/s and also the signature of the chairman of the department, shall be produced at the time of Annual Practical Examination for evaluation.
2. **Viva – voce :** There shall be a Viva-voce examination.

**BOOKS FOR REFERENCE**

1. Swami Kuvulyananda : Asana (Kaivakyadhama, Lonavala, 1982)
2. Tiwari, O.P. : Asana Why and How (Kaivalyadhama, Lonavala, 1991)
3. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Bihar School of Yoga, Munger, 1989)
4. Iyenger B.K.S : Yoga Deepika (Kannada)
5. Yogiraj Behramji : Yogasana for Health (Himalayan Yoga Institute, 1989)
6. Dhirenra Bramhachari : Yogasana vijnana (Dhirendra Yoga Publications, New Delhi, 1989)
7. Tiruka : Yogasangalu (kannada)
8. Yogeshwar : The Text Book of Yoga (Yoga center, Madras)
9. Lajpat Rai : A Physiological Approach to Yoga (C.R.I.Y., New Delhi, 1996)
10. Lajpat Rai & others : Meditation : Techniques and their Scientific Evaluation (Anubhava Rai Publications, Guragaon 1999)
11. Iyengar B.K.S. : Pranayama Deepika (Kannada) (V.K.S. Yogas, Bangalore, 1991)
12. Swami Rama & others : Science of Breath (The Himalayan International Institute of Yoga Science, Pennselvenia, 1979)
13. Swami Kuvulyanada : Pranayama (Kaivalyadhama, Lonavala, 1983)
14. Nagendra, H.R. : The art and Science of Pranayama (V.K.S. Yogas, Bangalore, 1993)

15. Joshi K.S. : Yogic Pranayama (Orient Paperback, New Delhi, 1990)
16. Gharote M.L : Pranayama – The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
17. Ajitkumar : Yoga Pravesha (Kannada) (Rashthrohana Sahitya Parishat, Bangalore, 1984)
18. Tiruka : Shatkriyegalu (Kannada) (Ananthashevashrama, Malladihalli)
19. Swami Yateeshwarananda : Dhyana Jeevan Deepika (Kannada) (Ramakrishnashram, Bangalore, 1984)
20. Nimbalkar S.P. : Yoga for Health and Peace ( Yoga Vidya Niketana, Bombay, 1992)
21. Prakash Yogi : Yogamruta Deepika (kannada) (Patanjali Yogashrama Trust, Bangalore, 2002)
22. Kattimani R.V. : Manashantigagi Dhyana (kannada) (Usha Enterprises, Bangalore, 2004)
23. Swami Yateeshwarananda : Dhyana Jeevan Deepika ( Kannada) (Ramakrishnashram, Bangalore, 1984)
24. Mandalika V.V. : Yoga Pravesha (Kannada) (Yoga Vidya Dhama, Nasik, 2004)
25. Swami Satyananda Saraswati : Surya Namaskar (Bihar School of Yoga, Munger, 1983)

### **Y06 : TEACHING METHODS FOR YOGIC PRACTICES**

Marks : 50 (40 + 10)

Duration : 4 hrs. per week

#### **I. THEORY :**

**40 Marks**

1. Need of yoga teaching and yoga practice.
2. Principles and methods of yoga teaching/demonstration to an individual and a class
3. Sources and scope of yoga teaching/ demonstration methods.
4. Meaning, importance and method of yoga presentation and class management
5. Preparation of lesson plan in Yogic practices, organization of yoga camps, workshops and seminars.

#### **II. PRACTICE TEACHING :**

**10 Marks**

Each student have to prepare and give at least one lecture cum demonstration on different topics of Yoga and also should have to prepare and to teach five lessons on different aspects of Yoga such as asana, pranayama. One lesson should be on any one topic pertaining to common disease. These practices shall be under the supervision of their yoga practical teacher. The five practice teaching lessons and a lecture cum demonstration assignment should be presented at the annual practical examination for evaluation.

### **BOOKS FOR REFERENCE**

1. Gharote M.L. & Ganguly S.K. : Teaching Method for Yogic Practices (Kaivalyadhama, Lonavala, 1988)
2. Satyapad Duggal : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985)
3. Jaydev Yogendra : Yoga Cyclopedia (Vol. I,II & III) (The Yoga Institute, Santacruz, Bombay, 1990)
4. Nagendra H.R. & others : Yoga in Education (Kannada & English) (V.K.Yogas, Bangalore, 1994)
5. Swami Satyananda Saraswati : Yoga Education for Children (Bihar Schools of Yoga, Munger, 1990)
6. Mandaleek V.V. : Yoga Shikshana (Kannada) (Yoga Chaitanya Prakashana, Nasik, 2004)

**YOGA PRACTICALS – III:**  
**Y09 PROJECT WORK AND JOURNAL**

Total Marks: **50**

**I. PROJECT WORK 25**  
**Marks**

1. Here project work is to organize yoga camp/workshop. Each student of PGDYS should organize at least one yoga training camp/workshop of minimum of two weeks duration. The student should submit the camp/workshop report.
2. The camp/workshop should be under the guidance of a yoga teacher. The guide observes and evaluates the yoga training camp/workshop report. The report is signed by the guide and the chairman of the department.

**II. JOURNAL: 25**  
**Marks**

1. Each student has to submit a journal containing minimum of twenty assignments on different topics related to yoga studies, as prescribed by the yoga practical teacher/s.
2. The journal has to be evaluated and signed by the concerned teacher and the chairman of the department.

**YOGA PRACTICALS – IV**  
**Y10 STUDY TOUR**

Total Marks: **50**

**STUDY TOUR:**

1. There shall be at least one study tour for the PGDYS students and is compulsory.
2. The PGDYS students should be taken to at least one of the recognized yoga institutes / centers in India.
3. Each student has to submit the report of his/her observation of the tour.
4. The report is evaluated by the in-charge yoga teacher. It should be signed by the chairman of the department.

Note:

1. The camp or workshop / study tour/ journal shall be conducted in preferential order either during the midterm vacation or at the later part of the second term or at the end of the second term or as it is convenient to the department.
2. The camp or workshop reports, study tour reports and journals should be evaluated by the concerned in-charge teacher/s who must be yoga teacher/s and the marks should be submitted to the chairman of the department. The chairman of the department should examine and submit the marks lists to the concerned authorities.