

THE PAPER WISE SYLLABUS FOR M.A. IN YOGA IS AS
THE FOLLOWING:

Part-I

**PAPER 1- 100 MARKS
(YOGASUTRA)**

Unit-1 -20 Marks

- a) Metaphysical concepts of Yoga (Purusa, Prakriti, The Theory of Creation)
- b) Metaphysical concepts of Yoga (The twenty five Tattvas, Bondage and Liberation)

Unit- 2 -20 Marks

(Samdhi Pada of Yogasutra)

Unit-3- 20 Marks

(Sadhana Pada of Yogasutra)

Unit -4- 20 Marks

(Vibhuti Pada of Yogasutra)

Unit-5 – 20 Marks

(Kaivalya Pada of Yogasutra)

Prescribed book: YOGASUTRA by Maharsi Patanjali

Books for Reference:

1. Yoga Philosophy of Patanjali by Swami Hariharananda Aranya,
Rendered to English by PN Mukerji, Published by University of
Calcutta
2. Four Chapters on Freedom by Swami Satyananda Saraswati,
Published by Yoga Publication Trust, Munger.

Part-I

PAPER 2 -100 Marks

(HATHAYOGA)

Unit -1-20 marks

(1st Chapter of Hatha Yoga Pradipika)

Unit-2- 20 marks

(2nd Chapter of Hatha Yoga Pradipika)

Unit -3 – 20 marks

(3rd Chapter of Hatha Yoga Pradipika)

Unit-4 – 20 marks

(4th Chapter of Hatha Yoga Pradipika)

Unit -5 – 20 marks

(5th Chapter of Hatha Yoga Pradipika)

Prescribed book: HATHAYOGAPRADIPIKA by Swami Swatmarama

Books for reference:

1. Hathayogapradipika with the Commentry of Brahmanada, English Translation, Edited by K. K. Raja, Published by The Adyar Library and Research Centre, Madras
2. Hathapradipika by Swatmarama Edited by Swami Digambarji
Published by: Kaivalyadham, Lonavala
3. Hatha Yoga Pradipika by Swami Muktibodhananda, Published by
Yoga Publication Trust, Munger

Part-I

Paper 3 -100 Marks
(ELEMENTARY SANSKRIT – (I) , SANKHYA AND ADVAITA
VEDANTA)

Elementary Sanskrit- (I)

Unit-1 -20 marks

Sabdarupas-

(नर, मुनि, राजन्, गुणिन्, नदी, मति, मातृ, फल, वारि, धनुष्, तत्, अस्मद्, युष्मद्)

Unit- 2 -20 marks

Dhaturupas (पठ्, कृ, लभ् – लट् लकार, विधिलिङ्, लोट् लकार, लङ् लकार, लृट् लकार.)

Unit- 3- 10 marks

Sandhi (Main rules of Swara Sandhi, Vyanjana Sandhi and Visarga Sandhi)

Sankhya

Unit- 4 -- 25 Marks

- a) Concept of Prakriti and Purusa
- b) Three Gunas, The Theory of Creation

Advaita Vedanta

Unit- 5 – 25 marks

- a) Brahman, Maya
- b) Jiva, Liberation

Books for reference:

1. Manika -1, Manika -2, Published by CBSE
2. A Critical Survey of Indian Philosophy: By C D Sarma
3. An Introduction to Indian Philosophy: By Datta and Chatterji

Part-1

Paper 4-100 Marks **(HUMAN ANATOMY AND PHYSIOLOGY)**

Unit-1 – 20 Marks

- a) Preliminaries about human body
- b) Reproductive System

Unit-2 -20 Marks

- a) Musculo-skeletal System (Types, structure and functions of muscles. Types of joints, structure and functions of synovial joints and vertebral column)
- b) Digestive System

Unit-3 -20 Marks

- a) Cardiovascular System
- b) Respiratory System

Unit-4 – 20 marks

- a) Nervous System
- b) Endocrine System

Unit -5- 20 marks

- a) Immune System
- b) Blood and its functions

Books for reference:

1. Anatomy and Physiology for Nurses by Jaypee Brothers
2. Human Anatomy and Physiology by Tortora
3. Basic Anatomy and Physiology by N. Murgesh, Published by Sathya Publishers, Madurai

4. Anatomy and Physiology in Health and Illness by Ross and Wilson.
Published by Churchill Living Stone, London

Part-1

PAPER-5 : 100 marks
(BASIC PRINCIPLES OF NATUROPATHY & AYURVEDA)

Unit-1- 25 Marks

- a) Concept of Disease & Health according to Naturopathy
- b) Principles of Pancha Tattva: Earth, Water, Fire, Air & Ether

Unit-2- 25 Marks

- a) Modalities of Nature Cure: Fast, Dietetics, Mud Therapy
- b) Hydro Therapy, Sunray Therapy, Massage

Unit-3- 25 Marks

- a) Dosa, Dhatu, Mala Vijnana
- b) Dinacharya & Ritucharya

Unit-4- 25 Marks

- a) Purvakarma, Paschatkarma
- b) Mukhyakarma

Books for Reference:

1. Practice of Nature Cure by Swami Sivananda Saraswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
2. Nature Cure by Dr.H.K.Bakhru, Jaico Publishing House, Mumbai.
3. Diet and Diet Reforms by Mahatma Gandhi
4. Nutritive value of Indian foods by National Institute Nutrition, Hyderabad
5. Clinical Dietetics and Nutrition by F.P. Anita
6. Nature Cure, a way of life by Dr. S. R. Jindal, Institute of naturopathy &yogic science.
7. Ayurvediya Kriya Sharira by Dr. Ranjit Rai Desai
8. Manav Sarira Dipika by Dr. Mukund Swarup Verma
9. Charaka Samhita, by Charaka, Edt. By Dr. Bhagaban Das, Chaukhamba Publication.

10. Susruta Samhita by Susruta, Edt. By Dr. Priyabrata Sharma, Chaukhamba Publication.
11. Astanga Sangraha by vagbhatta, Edt. By Dr. R.D. Tripathy, Chaukhamba Publication.

Part-1

PAPER 6 (PRACTICAL-I)- 100 Marks
Performance 80 + Internal Assessment 20
(ASANA, PRANAYAMA, MUDRA & BANDHA)
(With details of benefits and contraindications)

Asana:

Pawanamuktasana 1: Padanguli-namana, Goolfa Namana, Goolfa Chakra, Goolfa Ghoornan, Janu Namana, Ardha Titali, Poorna Titali, Shroni Chakra, Mustika Bandhana, Manibandha Namana, Manibandha Chakra, Kehuni Naman, Skandha Chakra, Griva Sanchalana.

Pawanamuktasana 2: Utthanapadasana, Chakrapadasana, Padasanchalana, Supta Pawanamuktasana, Jhulana Lurhakasana, Supta Udarakarsanasana, Shava Udarakarsanasana, Naukasana.

Pawanamuktasana 3: Rajjukarsanasana, Gatyatmak Meru Vakrasana, Chakki Chalana, Naukasanchalana, Kasta Taksanasana, Namaskarasana, Vayu Niskasanasana, Kawa Chalanasana, Udarakarsanasana.

Relaxation: Shavasana, Adhvasana, Makarasana, Matsyakridasana.

Vajrasana series: Vajrasana, Ananda Madirasana, Padadhirasana, Bhadrasana, Simhasana, Simhagarjanasana, Veerasana, Marjari-asana, Vyaghrasana, Shashankasana, Shashankabhujangasana, Namana Pranamasana, Ardha-usthrasana, Usthrasana, Supta-vajrasana.

Standing Asana: Bandha Hasta Utthanasana, Akarna Dhanurasana, Tadasana, Tiryak Tadasana, Kati Chakrasana, Samakonasana, Dwikonasana, Trikonasana, Utthita Lolanasana.

Surya Namaskara

Backward Bending: Sarala Bhujangasana, Bhujangasana, Tiryak Bhujangasana, Sarpasana, Ardha Shalabhasana, Salabhasana, Sarala Dhanurasana, Dhanurasana, Kandharasana, Gomukhasana.

Breathing exercises and Pranayamas: Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing, Nadishodhan Stage:-1&2, Shitali, Sitkari, Bhramari, Ujjayi, Bhastrika, Surya Bhedana Pranayama.

Mudra: Jnanamudra, Chinmudra, Hridayamudra, Shambhavi Mudra, Nasikagradrishi, Khechari Mudra, Kaki Mudra.

Bandha: Jalandhara Bandha, Uddiyana Bandha, Mula Bandha.

Recommended Books:

1. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar Yoga Bharati, Munger, Bihar, India
2. Science of Pranayama by Swami Sivananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
3. Practical Guide to Yoga by Swami Chidananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal

Part -2

Paper-7-100 Marks (VARIOUS METHODS OF YOGA SADHANA)

Unit-1 - 20 marks

Kundalini and the Chakras

Unit-2 - 20 Marks

Swarayoga

Unit-3 - 20 Marks

Nadayoga

Unit-4 - 20 Marks

a) Jnanayoga

b) Mantrayoga/ Japayoga

Unit-5 -20 Marks

a) Bhakti Yoga

b) Karma Yoga

Books for reference:

1. Sivasamhita: Translated to English by Rai Bahadur Sris Chandra Vasu, Panini Office, Allahbad, 1990
2. Kundalini Yoga by Swami Sivananda Saraswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
3. Svarayoga by Swami Sivananda Saraswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
4. Japayoga by Swami Sivananda Saraswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
5. Essence of Yoga by Swami Sivananda Saraswati, Published by Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
6. Nadabindu Upanisad (Yogopanisadah Edited by) Pandit A. Mahadeva Sastri, Published by: Adyar Library and Research Centre, Adyar, Madras-20
7. Narada Bhaktisutra by Narada
8. Bhagavadgita by Maharsi Vyasa

Part-2

Paper -8- 100 Marks

(YOGIC MANAGEMENT OF DISEASES)

Unit -1 -20 Marks

- b) Bronchial Asthma
- c) Chronic obstructive pulmonary diseases (COPD)

Unit -2 -20 Marks

- a) Diabetes Mellitus
- b) Acid peptic diseases

Unit -3 -20 Marks

- a) Hypertension
- b) Sleep disorders

Unit -4 -20 marks

- a) Arthritis
- b) Backache

Unit -5 -20 marks

- a) Menstrual disorders
- b) Obesity

Books for Reference:

1. Yogic Management of Common Diseases by Dr. Swami Karmananda,
Published by Yoga Publication Trust, Munger
 - c) A Boon to Diabetics, by Swami Sivananda Saraswati, Published by
The Divine Life Society, Sivananda Nagar, Tehri Garhwal,
Uttaranchal
 - d) How to Get Sound Sleep, by Swami Sivananda Saraswati, Published
by The Divine Life Society, Sivananda Nagar, Tehri Garhwal,
Uttaranchal

e) Blood Pressure, by Swami Sivananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal

Part-2

Paper-9 -100 Marks

(Elementary Sanskrit-II, Gita & Upanisad)

Sanskrit:

Unit -1 - 20 Marks

Main rules of Vibhakti

Unit -2 -20 Marks

Main rules of Samasa

Unit -3 -10 Marks

Avyayas and Upasargas

Gita:

Unit 4 - 25 Marks

Atmasamyamayoga/Dhyanayoga (6th Adhyaya of Gita)

Upanisad:

Unit 5 -25 Marks

Yogatattva Upanisad

Books prescribed:

1. Gita (6th Adhyaya) by Maharsi Vyasa
2. Yogatattva- Upanisad

Books for reference:

1. Manika – Part 1, Part 2, Published by CBSE

2. Bhagavadgita by Swami Sivananda, Published by Divine Life Society, Tehri Garhwal, Uttaranchal
3. Yogatattvaupanisad ((Yogopanisadah Edited by) Pandit A. Mahadeva Sastri, Published by: Adyar Library and Research Centre, Adyar, Madras-20

Part-2

Paper 10- 100 Marks (Research Methodology, Dissertation)

Research Methodology (50 Marks)

1. Various types of research -20 marks
2. Importance of Statistics in the field of research. Measure of central tendency and variability and their application in problems – 20 marks
3. Diacritical marks, transliteration – 10 marks

Book for reference:

1. Research Methodology- Methods and Techniques- CR Kothari

DISSERTATION -50 MARKS

Part-2

Paper- 11 (Practical-II) -100 Marks Performance 80 + Internal Assessment 20 (SHATKARMA, RELAXATION & MEDITATION) (With details of benefits and contraindications)

Jala Neti

Sutra Neti

Kunjla Kriya

Laghoo Sankhaprakshalana

Kapalabhati

Trataka

Yoga Nidra

Kaya Sthairyram: Stage 1- 12

Antar Mouna: Stage 1- 5

Ajapa Dharana 1&2

Chidakash Dharana: Stage 1- 12

Hridayakash Dharana: Stage 1- 8

Recommended Books:

1. Asana Pranayama Mudra Bandha, by Swami Satyananda Saraswati, Published by Bihar Yoga Bharati, Munger, Bihar
2. Meditation from Tantra by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar
3. Dharana Darshan by Swami Niranjanananda, Sri Panchdashnam Paramahansa Alakh Bara Deoghar.
4. Yoga Nidra by Swami Satyananda Saraswati, Published by Bihar School of Yoga, Munger.

Part-2

Paper- 12 (Practical-III) -100 Marks

Performance 80 + Internal Assessment 20

(ASANA, PRANAYAMA, MUDRA & BANDHA)

(With details of benefits and contraindications)

Asana

Vajrasana(Series): Simhagarjanasana, Veerasana, Vyaghrasana, Namana Pranamasana, Ashwa Sanchalanasana.

Standing Asanas: Meru Prishthasana, Utthanasana, Druta Utkatasana, Samakonasana, Dwikonasana, Trikonasana, Utthita Lolanasana, Dolanasana.

Inverted Asanas: Vipareeta Karani, Sarvangasana, Purna Halasana, Halasana, Sirshasana.

Balancing Asanas: Ekapadapranamasana, Natavarasana, Garudasana, Sarala Natarajasana, Natarajasana, Bakasana, Utthita Hasta Padangusthasana, Merudandasana.

Backward Bending: Ardha Chandrasana, Utthana Pristhasana, Setu Asana, Gomukhasana.

Pranayama: Nadishodhana Stage:-3 & 4, Sheetalī, Sitkari, Bhramari, Bhastrika, Surya Bhedana, Ujjayi.

Mudra: Jnanamudra, Chinmudra, Hridayamudra, Yoni Mudra, Bhairava Mudra, Shambhavi, Nasikagradristi, Khechari, Kaki, Shanmukhi.

Bandha: Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha.

Recommended Books:

1. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar Yoga Bharati, Munger, Bihar, India
2. Science of Pranayama by Swami Sivananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal
3. Practical Guide to Yoga by Swami Chidananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Tehri Garhwal, Uttaranchal

Grand Total: 1200 Marks

