

Under Graduate Unified Syllabus for Yoga 2017-2018

Scheme of Examination

BA Yoga First Year

Course Code	Course Name	Total marks	Annual Exam marks		Sessional marks	
			MAX	MIN	MAX	MIN
BAY 101	Fundamentals of Yoga	50	42½		2½ + 5	
BAY 102	Hatha Yoga	50	42½		2½ + 5	
BAY 103	Practical (1) Teaching Practice + (2) Asanas, Pranayama, Meditation Shatkarma Bandha and Mudras.	50				
	Grand Total	150	85		15	

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Under Graduate Unified Syllabus for Yoga Science
B.A. Three Years Course 2017-2018

First Year

Paper-1: Fundamentals of Yoga

Marks- Marks- 42 ½

Unit-I: History of Yoga, Definition of Yoga in different texts, Importance of Yoga in modern perspective .

Unit-II: Definition, meaning and types of Upanishadas, Concept of Sthitpragya according to Shrimad Bhagwat Geeta.

UNIT-III: Introduction of Yogic Texts, Geeta, Ghrand Samhita, Vasistha Samhita.

Unit-IV: Introduction of Eminent Yogis, Maharshi Patanjali, Swami Vivekananda, Swami Kuvalyanand, Swami Satyananda Saraswati and Maharishi Raman.

Unit-V: Consciousness, definition and meaning, Nature of consciousness in Astik and Nastik Darshan. Self Realization (Atamamodh)

BOOKS:

- a) Asana Pranayama Mudra Bandha by Swami Satyananad Saraswati
- b) Sri Aurobindo : Lights on Yoga
- c) BKS Iyengar : Light on Yoga
- d) Dasgupta S. , Yoga as a philosophy and religion, Cambridge University Press, Cambridge
- e) Dasgupta S., A history of Indian Philosophy (1972), Cambridge University Press, Cambridge
- f) Dauneria Sadhana Dr.,Jain Yoga SadhanarIst edition (2011), Msdhulika Prakashan, Allahabad
- g) Radhakrishnan S. Indian Philosophy, Vol 2 , 2nd edition(2008), P.No. 309, Oxford University Press, New Delhi
- h) Bhagwat Gita, Gita Press Gorakhpur

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UNIT-I: Definition of Hatha Yoga and its aims, appropriate place, time, dress and diet for yogic practices, Sadhaka and Badhaka Tattwa.

UNIT-II: Introduction of Hatha Pradipika, Meaning of Asanas, Types, Benefits and Precautions while doing asanas, Characteristics of success in asanas.

UNIT-III: Pranayama, Types of pranayama, Benefits and Precaution of pranayama, Characteristics of success in Pranayama

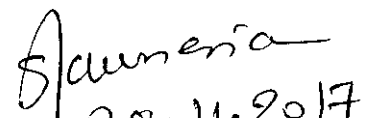
UNIT-IV: Shatakarma, Meaning and types, importance, Techniques, benefits and precaution,

UNIT-V: Nadi, Marmasthan, Chakras, Granthis, Panch Kosha.

BOOKS

- a) Digambarji Swami, Pt. Kakoje Shastri Raghunatha , Hathapradipika, 2nd edition, (1998), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
- b) Hatha Yoga Pradipika by Swami Satyanand Saraswati, Bihar School of Yoga , Munger
- c) Asana by Swami Kuvalyanandaji
- d) Pranayama by Swami Kuvalyanandaji
- e) Sahay Gyanshankar, Gheranda Samhita




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Paper-3: Practicals

Prayer

(A) Ardha Halasana, Halasana, VipreetKarni, Matsyasana, Bhujangasana, Vakrasana, Vajrasana, Paschimottanasana, Ushtrasana, Tadasana, Vrikshasana, Trikonasana, Shavasana and Makarasana.

Deep breathing, Anulom vilom, Ujjayai Pranayam,

Uddiyana bandha, Yog mudra,

Jal Neti, Rubber Neti, Kapal Bhati

Om recitation

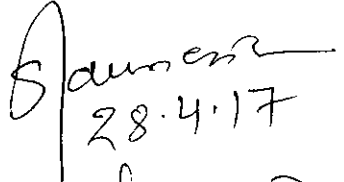
(B) **Teaching practice**-Assignment and presentation on Asanas.



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28.4.2017
Dr. Saadhana Damera

BA Yoga Second Year

Course Code	Course Name	Total marks	Annual Exam marks		Sessional marks	
			MAX	MIN	MAX	MIN
BAY 201	Patanjali Yoga	50	42½		2½ + 5	
BAY 202	Human Anatomy & Physiology	50	42½		2½ + 5	
BAY 203	Practical-Teaching Practice + Asanas, Pranayama, Meditation, Shatakarma, Bandha, Mudras	50				
	Grand Total	150	85		15	


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Under Graduate Unified Syllabus for Yoga Science
B.A. Three Years Course 2017-2018

Second Year

Paper-1: Patanjali Yoga

Marks- 42 ½

UNIT-I: Introduction of Patanjala Yogasutra, Importance in modern life style, Raja Yoga, Karma Yoga, Bhakti Yoga and Gyan Yoga.

UNIT-II: Definition of Yoga, Chitta, Chitta Vrittis, Chitta Bhoomi, Methods of Chitta Vrittis Nirodha, Abhyas, Vairagya, Ishwar Pranidhan

UNIT-III: Chitta Vikshep, Chitta Prashadhan, Sabeej and Nirbeej Samadhi

UNIT-IV: Kriya Yoga, Klesha, Methods of Klesh Nivritti. Ashtang Yoga, Bahirang and Antarang Sadhana, Yama and Niyama with Siddhi.

UNIT-V: Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi. Sanyam, Different types of Vibhutis, Kaivalya.

BOOKS

- a) Dauneria Sadhana Dr., Patanjali Yog Saar, 2nd edition (2014), Madhulika Prakashan, Allahabad
- b) Iyengar B.K.S., Light on Yoga Sutras of Patanjali , 14th edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi
- c) Karambelkar P.V. , Patanjali Yoga Sutras, S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
- d) Hariharanand Aranya Shrimat Swami, Patanjali Yoga Darshan (2003), Motilal Banarasidas, New Delhi



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UNIT-I: Introduction to Cell, Tissues, Human Body,

UNIT-II: Anatomy and physiology of Endocrine System, effect of yoga on it, Sensory organs

and effects of Yogic Practices on them.

UNIT-III: Digestive and Respiratory system and effects of Yogic Practices on them.

UNIT-IV: Circulatory and muscular system system and effects of Yogic Practices on them

UNIT-V: Nervous system and excretory system system and effects of Yogic Practices on them

BOOKS

- a) Sujit K. Chaudhary : Concise Medical Physiology, 6th edition (2011), New Central Book Agency, New Delhi
- b) Chaurasia B.D., Human Anatomy, Volume 2, 6th edition (2013), CBS Publication
- c) Kaminoff Leslie, Yoga Anatomy (2007), United Graphics, U.S.A. \
- d) Gore M.M. Dr., Yogic Therapy- Its Basic Principle and Methods (2008) .

Jainendra
28.4.2017
(Dr. Sachin Dama)

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- (A) In addition to 1st year; Naukasana, Sarvangasana, Dhanurasana, Ardha -
matsayendrasana, Suptavajrasana, Ekpadaskandhasana, Janusirsasana, Garudasana,
Ardhachakrasana, Padhastasana,
Suryabhedhan, Bhastrika and Bhramari pranayama
Brahma mudra, Singh mudra, Gyan mudra,
Jalandhar and Jivha bandh
Baman & Danda Dhauti
Om recitation

- (B) **Teaching practice**-Assignment and presentation on Pranayama.

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28.4.2017
(Dr. Sachana Daemena)

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BA Yoga Third Year

Course Code	Course Name	Total marks	Annual Exam marks		Sessional marks	
			MAX	MIN	MAX	MIN
BAY 301	Health and Yoga Therapy	50	42½		2½ + 5	
BAY 302	Mental Health and Yoga	50	42½		2½ + 5	
BAY 303	Practical-Teaching Practice + Asanas, Pranayama, Meditation, Shatakarma, Bandha, Mudras	50				
	Grand Total	150	85		15	

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B.A. Three Years Course 2017-2018

Third Year

Paper-1: Health and Yoga Therapy

arks- 42 ½

UNIT-I; Aims and objective of health hygiene, Meaning of yoga therapy, Characteristics of health, Effects of Yoga practices, Difference between yoga and exercise.

UNIT-II: Components of diet, balanced diet, vegetarian and non-vegetarian diet and their effects, satvik, rajasik and tamasik ahaar.

UNIT-III: Meaning of fasting, types of fasting, benefits and precautions.

UNIT-IV: Symtoms, causes and yogic treatments for different disorders-sinusitis, Diabetes, High and Low blood pressure, Arthritis.

UNIT-V: Symtoms, Causes and Yogic Treatments for ifferent disorders - Thyroid, Asthma, Dyspepsia, Acidity, Constipation, Obesity.

BOOKS

1. Bhagat Swati, Alternative Therapies (2004), 1st edition, Jaypee Brothers Medical Publishers Pvt. Ltd., New Delhi
2. Bakhru H.K., The Complete Handbook of Nature Cure (2011), Jaico Publishing House, Mumbai
3. Hiralal Dr., Health through Raw Eating, 1st edition (1990), Navyugantar Press.
4. Kuvalyananda Swami, Dr. Vinekar S.L. , Yoga Therapy- Its basic principles and methods (2008), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla
5. Gore M.M. Dr., Yogic Therapy- Its Basic Principle and Methods (2008)

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UNIT-I: Meaning and scope of Yoga and Mental Health. Improvement of mental health through yoga.

UNIT-II: Personality, types and factors of personality and role of yoga in personality development.

UNIT-III: Values-meaning, types and importance. Character building through values,

UNIT-IV: Prayer-meaning, types and importance, role of prayer in individual and group.
Role of yoga in Mental Disorder.

UNIT-V: Yogic Treatment of Mental Disorder-Frustration, Anxiety, Stress, Depression.

BOOKS

- a) Bagchi B.K., Mental Hygiene and Hindu Doctrine of Relaxation (1936)
- b) Berry Lilly M., Psychology at Work, 2nd edition (1998), McGraw Hill Publishers, New Delhi
- c) Brannon Linda, Feist Jess, Introduction to Health Psychology (2007), Akash Press, New Delhi
- d) Arun Sharma, General Psychology.
- e) Swami Omanamd tirth, Patanjali Yoga Pradeep, Geeta Press, Gorakhpur



Jaunpur
28.4.2017
D. Prasad

Prayer

(A) In addition to I & IIInd year; Pavanmuktasana, Chakrasana, Karanpidasana, Shirshasna , Padma Shirshasna, Sarvangasana, Shalbhasana, Akarnadhanurasana, Ugrasana, Bhadrasana, Vakasana, Kapotasana, Natrajasana, Tirkorasana.

Shambhavimudra, Mulbandha & Mahabandha .

Nauli, Tratak & Bastradhauti.

Sheetali , Sheetakari,

Meditation .

Om recitation

(B) **Teaching practice**-Assignment and presentation on Shatkarma, Bandha & Mudra.

Dr. Sachin Damesh
28.4.2017

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