

PROGRAM OUTCOMES

M.A. in Yoga

- At the end of the course the students shall be able to understand traditional Indian Philosophical systems; the Philosophy of the Yoga and the new schools of Yoga trending around the globe.
- The students shall be able to understand the Principles of Hatha Yoga and the other Classical texts in this field.
- The programme shall develop basic as well as deeper understanding of the Human Anatomy and Physiology dealing with each system in detail.
- The students shall be introduced to the essential elements of Yogic life style, the Concept of Health, Disease and their Management through Yogic practices. They shall also learn the overview of the five sheaths of Human existence (Panchakosha).
- The students shall be introduced to regular practice (sadhana) of yoga that would make them disciplined and competent Yoga teachers.
- Students shall be encouraged to conduct short empirical and archival researches so that they develop an understanding about application of Statistics and Research methodologies. They shall be trained to present papers in National level Seminars and also to get the research papers published in journals of high repute.

M.A IN YOGA – I SEMESTER
PAPER–I: RESEARCH METHODS
Subject Code: (M.A. Yoga/I/A/01)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Identifying the research problem in the field of Yoga and Physical Education
- Knowing to summarize various research literature
- Understanding and applying Basics of Statistics in Research.
- Organizing the Samples and Sampling techniques which are relevant to the study.
- Applying Systematic methods in Thesis Writing.

Unit I Foundations of Research

1. What is research? Importance of research in the field of physical education and sports. Need, nature and scope of research
2. Qualities of a good researcher. Ethics and Ethical considerations in data collection
3. Scientific and unscientific methods of problem solving
4. Formulating a Research Problem. Identifying research interests and gaps. Formulating research questions
5. Variables: Meaning, Importance, types of variables
6. Population and samples. Sampling techniques (probability and non-probability). Limitations and delimitations

Unit II Research Methods

1. Hypothesis and types of hypothesis. Hypothesis testing concepts (null hypothesis, alternative hypothesis and statistical significance)
2. Literature review. Allied and Critical Literature review. Sources and steps of literature search- library, research data bases and internet- search engines, online journals. Note taking and critical reading.
3. Classification of research.
4. Analytical Method of Research:
 - Historical Research: Purpose, Steps, Advantages, Disadvantages, Sources -Primary and Secondary data, Pitfalls, Internal and External Criticism
 - Philosophical Research: Purpose, Methods, Inductive and Deductive Reasoning.
5. Descriptive Method of Research:
 - Survey Research: Methods, Process of implementing survey research methods, Questionnaire, Interview, Longitudinal and Cross-Sectional Survey Research.
 - Case Study: Approaches, Types of case studies.
6. Developmental Research.

Contd.....2

Unit III Research and Research Design

1. Experimental Research: Meaning, Nature, importance and Advantages
2. Data and its types: Metric & Non Metric Data; Nominal Data, Ordinal Data, Interval Data, Ratio Data.
3. Concept of Validity, Reliability and objectivity. Internal and External Validity: Meaning, Concepts, Importance, Threats to Internal & External Validity, Factors to improve Internal External Validity.
4. Quantitative data collection methods (surveys, experiments, questionnaire, observations)
5. Qualitative data collection methods (interviews, focus groups, document analysis)
6. Experimental design: Pre-Experimental, True Experimental and Quasi Experimental

Unit IV Scientific Writing

1. Development of Research problem: Location of Research Problem and criteria in selecting the research problem, Survey of Related Literature and Referencing
2. Research Proposal: Formatting of research proposal, Basic guidelines of writing research proposal.
3. Research Report: Formatting of research reports, Basic guidelines of writing research report and Abstract.
4. Citation and referencing styles (APA, MLA, Chicago)
5. Introduction to Research Publication & Peer Review Culture (Single blinded and double blinded peer review)
6. Introduction to Plagiarism. Plagiarism Detection Software (PDS) and Shodhganga

REFERENCES:

- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
- J.P. Verma, M.G. (2012). Statistics for Psychology- A Comprehensive Text. New Delhi: Tata McGraw- Hill.
- Kamlesh, M.L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Moses, A.K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam.
- Moorthy A.M. Research Processes in Physical Education(2010); Friend Publication, New Delhi.
- Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
- Subramanian, R. Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
- Singh Y.K. & Dubey B.K. (2021), Introduction of Research Methods and Publication Ethics; 1st Ed. Friends Publications (India), New Delhi.

MA IN YOGA – I SEMESTER
PAPER–II: APPLIED STATISTICS
Subject Code: (M.A. Yoga/I/A/02)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Understanding Basic Theoretical and Applied principles of Statistics.
- Learning various Statistical procedures.
- Identifying areas where Ethical issues may arise in Statistics.
- Understanding and applying the Basics of Statistics in Research.
- Organizing the Samples and Sampling Techniques which are relevant to the study.

UNIT-I

- 1.1 Need of Statistics in Physical Education:
- 1.2 Nature of Data:- Four Levels of Data – Nominal, Ordinal Interval & Ratio; Graphical representation of Data: Line Diagram, Pie Diagram, and Bar Diagram Frequency Distribution: Frequency Polygon, Frequency Curve, Histogram, Ogives.
- 1.3 Application of Measures of Central tendency & variability and their characteristics. Relative and absolute variability, Coefficient of variation.

UNIT-II

- 2.1 Two approaches to Probability: Classical & Axiomatic; Addition Theorem & Multiplication Theorem, Calculation of Probabilities.
- 2.2 Normal Distribution: Properties of Normal Curve, Skewness & Kurtosis, Problems based on Normal Distribution.
- 2.3 Developing norms in the form of grading, Percentile Scale, T- Scale, Scales based on difficulty ratings.

UNIT-III

- 3.1 Concept of Correlation & Regression: Scatter diagram, Linear Correlation, rank Correlation.
- 3.2 Liner Regression equation with two variables.
- 3.3 Partial Correlation Coefficients of first and second order.
- 3.4 Multiple Correlation Coefficients involving three variables.
- 3.5 Sampling Distribution of Means, Standard Error of Mean, Interval Estimates and Point Estimates; Coefficients Interval for Mean.

UNIT-IV

- 4.1 Testing of Hypothesis : Region of Acceptance & Region of Rejection-Null & Alternative Hypotheses: Level of Significance, Type I & Type II errors, One tailed & Two tailed Tests, Degrees of freedom, Procedure in Testing of Hypothesis.
- 4.2 Large Sample test (z-test) for means for one sample and two samples; Small sample test (t-test) for means for one sample and two samples – Dependent and Independent sample, F-test
- 4.3 Chi- Square Test for Goodness of Fit and testing Independence of Attributes.
- 4.4 One way Analysis of Variance, Post- hoc Tests – LSD & Scheffe.

Contd.....2

PRACTICALS

1. To prepare the Class Intervals & write the Frequencies by using the Tally Counts.
2. Computation of Correlation Matrix.
3. Calculation of Partial Correlation.
4. Calculation of Multiple Correlations.
5. Calculation of t- ratio for related and unrelated groups.
6. Calculation of Z- ratio for Testing the Hypothesis.
7. Preparing the Percentile Scale.
8. Calculation of Chi-Square.
9. Calculation of the One Way ANOVA with equal & unequal sample sizes.

REFERENCES

- Verma, J.P. and Ghufuran, M. (2012). Statistics for Psychology: A Comprehensive Text. Tata McGraw Hill Education, New Delhi.
- Verma, J.P. (2011). Statistical Methods for Sports and Physical Education. Tata McGraw Hill Education, New Delhi.
- Verma. J.P. (2013). Data Analysis in Management with SPSS Software Springer.
- Arun Arthur & Arwn N. Elaine, "Statistics for Psychology", Prentice Hall, Upper Saddle river INC, 1999.
- Write E. Susan, "Social Science Statistics", Allyn and Bacon INC.

MA IN YOGA – I SEMESTER
PAPER-III: FOUNDATION OF YOGA
Subject Code: (M.A. Yoga/I/A/03)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Gaining knowledge on Basic Concepts of Indian philosophy.
- Learning the History of yoga, Classical yoga texts, Yoga gurus, and Contributions of yoga to society.
- Understanding various Paths of yoga, Schools of yoga, and Ashtanga Yoga

UNIT- I

1. INTRODUCTION AND EVOLUTION OF YOGA

- 1.1 Meaning, Definition and Importance of Yoga according to various schools of thoughts
- 1.2 Aims, Objectives and Importance of Yoga in Life
- 1.3 Application and Misconceptions of Yoga in Modern Society
- 1.4 Historical, Psychological, Mythological development of Yoga.

UNIT-II

2. YOGA IN VARIOUS PHILOSOPHIES AND TEXTS

- 2.1 Classification of Indian Philosophy and their basis of Division
- 2.2 Yoga in Vedas and Vedangas, Trayaprasthana; Purushartha Chatushthaya
- 2.3 25 Elements of Sankhya Darshana, Purusha, Prakriti and their Relationship, Yoga Darshana.
- 2.4 Yoga in Nyaya Darshana, Vaisheshika Darshana, Mimamsa Darshana, and Vedanta Darshana, Bauddha Darshana, Jaina Darshana.

UNIT-III

3. SCHOOLS OF YOGA

- 3.1 Introduction of Hatha Yoga , Mantra Yoga , Laya Yoga, Raja Yoga
- 3.2 Karma Yoga, Bhakti Yoga, Jnana Yoga
- 3.3 Shiv Yoga Sadhana, Swara Yoga
- 3.4 Tantra Yoga (Shaiva, Shakta, Vaishnava)

Contd.....2

UNIT –IV

4. BIOGRAPHIES OF FAMOUS YOGIS AND THEIR CONTRIBUTIONS IN YOGA

- 4.1 Salient features of Yoga Vashitha, Adhis and Vyadhis, Psychosomatic Ailments
- 4.2 Four Dwarpaals, Sukhaprapti, Eight limbs of Mediatation, Jnana Saptabhumika
- 4.3 Maharishi Patanjali, Matsyendra Nath, Gorakshanath
- 4.4 Ramakrishna Paramahamsa, Swami Vivekananda, Maharishi Aurobindo

REFERENCE:

1. Gupta, S.N Das, (1963), “Indian Philosophy”, Shri Jainendra Press, New Delhi, ISBN-81-208-0412-0.
2. Anatharaman, T.N., (1996), “Ancient Yoga and Modern Science”, Project of History of Indian Sciences Philosophy & Culture, -ISBN 8121507529
3. Sturgess, Stephen, (1996), “The Yoga Book”, Watkins Publications, London, University of Michigan
4. Kumar, Dr. Kamakhya, (2008), “Super Science of Yoga”, Standard Publications, New Delhi ISBN-8187471409
5. Dasgupta, S.N., (1924), “Yoga Philosophy”, The May Flower Press, UK.
6. Jha, Gangadhar, (1894), “Yoga Sara Samgraha” –Bombay Theosophical Fund, Tatva Vivechaka Press, Bombay

MA IN YOGA – I SEMESTER
PAPER- IV: HUMAN ANATOMY AND PHYSIOLOGY-I
Subject Code: (M.A. Yoga/I/A/04)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Learning Anatomy of Human body from the cell structure to the major systems of the body.
- Understanding the Physiology, unique Anatomical Features, and the Functions of the Major Systems of the body.
- Insight into the effect of Yogic practices on each individual systems of the body.

UNIT- I

1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Introduction of Anatomy and Physiology, Anatomical Terminology and Positions.
- 1.2 Structure and Function of Cell, Structure and Functions and Types of Tissues.
- 1.3 Brief Introduction to Different Organs and Systems of Human Body.
- 1.4 Need and Importance of Anatomy & Physiology in the field of Yoga.

UNIT- II

2. MUSCULO– SKELETAL SYSTEM

- 2.1 Skeletal System - Composition of Bone, Joints, Ligaments, Tendon.
- 2.2 Gross and Microscopic Structure and Function of Bone and Skeletal Muscle.
- 2.3 Neuromuscular Junction, Mechanism of Muscle Contraction.
- 2.4 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya) on Muscular and Skeletal System -Effect of Meditation in Immune & Nervous system.

UNIT-III

3. CARDIO-VASCULAR SYSTEM

- 3.1 Structure and Functions of Heart, Cardiovascular Parameters.
- 3.2 Factors affecting Cardiovascular Parameters.
- 3.3 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya and Meditation) on Cardio Vascular System
- 3.4 Cardiovascular Disorders and their Yogic Management.

Contd.....2

UNIT-IV

4. RESPIRATORY SYSTEM

- 4.1 Structure and Functions of Lungs and other Respiratory Organs.
- 4.2 Muscles and Mechanism of Respiration, Second Wind, Oxygen Debt.
- 4.3 Internal and External Respiration, Respiratory Volumes and Capacities.
- 4.4 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya and Meditation) on Respiratory System and Management of Respiratory Diseases through Yoga.

REFERENCES:

1. Coutter, H.D. (2001), "Anatomy of Hath Yoga" Published by Himalayan Institute India, Jhansi, Allahabad, ISBN-978-0-9797006-1-2.
2. Saraswati, S. (2009), "Yoga Nidra" Published by Yoga Publication Trust, Bihar, India (Reprint) ISBN-978-81-83787-12-1.
3. Muktibodhananda, (2012), "Hath Yoga Pradipika" Fourth Edition. Published by Yoga Publication Trust, Bihar, India (Reprinted) ISBN-978-81-85787-38-1.
4. Maehle, G. (2008), "Ashtanga Yoga Practice & Philosophy" First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
5. Venkatesananda, (2011) "The Yoga Sutras of Patanjali" Published by MottlalBanarsidass, New Delhi, India. ISBN-978-81-208-3351-7.
6. Karambelkar, P.V. (2011), "Patanjali Yoga Sutra" Published by Kawalyadham S.M.Y.M. Publications Pune, India. ISBN-81-89-415-17-2.
7. Martini, F.H. et al (2000), "Applications Manual for Essentials of Anatomy & Physiology" Second Edition by Prentice Hall Inc., U.S.A. ISBN-0-13-014662-5.
8. Chaurasia, B.D. (2014), "Human Anatomy" Vol.-1, Fourth Edition, CBS Publishers and Distributors, New Delhi. ISBN-81-239-1155-6.
9. Shiva, V.K. (2013), "Anatomy and Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-761-8.
10. Moore, K.L. &Agur, A.M.R. (2002), "Essential Clinical Anatomy" Second Edition by Lippincott Williams & Wilkins, Philadelphia.
11. Sharma, J.P. (2002), "Essential Encyclopedia of Human Anatomy and Physinology,by Khel Sahitya Kendra, New Delhi. ISBN-81-7824-296-5.
12. Kumar, R. (2012), "Anatomy and Exercise Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-697-0.
13. Singh, H. (2013), Anatomy and Exercise Physiology Khel Sahitya Kendra, New Delhi. ISBN-978-81-7824-690-4.
14. Tortora, G.J. and Tallitsch, R.B. (2000), "Laboratory Exercises in Anatomy and Physiology with Cat Dissection" Sixth Edition, by Biological Services Textbooks, Inc, U.S.A. ISBN-0-13-920323-0.

M.A. IN YOGA-SEMESTER-I
PRACTICAL SYLLABUS (PART-B)
Subject Code: (M.A. Yoga/I/B/01)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Learning Basic Introduction to Yogic practices
- Introducing Surya Namaskar and Basic practices to loosen joints.
- Practising simple Traditional Asanas such as, Supine Asanas, Prone Asanas, Sitting Asanas, Standing Asanas, Meditative and Relaxative Asanas.

B-01 : YOGA PRACTICALS-I

- 1. SURYA NAMASKARA**
- 2. PAVANMUKTASANA SERIES - I, II, III**
- 3. MEDITATIVE ASANAS:**
Padmasana, Siddhasana, Swastikasana, Bhadrasana, Vajrasana.
- 4. RELAXATIVE ASANAS:**
Shavasana, Makarasana, Shithila Dandasana, Shithila Tadasana, Balasana, Advasana, Shashankasana- (IN YIN YOGA STYLE)
- 5. SUPINE ASANAS:**
Naukasana, Kandharasana, Pavanmuktasana, Vipareetakarani, Matsyasana, Ardha Halasana, Uttanasana, Setubandhasana, Salamba Setubandhasana, Tolangulasana, Sarvangasana.
- 6. PRONE LYING ASANAS:**
Sarpasana, Bhujangasana, Shalabhasana, Dhanurasana, Viparita Naukasana, Santolansana (with variations).
- 7. SITTING ASANAS:**
Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ushtrasana, Parighasana, Simhasana, Akarna Dhanurasana, Supta Vajrasana, Ekapada Shirasasana, Vakrasana
- 8. STANDING ASANAS:**
Tadasana, Natarajasana, Garudasana, Utkatasana, Parivritta Utkatasana, Ekapadasana.
- 9. STRETCHING PRACTICES**
- 10. POWER YOGA SESSIONS**

M.A. IN YOGA-SEMESTER-I
PRACTICAL SYLLABUS (PART-B)
Subject Code: (M.A. Yoga/I/B/02)
(July 2025 to November 2025)

LEARNING OBJECTIVE:-

- Giving exposure to techniques of Shatkarma like Neti, Dhauti, etc.
- Orientation on advanced group of Asanas, Pranayama, Kriya, Bandhas, Mudras and Meditation.
- Giving exposure to Relaxation Techniques.

B-02 : YOGA PRACTICALS-II

1. SHATKARM:

- a. NETI : Two types (Jal Neti and Sutra Neti)
- b. DHAUTI: Two types (Kunjal Kriya and Agnisar Kriya)

2. ADVANCED GROUP OF ASANAS:

Karnapedhasana, Padmasarvangasana, Dwihasta Bhujasana, Nirālamba
Paschimottanasana, Vatarjanasana

**IN IYENGAR YOGA STYLE WITH THE USE OF PROPS LIKE, BELT, STRAP,
BLOCKS, BLANKET, YOGA WHEEL, ETC.**

3. PRANAYAMA:

Nadishodhana, Suryabhedhi, Chandrabhedhi, Ujjayi, Sheetali, Seetkari, Bhastrika, Bhramari.

4. BANDHAS & MUDRAS:

Maha Mudra, Maha Bheda Mudra, Vipareetakarni Mudra, Shanmukhi Mudra, Manduki
Mudra, Ashwini Mudra, Kaki Mudra, Bhujangini Mudra, Jalandhara Bandha, Uddiyana
Bandha.

5. MEDITATION- Soham Meditation, OM Meditation, Nadanusandhana Meditation

6. RELAXATION TECHNIQUES- QRT, IRT, DRT.

MA IN YOGA – II SEMESTER
PAPER- I: UPANISHAD-I
Subject Code: (M.A. Yoga/II/A/01)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- In-depth understanding of the history of Yoga along with the knowledge of Vedas and Upanishads.
- Understanding the messages and teachings of principal Upanishads.
- To Understand the Essence of Principal Upanishads.

UNIT-I

1. INTRODUCTION TO UPANISHADS

- 1.1 Introduction to Principal Upanishads: Meaning, Definition, Significance of Principal Upanishads.
- 1.2 Concept of Vedic Literature and Principal Upanishads, Comparison between subject matters of Veda & Principal Upanishads.
- 1.3 Views of Renowned Scholars about Principal Upanishads.
- 1.4 Significance of Principal Upanishads in Present Times.

UNIT-II

2. ESSENCE OF ISHAVASYO UPANISHAD, KENA UPANISHAD, KATHA UPANISHAD

- 2.1 Ishavasyoupanishad: Concept of Karmanistha; Concept of Vidya and Avidya
- 2.2 Ishavasyoupanishad: Knowledge of Brahman; Atma Bhava.
- 2.3 Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
- 2.4 Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

UNIT-III

3. ESSENCE OF PRASHNA UPANISHAD, MUNDAKA UPANISHAD, MANDUKYA UPANISHAD

- 3.1 Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions.
- 3.2 Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
- 3.3 Mundaka Upanishad: Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
- 3.4 Mandukya Upanishad: Four State of Consciousness and their relation to syllables in Omkara.

Contd.....2

UNIT-IV

- 4. ESSENCE OF AITAREYA UPANISHAD, TAITTIRIYA UPANISHAD, CHHANDOGYA UPANISHAD, BRIHADARANYAKA UPANISHAD**
- 4.1 Aitareya Upanishad: Concept of Atma, Universe and Brahman.
- 4.2 Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhrgu Valli.
- 4.3 Chhandogya Upanishad: OM (Udgitha) Meditation; Shandilyavidya.
- 4.4 Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

REFERENCES:

1. Aurobindo, S. (2001). Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18. Pondicherry. India: Sri Aurobindo Ashram Publication Department.
2. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
3. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya. Shantikunj, Haridwar.
4. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas. Varanasi, Delhi, Chennai.
5. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
6. Swami Nikhilananda - The Principal Upanishads. Courier Corporation, 2003
7. Ishadi Nau Upanishad (Gita Press, Gorakhpur) / Upnishad , Gita Press Gorakhpur; 2022nd edition (6 July 2022); Gita Press Gorakhpur

MA IN YOGA – II SEMESTER
PAPER –II- PATANJALI YOGA SUTRA
Subject Code: (M.A. Yoga/II/A/02)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- Learning the Teachings of Yoga Sutras of Maharishi Patanjali and Yogic concepts related to them.
- Learning various chapters of Patanjali Yoga Sutra, Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada.
- Understanding the Scope of Patanjali Yoga Sutra in today's time and their Application in day to day life.

UNIT – I

1. INTRODUCTION TO PATANJALI YOGA SUTRA

- 1.1 Introduction to Patanjali Yoga Sutras.
- 1.2 Historical background of Patanjali Yoga Sutras.
- 1.3 Importance of Patanjali Yoga Sutras in Modern Age.
- 1.4 Physical (Kayasampat) Mental and Social Excellence in Yoga Sutra.

UNIT – II

2. SAMADHI PADA

- 2.1 Definition of Yoga, Concept of Chitta, Chitta Vritti, Chitt Bhumi.
- 2.2 Yogantaraya, Abhyasa-Vairagya, Ishwara and Ishwara Pranidhana, Viveka khyati.
- 2.3 Chitta Vikshepa and Chitta Prasadhana.
- 2.4 Samadhi-Sampragyata Samadhi, Ritambhara Prajna, Concept of Sabeeja and Nirbeeja Samadhi.

UNIT – III

3. SADHANA AND VIBHUTI PADA

- 3.1 Pancha Klesha, Kriya Yoga:- Avidya, Asmita, Raga, Dvesha, Abhinivesha.
- 3.2 Ashtanga Yoga (Bahiranga Sadhana)– Yama, Niyama, Asana, Pranayama, Pratyahara.
- 3.3 Ashtanga Yoga (Antaranga Sadhana)– Dharana, Dhyana, Samadhi.
- 3.4 Concept of Samyama and Ashtasiddhis and its Vibhutis.

Contd.....2

UNIT – IV

4. KAIVALYA PADA

- 4.1 Pancha Siddhis.
- 4.2 Brief Introduction to Karma, Types of Karma, Karmaphala Siddhanta.
- 4.3 Nature of Dharma and Dharmamegha Samadhi
- 4.4 Concept of Kaivalya.

REFERENCE:

1. Saraswati, Swami Satyanand, (2012), “Four Chapters of Freedom”, Bihar School of Yoga, ISBN 13-9788185787183.
2. Iyengar, B. K. S., “Light on the Yoga Sutras of Patanjali”, Haper Collins Publications India Pvt. Ltd., New Delhi, ISBN 13-9788172235420.
3. Swami, Satchidananda, “The Yoga Sutras of Patanjali”, Integral Publications, U.S.A., ISBN 13-9781938477072.
4. Taimini, Science of Yoga, ISBN 13-9788170592112.
5. Swami, Vivekananda, “Raja Yoga”, ISBN 13-978100746940.
6. Mishra, Vachaspati, “Yoga Sutra (Tatva Vaishardi)”, ISBN 13-9780404578046.
7. Shastri, Vijaypal, “Yoga Surta Vimarsh”, ISBN 13-9780865477360.
8. Lakshmananand, “Yoga Prakash”, ISBN 13-9788175971240.
9. Suresh Chandra Shrivastava, Patanjali Yoga Darshan
10. Ram Prasad, Patanjali Yoga Sutra.
11. T.S. Rukmani, Vol.I-IV, Patanjali Yoga Sutras.

MA IN YOGA – II SEMESTER
PAPER-III: PRINCIPLES & PRACTICES OF HATHA YOGA
Subject Code: (M.A. Yoga/II/A/03)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- Learning the Origin, Meaning and Objectives of Hatha Yoga.
- Studying and understanding various texts related to Hatha Yoga such as Hatha Pradipika, Gheranda Samhita, etc which contain essentials of the Hatha Yogic practices.
- Giving exposure to various Hatha Yogic techniques of Kriyas, Asanas, Pranayamas, Bandhas and Dhyana.

UNIT – I

1. GENERAL INTRODUCTION TO HATHA YOGA AND PRE-REQUISITES

- 1.1 Hathayoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions.
- 1.2 Hathayoga: Philosophy, History and Development, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contributions to Yoga.
- 1.3 General Introduction of Hatha Yogic texts, Siddha-siddhanta Paddhati, Hatha Pradeepika, Gheranda Samhita, Hatharathnavali, Shiva Samhita, Goraksha-Shatakam.
- 1.4 Concept of Matha, Concept of Badhakatattva (obstacles) and Sadhakatattva (facilitator factors) in Hathayoga, Types of aspirants in Hathayoga Sadhana. Concept of Ahara and Mitahara, Pathya (conducive) and Apathya (non-conducive) in Hathayoga Sadhana, Hatha Siddhi Lakshanam.

UNIT – II

2. CONCEPT OF GHATASHODANA, ASANAS IN HATHA YOGA

- 2.1 Introduction of Shodhana kriyas in Hatha Pradeepika, Gheranda samhita and Hatha-Rathnavali.
- 2.2 **Shatkarma-** Techniques, Benefits, Precautions, and Contraindications (Dhauti, Basti, Neti, Nauli, Trataka and Kapalbhati)
- 2.3 Importance of Shodhana kriyas for Health and Hathayoga Sadhana.
- 2.4 **Asanas-** Definition, Techniques, Benefits, Precautions, and Contraindications of Asanas in Hathapradeepika, Gheranda Samhita and Hatha-Ratnavali

UNIT-III

3. HATHAYOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 3.1 Introduction of Prana and Pranayama; Pre-requisites of Pranayama,
- 3.2 **Pranayama-** Techniques, Benefits, Precautions, and Contraindications, Ashtakumbhaka in Hatha Pradeepika Gheranda Samhita and Hatha Ratnavali.
- 3.3 Importance of Pranayama in Health and Hathayoga Sadhana.
- 3.4 Introduction of Mudra (Bandha) Techniques, Benefits, Precautions, and Contraindications in Hatha Pradeepika Gheranda Samhita and Hatha-Ratnavali.

Contd.....2

UNIT-IV

4. HATHAYOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA

- 4.1 Concept of Kandha Sthana, Nadi, Shwas-Prashwas or Swara, and Granthi.
- 4.2 Concept of Shatchakra and Kundalini Prabodhana, Concept of Shiva and Shakti.
- 4.3 Concept of Pratyahara, Dharana, Dhyana and Samdhi in Gheranda Samhita.
- 4.4 Concept of Nada and Nadanusandhana in Hatha Pradeepika, Techniques, Benefits, Precautions, and Contraindications of Nadanusandhana, Four stages of Nadanusandhana.

BOOKS FOR REFERENCE:

1. Bharati, Veda, Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania).
2. Burnier, Radha, HathaYoga Pradipika of Svratmarama, The Adyar Library publications, Chennai. 2000
3. Gharotee, M.L. and others, Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
4. Dvivedi Hajariprasad, Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Swami Digambaraji and Pt: Raghunatha, Hathapradeepika of Svratmarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998.
6. Swami Digambarji and Gharote M.L., Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
7. SwamiMaheshanandaji and Others, Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999
8. Woodroffe, Sir John, The Serpent power, Ganesh & Company, Madras, 2000
9. Sharma, Surendra, HathaYoga Eka Aitihasya Paripreksya evam..., Eastern Book Linkers, New Delhi.
10. Gharote M.L. & Pai, G.K. (Edi), Hathapradipika of Swratmaramaji, (Jyotsana- tika), Adyar Library, Madras.
11. Swami Kuvalyananda & Shukla, S.A., Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavla 2005.
12. Saraswati, Swami Satyananda, Gorakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla.
13. Bassavaraddi, I.V. & Pathak, Satyaprakash, Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969.
14. Gharote, M.M. & others, Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2011.
15. Bassavaraddi, I.V. & Pathak, Satyaprakash, Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.

MA IN YOGA – II SEMESTER
PAPER- IV: HUMAN ANATOMY AND PHYSIOLOGY-II
Subject Code: (M.A. Yoga/II/A/04)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- Understanding the Structure and Functions of various systems of body.
- Understanding the Physiological functioning of various systems.
- Analyzing the effect of Yogic practices on different systems of body and their relation with health and wellness.
- Unlocking the aspects of Therapy with the Yogic perspective and its application in Therapeutic Procedures.

UNIT- I

1. DIGESTIVE AND EXCRETORY SYSTEM

- 1.1 Organs, Glands and steps of Digestion (Structure and Functions in brief).
- 1.2 Excretory System.
- 1.3 Organs of Urinary System and their functions.
- 1.4 Effect of Yogic practices on Digestive and Excretory System (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation).

UNIT- II

2. ENDOCRINE AND REPRODUCTIVE SYSTEM

- 2.1 Structure and Functions of Endocrine and Exocrine Glands (Adrenal, Pituitary, Hypothalamus, Pancreas and Thyroid, Para Thyroid, Thymus, Gonads).
- 2.2 Homeostasis.
- 2.3 Reproductive System.
- 2.4 Effect of yogic practices on Endocrine and Reproductive System (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation).

UNIT -III

3. NERVOUS SYSTEM

- 3.1 Nervous System: Structural and Functional Divisions of Nervous System– PNS, ANS, CSF.
- 3.2 Structure and Functions of Brain, Spinal Cord, Synaptic Nobe, Acetylcholine.
- 3.3 Effect of Yogic Practices on Nervous System (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation).
- 3.4 Concept of Brain Wave, Pattern of Brain Wave during Pranayama and Meditation & their benefits in Human Psycho-Physiological Functioning.

Contd.....2

// 2 //

UNIT -IV

4. PHYSIOLOGY OF METABOLISM

- 4.1 Metabolism of Carbohydrates, Fat, Protein.
- 4.2 Aerobic and Anaerobic activities (metabolism).
- 4.3 Calorimetry: Energy requirement and its calculation.
- 4.4 Energy Aspects of Diet and their Distribution.

REFERENCES:

1. Coutter, H.D. (2001), "Anatomy of Hath Yoga" Published by Himalayan Institute India, Jhansi, Allahabad, ISBN-978-0-9797006-1-2.
2. Saraswati, S. (2009), "Yoga Nidra" Published by Yoga Publication Trust, Bihar, India (Reprint) ISBN-978-81-83787-12-1.
3. Muktibodhananda, (2012), "Hath Yoga Pradipika" Fourth Edition. Published by Yoga Publication Trust, Bihar, India (Reprinted) ISBN-978-81-85787-38-1.
4. Maehle, G. (2008), "Ashtanga Yoga Practice & Philosophy" First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
5. Venkatesananda, (2011) "The Yoga Sutras of Patanjali" Published by Mottlal Banarsidass, New Delhi, India. ISBN-978-81-208-3351-7.
6. Karambelkar, P.V. (2011), "Patanjali Yoga Sutra" Published by Kawalyadham S.M.Y.M. Publications Pune, India. ISBN-81-89-415-17-2.
7. Martini, F.H. et al (2000), "Applications Manual for Essentials of Anatomy & Physiology" Second Edition by Prentice Hall Inc., U.S.A. ISBN-0-13-014662-5.
8. Chaurasia, B.D. (2014), "Human Anatomy" Vol.-1, Fourth Edition, CBS Publishers and Distributors, New Delhi. ISBN-81-239-1155-6.
9. Shiva, V.K. (2013), "Anatomy and Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-761-8.
10. Moore, K.L. & Agur, A.M.R. (2002), "Essential Clinical Anatomy" Second Edition by Lippincott Williams & Wilkins, Philadelphia.
11. Sharma, J.P. (2002), "Essential Encyclopedia of Human Anatomy and Physiology, by Khel Sahitya Kendra, New Delhi. ISBN-81-7824-296-5.
12. Kumar, R. (2012), "Anatomy and Exercise Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-697-0.
13. Singh, H. (2013), Anatomy and Exercise Physiology Khel Sahitya Kendra, New Delhi. ISBN-978-81-7824-690-4.
14. Tortora, G.J. and Tallitsch, R.B. (2000), "Laboratory Exercises in Anatomy and Physiology with Cat Dissection" Sixth Edition, by Biological Services Textbooks, Inc, U.S.A. ISBN-0-13- 920323-0.

M.A. IN YOGA-SEMESTER-II
Practical Syllabus (PART-B)
Subject Code: (M.A. Yoga/II/B/01)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- Introducing Various Techniques of Yogasanas, Pranayama, Bandhas and Kriyas.
- Understanding the Movements of Advance Asanas, their Pros and Cons for different age groups, gender, etc
- Introduction of Vinyasa Surya Namaskar
- Deeper understanding of specific meditations and relaxation techniques.

YOGA PRACTICALS -III

1. SHATKARMA:

1. Kapalbhati: Vyutkrama, Sheetkrama and Vaatkrama
2. Trataka: Antah, Bahir, Adho
3. Danda Dhauti, Vastra Dhauti
4. Nauli (Madhyama, Vama, Dakshina)
5. Lagushankha Prakshalana

2. INTERMEDIATE PRACTICES

3. VINYASA SURYA NAMASKARA SERIES

4. SUKSHMA AND STHULA VYAYAMA

5. MEDITATIVE ASANAS (according to Gheranda Samhita):

Guptasana, Virasana, Sankatasana

6. RELAXATIVE ASANAS:

Matsya Kridasana, Yoga Mudrasana, Markatasana (ALSO IN YIN YOGA STYLE)

7. SUPINE LYING ASANAS:

Halasana, Chakrasana, Salambasetubandha Sarvangasana, Utthita Supta Padangushthasana, Supta Kapotasana

8. PRONE LYING ASANAS:

Bhekasana, Purna Dhanurasana, Purna Bhujangasana, Chaturanga Dandasana, Ekapada Adhomukha Shvanasana

9. SITTING ASANAS:

Vyaghrasana, Mandukasana, Bakasana, Gomukhasana, Garbhasana, Rajkapotasana, Marichyasana I.

Contd.....2

- 10. STANDING ASANAS:**
Tadasana, Tiryaka Tadasana, Katichakrasana, Vrikshasana, Trikonasana, Ardha Kati Chakrasana, Virbhadrasana- I, II, III.
- 11. ADVANCE GROUP OF ASANAS:**
Kurmasana, Uttana Kurmasana, Hanumanasana, Ashta Vakrasana, Vishwamitrasana
- 12. PRANAYAMA:**
Ashta Kumbhaka according to Hatha Yoga Pradipika
- 13. BANDHAS AND MUDRAS:**
Moola Bandha, Maha Bandha, Khechari Mudra, Shakti Chalini Mudra, Tadagi Mudra, Pashinee Mudra, Matangini Mudra
- 14. MEDITATION TECHNIQUES:**
Amritvarsha Dhyan, Divya Anudaan Dhyan
- 15. RELAXATION TECHNIQUES:**
Yoga Nidra

ALL ASANAS SHALL BE TAUGHT & LEARNT ALSO WITH PROPS IN IYENGAR YOGA STYLE

REFERENCES:

1. Dharendra Brahmachari, “Yogic Sukshma Vyayama.
2. Dr. S.P. Pathak, “Yogic Sukshma Vyayam evam Sthul Vyayam, MDNIY.

M.A. IN YOGA-SEMESTER-II
Practical Syllabus (PART-B)
Subject Code: (M.A. Yoga/II/B/02)
(December 2025 to April 2026)

LEARNING OBJECTIVE:-

- Giving exposure to Techniques of teaching a yoga class and equipping with various parameters to be kept in mind while holding a session.
- Understanding various aspects related to yoga teaching methodology and its practical usage for therapeutic aspects.

TEACHING ABILITY
LESSON PLAN-I) MINIMUM 5

- (i) Teaching Ability Lesson Plans shall be practical based.
- (ii) There shall be minimum four and maximum of five Internal Lessons.
- (iii) All Lessons shall be maintained in a single practical file along with the final lesson.
- (iv) Internal Lessons shall be assessed out of 25 and final lesson shall be of 75 marks.
- (v) Internal Lessons should be taken based on the practical syllabus of Yoga.
- (vi) Final Lesson should be taken on any topic of students' choice from the practical syllabus of Yoga.

MA IN YOGA – III SEMESTER
PAPER-I: PRINCIPLES OF PSYCHOLOGY AND COUNSELLING IN YOGA
Subject Code: (M.A. Yoga/III/A/01)
(July 2026 to November 2026)

LEARNING OBJECTIVE:-

- Understanding the Nature and Scope of Psychology in yoga, various methods and ideologies of psychology and their Correlation with Yoga philosophy.
- Gaining Practical Understanding in concepts related to Therapy and its effects engrained with the Convolution of Yoga and Psychology.

UNIT-I

1. INTRODUCTION TO PSYCHOLOGY

- 1.1 Meaning, Definition and Scope of Psychology
- 1.2 Branches of Psychology, Relationship between Yoga & Psychology
- 1.3 Relevance and Contribution of Psychology in Teaching and Learning Processes of Yoga
- 1.4 Different Methods of Psychology (Introspection, Observation, Experimental, Survey, Clinical).

UNIT-II

2. PSYCHOLOGY AND YOGA

- 2.1 Introduction to Psychological and Transcendental perspective of Yoga.
- 2.2 Meaning and Characteristics of Mental Health.
- 2.3 Mental Relaxation through Chanting of Prayers.
- 2.4 Yogic Life Style for Stress, Anxiety and Depression, Three Concepts of Consciousness

UNIT-III

3. CONCEPT OF PERSONALITY

- 3.1 Indian and Western approaches to Personality.
- 3.2 Theories of Personalities.
- 3.3 Attitude change through Yoga; Developing Yogic Personality.
- 3.4 Personality Test (Big Five).

Contd.....2

UNIT-IV

4. INTRODUCTION TO GUIDANCE AND COUNSELING

- 4.1 Need, Meaning and Importance of Guidance and Counseling in Yoga Education
- 4.2 Different Types of Counselling: Individual, Group & Spiritual Counseling.
- 4.3 Approaches to Counseling: Directive, Non directive, Techniques in Counseling: (Testing and Non Testing Techniques)
- 4.4 Meditation: Metaphysical and Therapeutic Perspective, Perils of Untrained Meditators

REFERENCES:

1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron, A. Robert, (2002) "Psychology", Pearson Education Vth Ed.
3. Chaplin, P., and Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart and Winston.
4. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), "Introduction to Psychology" – 7th Edition. Tata McGraw Hill Book Co. New Delhi.
5. Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.
6. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson (1975), "Introduction to Psychology" 6th Edition, Oxford IBH publishing Co. Pvt. Ltd., New Delhi.
7. Marx, M.H. & Hillix, W.A. (1987). Systems and Theories in Psychology. New York: McGraw Hill.
8. Schultz, D. (1985), "A History of Modern Psychology", New York: Academic Press.
9. Wolman, B.H. (1973), "Handbook of Psychology", New Jersey: Prentice Hall.
10. Woodworth, R., & Schlosberg, (1976), "Experimental Psychology", New York: Holt and Rinehart.
11. Shanti Prakash Atrey, "Yoga Manovigyan".
12. R.S. Bhoghal, "Yoga & Mental Health".
13. R.S. Bhoghal, "Yoga evam Mansik Swasthya".
14. Prof. Ramharsh Singh, "Ayurvediya Manas Vigyan".
15. Prof. Suresh Lal Baranwal, "Yoga evam Mansik Swasthya".

MA IN YOGA – III SEMESTER
PAPER-II: YOGA THERAPY AND DIAGNOSTIC TOOLS
Subject Code: (M.A. Yoga/III/A/02)
(July 2026 to November 2026)

LEARNING OBJECTIVE:-

- Understanding the Basics of Yoga Therapy and their application in practical aspects of Yoga methodology.
- Understanding Theoretical and Practical aspects of yoga related tools and Experimental Apparatus.
- Learning the Application process of these instruments and Apparatus in relation with Research work in the field of Yoga.

UNIT-I

1. INTRODUCTION TO YOGA THERAPY

- 1.1 Meaning, Definition and Basis of Yoga therapy.
- 1.2 Principles of Yoga Therapy.
- 1.3 Cause and Types of Diseases according to Yoga Sadhana.
- 1.4 Importance of Yoga Therapy in Modern Age.

UNIT-II

2. PHYSIOLOGICAL EFFECT AND POSTURAL CORRECTION

- 2.1 Physiological Effect of Shat Kriyas & Mudras
- 2.2 Physiological Effect of Asanas.
- 2.3 Physiological Effect of Pranayama and Meditation
- 2.4 Yogic Management of Common Postural Deformity (Kyphosis, Lordosis, Scoliosis, Bow Leg, Flat Foot).

UNIT-III

3. YOGA THERAPY FOR LIFESTYLE DISORDERS

- 3.1 Bronchial Asthma, Gastro Intestinal Disorders, Migraine, Backache, Neck ache, Knee pain.
- 3.2 Hypertension, Diabetes Mellitus, Obesity.
- 3.3 Hypothyroidism, Common Reproductive Health concerns of Women, Arthritis, Muscular Dystrophy.
- 3.4 Cancer, Anxiety and Depressive Neurosis.

UNIT-IV

4. ASSESSMENT & THERAPEUTIC APPLICATIONS OF YOGA

- 4.1 Assessment of Physiological Parameters - Systolic Pressure, Diastolic Pressure, Resting Respiratory rate, Resting pulse rate, Breath Holding Capacity, Vital capacity.
- 4.2 Understanding the Assessment of Psychological Parameters - Anxiety, Stress, Wellbeing & Attention.

Contd.....2

- 4.3 Understanding Lipid Profile, Thyroid Profile, Parameters of Kidney, Liver Functioning.
- 4.4 Assessment of Pain Analogue Scale in case of Backache, Knee pain, Headache and Neck ache Patients.

THEORY PRACTICAL

- 1. Yogic Management of Common Postural Deformity (Kyphosis, Lordosis and Scoliosis)
- 2. Management of Lifestyle diseases mentioned in UNIT –III of the Theory syllabus through Yoga.
- 3. Assessment of Physiological Parameters - Systolic Pressure, Diastolic Pressure, Resting Respiratory rate, Resting pulse rate, Breath Holding Capacity, Vital capacity.

REFERENCES:

- 1. Moorthy, A. M., (2005), “Yoga Therapy”, Teacher Publishing House, Coimbatore ISBN-9788180160240
- 2. Raman Krishna, (1998), “A Matter of Health (Integration of Yoga and Western Medicine for Prevention and Cure)”, Chennai East West Books, Madras Pvt. Ltd. ISBN-9789382540021
- 3. Swami, Shivananda Saraswati, (1957) “Yoga Therapy, Umachal Yoga Ashram, Guwahati”.
- 4. Verma, Janki Prasad, (1962), “Rogo Ki achuke Chikitsa” Leader Press, Allahabad,
- 5. Yogeshwar, “Simple Yoga Therapy”, Yoga Center, Madras.
- 6. Tiwari, O. P., (1984), “Asanas–Why and How”, Kaivalayadhama, Lonavala.
- 7. Kuvalayananda Swami, (1993), “Asanas”, Popular Prakashan, Kaivalayadhama, Lonavala.
- 8. Sharma Vishwamitra Aacharya, “Sachitra Yogasan Aur Swasthya”, Manoj Prakashan, Delhi.
- 9. Singh, Suneel, “Yog Se Aayogaya Tak”, Indian Yoga Society, Saugor.
- 10. Ray, Amit, (2010), “Om Chanting and Meditation”, Inner Light Publishers, Rishikesh
- 11. Horovitz, G. Ellen, Elgelid Staffan, (2015), “Yoga Therapy: Theory & Practice”, Routledge Publication, New York, ISBN-978-1-138-81615-2 (HHK).

MA IN YOGA – III SEMESTER
PAPER- III: SWASTHVRITTA, DIET AND NUTRITION
Subject Code: (M.A. Yoga/III/A/03)
(July 2026 to November 2026)

LEARNING OBJECTIVE:-

- Learning the essentials of Swasthvritha, Diet and Nutrition.
- Understanding Yogic Diet and the significance of food in Yogic practice.
- Exposing to the ideas of Diet therapy and the concepts in Nutrition.

UNIT-I

1. INTRODUCTION TO HEALTHY LIVING

- 1.1 Meaning, Definition and Concept of Swasthvritha, Arogyalakshana, Description of Sadvritha.
- 1.2 Health – Definition and Aspects of Health (Physical, Mental & Social) , Importance of Good Health.
- 1.3 Brief explanation of Dinacharya.
- 1.4 Brief explanation of Ritucharya- Importance of Ritucharya, Ritu presentation as per Acharyas, Pathya & Apathya Ahara in different Ritus.

UNIT-II

2. CONCEPT OF SWASTHYA

- 2.1. Concept of Tridosha – Vata, Pitta, Kapha.
- 2.2 Concept of Sapta-dhatu – Rasa, Rakta, Mamsa, Medha, Asthi, Majja & Shukra
- 2.3 Concept of Shad-Rasa – Madhura, Amla, Lavana, Katu, Tikta, Kashaya
- 2.4 Concept of Agni, Trayopasthambha - (1) Ahara (2) Nidra (iii) Brahmacharya

UNIT-III

3. NUTRITION AND ITS IMPORTANCE

- 3.1 Food – Definition, Components of Food (Carbohydrates, Protein, Fats, Minerals, Vitamins, Water).
- 3.2 Digestion and Absorption of Carbohydrate, Protein, and Fat.
- 3.3 Nutrition, Nutritional Values of Vegetables, Fruits and Milk and Milk Products.
- 3.4 Malnutrition and Diseases due to Malnutrition.

UNIT-IV

4. DIET THERAPY

- 4.1. Diet Therapy – Meaning, Definition and Principles of Diet Therapy.
- 4.2 Yogic Concept of Diet; Relevance in the Management of life style diseases.
- 4.3 Procedure of Diet Therapy.
- 4.4 Preparation of Diet Chart for – Diabetes Mellitus, Bronchial Asthma, Hypertension, Arthritis & Constipation

Contd.....2

REFERENCES:

1. Rao, V. Manglagowri (2007), “The Text Book of Swasthavritta”, Chaukhambha Orientalia, Varanasi, 97881-7637-034-9.
2. Charak Samhita (Ist part), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 81-7080-014-5, 1994.
3. Sushrut Samhita (Sutra sthan and Sharir sthan), Choukhambha Orientila, ISBN 978-0199360079.
4. Ashtanga Sangrah (Sutra sthan), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 0-14-44824-1, 2014.
5. Ashtanga Hridayam (Sutra sthan), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 10:8121800226.
6. Singh, Ram Harsha, Swasthavritta Vigyanam, ISBN 8290611103.
7. Joshi, Sunil Kumar Marma Chikitsa, ISBN 81-89221-64-7.

MA IN YOGA – III SEMESTER
PAPER–IV: UPANISHAD – II
Subject Code: (M.A. Yoga/III/A/04)
(July 2026 to November 2026)

LEARNING OBJECTIVE:-

- In-depth understanding of the history of Yoga along with the knowledge of Vedas and Yoga Upanishads.
- Understanding the messages and teachings of Yoga Upanishads.
- To Understand the Essence of Yoga Upanishads.

UNIT-I

1. INTRODUCTION TO YOGA UPANISHADS

- 1.1 Introduction to Yoga Upanishads: Meaning, Definition, Significance of Yoga Upanishads.
- 1.2 Concept of Yoga Upanishads, Comparison between subject matters of Veda & Yoga Upanishads.
- 1.3 Views of Renowned Scholars about Yoga Upanishads.
- 1.4 Significance of Yoga Upanishads in Present Times.

UNIT-II

2. ESSENCE OF SHWETASHWATAROPANISHAD, YOGAKUNDALI UPANISHAD.

- 2.1 Shwetashwataropanishad : (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana.
- 2.2 Shwetashwataropanishad: Sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis.
- 2.3 Shwetashwataropanishad: Tattvajna, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.
- 2.4 Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization.

UNIT-III

3. ESSENCE OF YOGACHUDAMADI UPANISHAD, TRISHIKHIBRAHMANOPANISHAD, YOGATATTVA UPNISHAD

- 3.1 Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence
- 3.2 Trishikhibrahmanopanishad: Description of Ashtangayoga, Karmayoga and Jnanayoga.
- 3.3 Yogatattva Upnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages.
- 3.4 Yogatattva Upnishad: Diet and Dincharya, primary symptoms of yoga siddhis and precautions.

Contd.....2

UNIT-IV

4. ESSENCE OF DHYANBINDOOPANISHAD, NADABINDOOPANISHAD, YOGARAJOPNISHAD.

- 4.1 Dhyانبindoopanishad : Importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadasandhan.
- 4.2 Nadabindoopanishad: Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas
- 4.3 Nadabindoopanishad: Types of nadas, nature of nadasandhan sadhana, state of Manolaya.
- 4.4 Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

BOOKS FOR REFERENCE:

- Message of Upanishad, Bharatiya Vidya Bhawan, (1993).
- Singh, Dinesh, (2014), “The fundamentals of Science and Soul with the essence of Vedas, Upanishads and Srimad Bhagwad Gita”, Aatmic Sciences Publications, ISBN-9788192530048
- Prasad, Ramanuj, (2003), “Know the Upanishads”, V & S Publications, New Delhi, ISBN-9381384754
- Gambhirananda, Swami, (1957), “Eight Upanishads with the commentary of Shankaracharya–Vol. 1 and Vol. 2”, Advaita Ashrama, University of Virginia.
- Radhakrishnan, Sarvepalli, (1974), “The Principal Upanishads”, Allen & Unwin Publications, ISBN-8172231245
- Easwaran, Eknath, (2007), “The Upanishads”, Neelgiri Press, Kanada, ISBN-978-1-58638-021-2
- Hari, Dr. R.M., (1992), “Sri Yoga Vasishtha”, ISBN-97809850988-03
- Venkateshananda, Swami, (1984), “The Concise Yoga Vasishtha” State University of New York Press, ISBN-0-87395-954-X
- Venkateshananda, Swami, (1976), “The Supreme Yoga”, Children Yoga Trust, ISBN-6620020555, 1976.

M.A. IN YOGA
SEMESTER-III
Practical Syllabus (PART-B)
Subject Code: (M.A. Yoga/III/B/01-02)
(July 2026 to November 2026)

LEARNING OBJECTIVE:-

- Understanding various Shatkarma Techniques and Recent Trends of Advanced Asanas.
- Deepening in the practice of Pranayama, Bandhas and Mudras.
- Learning the aspects of Meditation, Indications and Contraindication related to it.

B-01: YOGA PRACTICALS –IV

1. SHATKARMA:

Vastra Dhauti, Danda Dhauti, Nauli (Nauli Sanchalana)

2. SURYA NAMASKARA AND THE RECENT TRENDS: - ASHTANGA AND VINYASA SERIES (A & B)

3. ADVANCED ASANAS USING DIFFERENT PROPS

Like Blocks, Bolster, Strap, Blanket, Arm-Chair, Cork Yoga Wheel.

Vatayanasana, Pada Angusthasana, Garbhasana, Baddhapadmasana, Shirsasana, Kukkutasana, Hanumanasana, Kurmasana, Poorna Matsyasana, Padmasarvangasana, Karnpeedasana Suptavajrasana, Poorna Shalabhasana, Vrischikasana, Poorna Bhujangasana, Dwihasta Bhujasana, Niralamba Paschimottanasana, Ashta Vakrasana, Vishwamitrasana

4. PRANAYAMA:

Pranayama according to Gheranda Samhita

5. BANDHAS AND MUDRAS:

Tribandha, Hasta Mudra, Bhuchari Mudra, Akashi Mudra, Unmani Mudra, Prana Mudra

6. TECHNIQUES OF MEDITATION:

Preksha Dhyan, Vipassana, Savita Dhyan

7. RELAXATION TECHNIQUE:

IRT (Instant Relaxation Technique),

QRT (Quick Relaxation Technique), DRT (Deep Relaxation Technique), Yoga Nidra

7. POWER YOGA SESSIONS.

LEARNING OBJECTIVE:-

- Exposing the students to practical applicability of Yoga Teaching Methodologies.
- Sequential learning of conducting. Yoga session for variety of groups.
- Internal assessment of Teaching Skills and Presentation Skills

**B-02: TEACHING ABILITY
(LESSON PLAN-II) MINIMUM 5**

- (i) There shall be minimum of four Internal Lessons and One Final Lesson
- (ii) Internal Lessons shall be assessed out of 25 and final lesson shall be of 50 marks.
- (iii) Internal Lessons should be taken on Asana, Pranayama & Relaxation Techniques.
- (iv) Final Lesson should be taken on any topic of their choice from the above (Asana, Pranayama and Relaxation Techniques).

C- INTERNSHIP

1. Internship should be taken up by the students themselves, at the end of II semester (minimum 30 days) in any School/Organization/Centres in or outside Gwalior. However, the 'No Objection Certificate' will be taken by the student from the Department.
2. Internship will be graded by the competent authority of the organization concerned on a prescribed format provided by the Department. The intern has to appear for VIVA (20 Marks) before the Departmental Committee and submit a report (30 Marks). The combined marks obtained will be mentioned in Grades which shall be converted as mentioned below:

GRADING PARAMETERS:

A++ 90 & above	B 65-69
A+ 85-89	C++ 60-64
A 80-84	C+ 55-59
B++ 75-79	C 50-54
B+ 70-74	D 49-45
	E Fail

3. If the student fails to undergo Internship, his/her result will be with held till the successful completion of the Internship.

MA IN YOGA – IV SEMESTER
PAPER-I: SHRIMAD BHAGWAD GITA & HUMAN CONSCIOUSNESS
Subject Code: (M.A (Yoga)/IV/A/01)
(December 2026 to April 2027)

LEARNING OBJECTIVE:-

- Understanding the significance of Shrimad Bhagwad Gita in today's time.
- Learning the concepts of Atman and Paramatman and Jnana Yoga.
- Developing understanding of Karma Yoga and Bhakti Yoga by the teachings of Bhagwad Gita.
- Deeper understanding on the concept of Ahara and role of Bhagwad Gita in healthy living.
- Importance and role of human consciousness.

UNIT – I

1. CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTICS OF STHITA PRAJNA IN SHRIMAD BHAGAWAD GITA

- 1.1 Concept of Samkhya Yoga in Shrimad Bhagawadgita
- 1.2 Concept of Sthita Prajna, Stages and his Characteristics
- 1.3 Concept of Atman (Purusha), Jivatman, Paramatman (Parmeshwar or Purushottam) their Characteristics in Shrimad Bhagawadgita
- 1.4 Concept of Jnana and Jnana Yoga, Origin of the world as described in Shrimad Bhagawadgita

UNIT-II

2. KARMA YOGA AND BHAKTI YOGA IN SHRIMAD BHAGAWAD GITA

- 2.1 Concept of Karma Yoga in Shrimad Bhagawadgita
- 2.2 Concept of Bhakti & Shraddha and its relevance as described in Shrimad Bhagawad Gita
- 2.3 Yoga of Bhakti and Bhakta as described in Shrimad Bhagawadgita
- 2.4 Dhyana Yoga with devotion; Nature of Dhyana in Shrimad Bhagawad Gita

UNIT – III

3. CONCEPT OF AHARA AND ROLE OF SHRIMAD BHAGAWADGITA IN HEALTHY LIVING

- 3.1 Role of Shrimad Bhagawadgita in day to day life
- 3.2 Concept and Classification of Ahara as described in Shrimad Bhagawadgita
- 3.3 Ahara and its Role in Adhyatma Sadhana, Concept of Triguna in the context of Shrimad Bhagawadgita
- 3.4 Theory of Adjustment in Healthy living as described in Shrimad Bhagawadgita

Contd.....2

4. INTRODUCTION TO HUMAN CONSCIOUSNESS

- 4.1 Concept of Human Consciousness, its Meaning and Definitions.
- 4.2 Human Consciousness in Shrimad Bhagwad Geeta.
- 4.3 Human Consciousness in Veda.
- 4.4 Human Consciousness in Upanishads.

BOOKS FOR REFERENCE:

- Swami Ramsukhadas, Srimad Shrimad Bhagawad Gita (Sadhaka Sanjivani), Gita Press Gorakhpur
- Swami Ranganathananda, Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
- Swami Shrikantananda, Gita Darshana, Indian Institute of Human Excellence Hyderabad
- Swami Tapasyananda, Srimadbhagavadgita, Sri Ramkrishna Matha Madras
- Swami Gambhiranand, Shrimad Bhagawad Gita (with Gudharth Dipika), Sri Ramkrishna Matha Madras
- Swami Abhidananda, Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
- Swami Raghvendrananda, Universal message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000
- Swami Gambhiranand, Bhagvatgita with the commentary of Sankaracharya, Advaita Ashrama, Kolkata, 2003
- Warrior A.G.K, Srimad Bhagvatgita of Sri Sankaracharya, Sri Ramakrishnamata, Madras, 2002
- Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishnamata, Kolkata, 2009.
- Puligandla, R. (1997), “Fundamentals of Indian Philosophy”- ISBN- 8124600872, Publisher: D.K. Print World Ltd; New Edition.

M.A. IN YOGA – IV SEMESTER
PAPER-II: FUNDAMENTALS OF NATUROPATHY
Subject Code: (M.A. Yoga/IV/A/02)
(December 2026 to April 2027)

LEARNING OBJECTIVE:-

- Understanding Concepts of Health and Disease according to Naturopathy.
- Learning the Importance of various components of diet, such as dietary fiber, vitamins, minerals, etc.
- Learning the Importance and Application of Fasting, Mud Therapy, Hydrotherapy, etc and their Practical usage.

UNIT-I

1. INTRODUCTION TO NATURE CURE

- 1.1 Introduction, Meaning, Definition of Naturopathy, Historical background of Naturopathy (Indian & Western)
- 1.2 Fundamental Principles of Naturopathy
- 1.3 Law of Nature - Panchamahabhuta Theory
- 1.4 Foreign Matter Theory/ Toxemia

UNIT-II

2. FASTING AND DIETETICS

- 2.1 Diet according to Naturopathy and its Types.
- 2.2 Definition, Introduction and Historical Background of Fasting.
- 2.3 Classification of Fasting; Difference between Fasting and Starvation, Methods of Breaking the Fast.
- 2.4 Hygienic auxiliaries during Fasting, Physiological effect of Fasting.

UNIT-III

3. HYDROTHERAPY AND MUD THERAPY

- 3.1 Introduction , Brief History, Physical Properties of Water and Classification of Temperature
- 3.2 General Principles of Hydrotherapy.
- 3.3 Different Hydriatic Measures and Therapeutic Effect of Hydriatic Application: (i) Enema (ii) Hip bath (iii) Spinal Bath (iv) Spinal Spray Bath (v) Foot and Arm Bath (vi) Steam and Sauna Bath (vii) Packs Bath.
- 3.4 Introduction to Mud Therapy, Classification of Mud, Methods of Treatment of Mud, Therapeutic Effect of Mud Therapy.

UNIT-IV

4. MANAGEMENT OF VARIOUS DISEASES WITH NATUROPATHY

- 4.1 Management of Obesity and Diabetes Mellitus.
- 4.2 Management of Hypertension.
- 4.3 Management of Bronchial Asthma.
- 4.4 Management of Arthritis and Low Back Pain.

Contd.....2

REFERENCES:

1. Bakhru H. K., The Complete Handbook Of Nature Cure, Jaico Publishing House – Mumbai, ISBN13: 9788172242299
2. Prasoon, Prof. Shrikant, PanchaMahabhuta tatwa and Sharira, HINDOLOGY BOOKS, ISBN: 9788122310115
3. Shew, Joel, (1989) Handbook of Hydrotherapy Publisher: Society of Metaphysicians Ltd; New ed of 1844 ed edition (1 January 1989), ISBN-13: 978-1852288785
4. Kellogg, John Harvey, (2004) Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease, TEACH Services, Inc. ISBN-13: 978-1572582095
5. Indani, Ashish,(2013) Mud Therapy: Healing Through One of the Five Elements , B Jain Publishers Pvt Ltd , ISBN-13: 978-8131908457
6. Ehret, Arnold, (1971) Rational Fasting, Mass Market, Benedict Lust, ISBN-13: 978-0879040055
7. Herbert M., Shelton, (1974) Fasting for Renewal of Life ISBN-13: 978-0914532385
8. Shelton, Herbert M., (2013) The Science and Fine Art of Fasting, Martino Fine Books ISBN-13: 978-1614274483

M.A. IN YOGA – IV SEMESTER
PAPER-III: VALUE EDUCATION & ITS APPLICATION IN YOGA
Subject Code: (M.A. Yoga/IV/A/03)
(December 2026 to April 2027)

LEARNING OBJECTIVE:-

- Learning the concepts of Value Education and Holistic Living
- Understanding Social Skills and Value Enhancement through Yoga Education
- Importance and applications of Yoga teaching.

UNIT- I

1. INTRODUCTION TO VALUE EDUCATION

- 1.1 Value Education- Its Purpose and Significance in the Present World.
- 1.2 Salient Values of Life – Truth, Commitment, Honesty and Integrity, Forgiveness and Love.
- 1.3 Balancing the Outer and Inner Self.
- 1.4 Holistic concept of Body, Mind and Spirit.

UNIT-II

2. VALUE EDUCATION AND SOCIAL SKILLS IN YOGA

- 2.1 Salient features of Yoga Education, Factors of Yoga Education.
- 2.2 Value based education- Meaning and definition, types of values.
- 2.3 Self Esteem and Self Confidence, Punctuality, Time, Task and Resource Management.
- 2.4 Corruption, Terrorism, Alcoholism, Drug Addiction, Female Infanticide.

UNIT-III

3. VALUE ENHANCEMENT BY YOGA EDUCATION

- 3.1 Yogic Concept on the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.
- 3.2 Value crisis and Removal of Destructive Mentality through Yoga.
- 3.3 Salient Features and Role of Ideal Yoga Teacher in Value-oriented Education.
- 3.4 Guru–Shishya Parampara and its Importance in Yoga.

UNIT-IV

4. TEACHING METHODOLOGY IN YOGA

- 4.1 Principles of Teaching: Meaning and scope of Teaching methods and factors influencing them.

Contd.....2

- 4.2 Teaching techniques – Individual, group and mass, Essentials of Good Lesson Plan.
- 4.3 Teaching methods: Eight step method of Introduction as developed in Kaivalyadhama.
- 4.4 Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, student's approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34).

REFERENCES:

- 1. S. B. Kakkar Current issues of Education and Psychology, Bhargav Publication 2003.
- 2. Dr. N. Vankataish Value Education, APH Publishing 1998.
- 3. Dr H R Nagendra and T Mohan, Yoga in Education, Vol I, Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2001.
- 4. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. I, The Yoga Institute, Santacruz East, Mumbai, 2006.
- 5. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, Santacruz East, Mumbai, 1989.
- 6. Duggal, Satyapad : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985.
- 7. Swámi Satyananda :Yoga Education For Children Sarasvati (Bihar Schools of Yoga, Munger, 1990).
- 8. Gawande. E.N. : Value-Oriented Education (Sarup & Sons, New Delhi – 110002)
- 9. Ghorote. M.L. : Yoga Applied to Physical Education Lonavala; Kaivalyadhama..
- 10. Ghorote. M.L. : Teaching methods for Yogic practices Lonavala; Kaivalyadhama

M.A. IN YOGA – IV SEMESTER
PAPER-IV: DISSERTATION / OPTIONAL PAPER
Subject Code: (M.A. Yoga/IV/A/04)
(December 2026 to April 2027)

LEARNING OBJECTIVE:-

- Acquiring Practical skills in Systematic Investigation of a Research Problem
- Organizing the Samples and Sampling techniques which are relevant to the study.
- Applying the Statistics in research thesis for evaluation.
- Learning measurement of Clinical Symptoms and psychological parameters
- Organizing the Data and Presenting it as a Thesis.

DISSERTATION

(1) Dissertation is optional for the students.

In case any student opts for dissertation he/ she shall follow the below mentioned guidelines:

- (a) A student can prepare dissertation on any topic of his/her choice based on the subjects he/she has studied during the course.
- (b) The topic selected shall be streamlined by the Research Committee of the Department and the Committee shall also allot a guide after taking due consent from the person concerned.
- (c) APA format shall be applicable for preparation of dissertation with 20% relaxation.
- (d) The Dissertation is expected to be original work with a dilution of 20% permissible. The authenticity of such works shall be checked by Plagiarism software.
- (e) The work shall be assessed for 75 marks by an External Examiner appointed by the Institute.
- (f) The assessment shall be done on the basis of Dissertation prepared and Viva-Voce taken.
- (g) There will be Internal Assessment also by the teacher concerned allotted by the Department.
- (h) Internal assessment shall carry 25 marks which will be given by the teacher concerned based on performance of the student which includes sincerity, regularity & quality of the work being done.

(2) Optional Paper: The papers mentioned under optional subjects in Scheme of examination will be offered to the students as per Administrative Feasibility.

M.A. IV SEMESTER
FITNESS AND WELLNESS (OPTIONAL PAPER)

Code- MA Yoga/IV/A/04/a
(December 2026 to April 2027)

UNIT-I

1 INTRODUCTION TO FITNESS AND WELLNESS:

- 1.1 Meaning and Definition of Fitness, Wellness & Nutrition.
- 1.2 Physical Fitness Concepts, Components, Techniques and Principles of Physical fitness.
- 1.3 Leisure time Physical activity, Opportunities in the community to participate leisure activities.
- 1.4 Current trends in Fitness and Conditioning, Components of total health fitness and Relationship between Physical activity and Lifelong wellness.

UNIT-II

2. APPLICATION OF FITNESS AND WELLNESS:

- 2.1 Nutrition & Wellness.
- 2.2 Body Composition & Weight Management.
- 2.3 Endurance: Cardio Respiratory & Muscular; Principles of Resistance Training.
- 2.4 Flexibility, Fitness & Wellness relationship.

UNIT-III

3 FITNESS AND WELLNESS ASSESSMENT:

- 3.1 Measurement of Height, Weight & Body Composition; Assessment of Cardio respiratory fitness, Health Related Fitness.
- 3.2 Preparation & implementation of Group Exercise Plans, Personal Training Plans.
- 3.3 Safety techniques (Spotting, Proper Body Alignment, Lifting Techniques, Spatial, Awareness And Proper Breathing Technique) Weight training principles and concepts; Basic Resistance Exercise (Including Free Hand Exercise, Free Weight Exercise, Weight Machines, Exercises Bands And Tubing Medicine Balls, Fit Balls).
- 3.4 Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population.

UNIT-IV

4 ESTABLISHMENT AND MANAGEMENT OF FITNESS CENTRE:

- 4.1 Principles of starting a Fitness Center-Environment, Location, Policy, Offers Of Programmers, Record Keeping, Public Relation.
- 4.2 Fitness Center membership and its Types.
- 4.3 Safety aspects in a Fitness centre.
- 4.4 Qualification and Qualities for a Fitness trainer.

Contd.....2

PRACTICALS

1. Orientation and Management of Fitness Center, various equipments and Wet Zone.
2. Different methods of measuring Body Composition (BMI, Skinfold Caliper).
3. Different Fitness Test (Harvard Step Test, Sit and Reach Test, Grip Dynamometer).

REFERENCES:

- Divid K. Miller & T. Eart Allen fitness, A life time commitment, Surjeet Publication Delhi 1989
- Dificore Judy, the complete guide to the postnatal fitness, A & C Balack Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India) ,1992. Warner W.K. oeger &
- Sharon A. Hoeger, fitness and wellness, Morton Publishing company,1990.
- Emily R. Foster, Krynhariger & Katherine A. & Smith, Fitness Fun, Human Kinetics, Publishers 2002.
- Lawrence, Debbie, Exercise to music. A & C back publishers Ltd. 37, Sohe Square, London 1999
- Corbin, C. (2011). Concepts of physical fitness. New York: Mc Graw-Hill Higher Education. ISBN- 10: 9780073523828ISBN-13:978-0073523828
- Hoeger, W., & Hoeger, S. Finess & wellness. (2013) Belmont, CA: Wadsworth, Cengage Learning ISBN-13: 978-1285733159ISBN-10: 1285733150
- Greenberg, J., Dintiman, G. & Myers Oakes, B. (2004). Physical fitness and wellness. Champaign, IL : Human Kinetics. IBSN-13: 978-0736046961. ISBN-10 : 0736046968

M.A. IV SEMESTER
ESSENTIAL OF EDUCATION AND TECHNOLOGY (OPTIONAL PAPER)
Code- MA Yoga/IV/A/04/b
(December 2026 to April 2027)

UNIT-I

1. BASICS OF EDUCATION TECHNOLOGY:

- 1.1 Concept of Education Technology
- 1.2 Role of Educational Practices
- 1.3 Hardware Technologies
- 1.4 Hardware Instructional Aids
 - 1.4.1 Overhead Projector
 - 1.4.2 Still and Movie Projector
 - 1.4.3 Slide Cum Film Strips Projector
 - 1.4.4 Audio Visual Recording Instruments
 - 1.4.5 Radio, Television and Computers

UNIT-II

2. COMMUNICATION PROCESS AND TEACHING:

- 2.1 Communication
 - 2.1.1 Concept and Process of Communication
 - 2.1.2 Principles of Communication
 - 2.1.3 Barriers of Communication
 - 2.1.4 Class room Communication (Verbal and Non- Verbal)
 - 2.1.5 Achieving Effectiveness in Class Room Communication
 - 2.1.6 Different Media of Communication
- 2.2 Team Teaching: Meaning, Objective, Types, Principles, Procedure, Advantages and Disadvantages
- 2.3 Modification of Teacher Behaviour.
- 2.4 Flanders's Interaction analysis, Concept, Procedure, Advantages and Limitations.

UNIT-III

3. RESEARCH PROCESS IN TEACHER EDUCATION:

- 3.1 Action Research
 - 3.1.1 Concept of Action Research
 - 3.1.2 Procedure and significance of Research Teacher Education
- 3.2 Evaluating Institutional Performance: Concept, Method, Uses, Pupil and Teacher
- 3.3 Evaluation and Institutional Performance Evaluation.
- 3.4 Method of Teacher Evaluation
 - 3.3.1 Use of Pupil Rating
 - 3.3.2 Peer Rating
 - 3.3.3 Supervisor Rating
 - 3.3.4 Community Rating

Contd.....2

UNIT-IV

4. I.C.T. AND E-LEARNING:

- 4.1 Meaning, Nature and Significance of Information and Communication Technology In Teaching Learning Process.
- 4.2 Multimedia Approach to Education: Role of Video Conferencing, Radio Conferencing, Television, Internet in Teaching Learning Process, their Advantages and Limitations.
- 4.3 Role and Composition of Central Institute of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutions and their Role for the improvement of teaching-learning.
- 4.4 E-Learning- Definition, Advantages and Characteristics; Role of E-Learning, Components of E-Learning: CBT, WBT and Virtual Classroom, E-Learning Tools; Learning Management Systems: Definition, Components- LMS vs LCMS.

REFERENCES:

- Integrating Technology in the classroom shelly, cashman, gunter and gunter, publication by thomson course technology.
- Essentials of Educational Technology, Madan Lal, Anmol Publications
- Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxfordb & Page 68 of 71 IBH Publishing company, New Delhi
- Communication and Education, D. N. Dasgupta, Pointer Publishers
- K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
- Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.
- Amita Bhardwaj, New Media of Educational Planning”.Sarup of Sons, New Delhi-2003.

M.A. IV SEMESTER
CORRECTIVES AND REHABILITATION (OPTIONAL PAPER)
Code- MA Yoga/IV/A/04/c
(December 2026 to April 2027)

UNIT-I

- 1. INTRODUCTION TO CORRECTIVE PHYSICAL EDUCATION AND POSTURE:**
 - 1.1 Corrective Physical Education:
 - 1.1.1 Definition, Objectives and Scope
 - 1.2 Corrective Physical Education Class (Group Therapy) :
 - 1.2.1 Organization, Advantages and Disadvantages
 - 1.3 Posture:
 - 1.3.1 Definition
 - 1.3.2 Types of Posture (Static, Dynamic)
 - 1.3.3 Individual Variations in Postures
 - 1.3.4 Curves in a Normal Spine
 - 1.4 Good and Bad Posture:
 - 1.4.1 Meaning of Good and Bad Posture
 - 1.4.2 Values of Good Posture
 - 1.4.3 Causes of Bad Posture
 - 1.4.4 Drawbacks of Bad Posture

UNIT-II

- 2. POSTURAL DEFECTS-I:**
 - 2.1 Postural Defects:
 - 2.1.1 Postural Defects in different planes / Directions (Anterio-Posterior, Lateral)
 - 2.1.2 Types of Postural Defects; Functional, Structural
 - 2.1.3 General Corrective Measures of Postural Defects
 - 2.2 Common Postural Defects of Antero-Posterior Plane of Spine; their causes and corrective exercises:
 - 2.2.1 Kyphosis
 - 2.2.2 Lordosis
 - 2.2.3 Kypho-Lordosis
 - 2.2.4 Ankylosing Spondylosis

UNIT-III

- 3. POSTURAL DEFECTS-II:**
 - 3.1 Common Postural Defect of Lateral Plane of Spine (Scoliosis)
 - 3.1.1 Definition of Scoliosis
 - 3.1.2 Types of Scoliosis (C & S Curves)
 - 3.1.3 Causes of Scoliosis
 - 3.1.4 Corrective Exercises
 - 3.2 Common Postural Defects of Lower Extremities, their causes and corrective exercises :
 - 3.2.1 Knock-knee
 - 3.2.2 Bow-legs
 - 3.2.3 Flat-Foot

Contd.....2

UNIT-IV

4. INTRODUCTION TO SPORTS INJURIES:

- 4.1 Sports Injuries :
 - 4.1.1 Types; Traumatic, Overuse
 - 4.1.2 General Factors Causing Sports Injuries
 - 4.1.3 Role of a trained personnel in the management of Sports Injuries
 - 4.1.4 Complications of Incomplete Treatment
- 4.2 Most common Sports Injuries (their Introduction, General Immediate and Long term treatment) :
 - 4.2.1 Sprain
 - 4.2.2 Strain
 - 4.2.3 Contusion
 - 4.2.4 Dislocation
 - 4.2.5 Fracture

PRACTICAL:

Demonstration and practice of corrective exercises for common postural defects.

1. Kyphosis
2. Lordosis
3. Kypho-lordosis
4. Ankylosing Spondylosis
5. Scoliosis
6. Knock-knee
7. Bow-legs
8. Flat-foot

REFERENCES:

- ❖ Bindal, V.D. (2010), Corrective Physical Education, Therapeutic Exercise and Rehabilitation. Associated Publishing House, Agra.
- ❖ Ghildyal, Sushma (2007), Methods of Preventive and Corrective Physical Education. Sports Educational Technologies, New Delhi.
- ❖ Goel, R.N. (2000). Goel's Physiltherapy. Dr. RN. Goel, Bhopal.
- ❖ Klafs, Carl E. and Arnheim, Daniel D. (1981). Modern Principles of Athletic Training. The C.V. Mosby Company, St. Louis.
- ❖ Pande, P.K. and Gupta, L.C. (1987). Outlines of Sports Medicine. Jaypee Brothers, New Delhi.
- ❖ Rasch, P.J. and Burke, R.K. (1978). Kinesiology and Applied Anatomy. Lea and Febiger, Philadelphia.
- ❖ Rathbone, J.L. and Hunt, V.V. (1965). Corrective Physical Education. W.B. Saunders Company, Philadelphia.
- ❖ Steven. Roy and Irvin, Richard (1983). Sports Medicine. Prentice Hall, Engle Wood Cliff. N.J.

M.A. IN YOGA
SEMESTER-IV
Practical Syllabus (PART-B)
Subject Code: (M.A. Yoga/IV/B/01-02)
(December 2026 to April 2027)

LEARNING OBJECTIVE:-

- Learning the diagnosis and management of various Yoga therapy techniques.
- Learning the management of various lifestyle disorders like Obesity, Hypertension, Arthritis, etc with the help of yoga therapy

B-01: YOGA PRACTICAL SYLLABUS
(THERAPEUTIC PRESCRIPTION)

YOGIC MANAGEMENT FOR DISORDERS

- Yogic practices for Asthma
 - Yogic practices for Gastro intestinal Disorder
 - Yogic practices for Anxiety, Depression
 - Yogic practices for Hypertension
 - Yogic practices for Arthritis
 - Yogic practices for Menstrual disorders
 - Yogic practices for Back pain
 - Yogic practices for Obesity
 - Yogic practices for Diabetes Mellitus
-

LEARNING OBJECTIVE:-

- Learning techniques and procedures of various types of Hydriatic applications and mud therapy.
- Learning to curate various diseases like Diabetes, High Blood Pressure, Asthma with the help of Naturopathic techniques.

B-02 : NATUROPATHY PRACTICAL

- Students shall be introduced to various treatment procedures used in Naturopathy.
- Demonstration of various therapeutic procedure and treatments in Hydrotherapy and mud therapy during practical classes.
- Management of Diseases like Diabetes, High Blood Pressure, Asthma, Back Pain through Naturopathy.
- Practical Record should be maintained.
- The Vice-Voce shall be from the entire theory syllabus of Naturopathy.

INTERNAL ASSESSMENT CRITERIA (M.A. IN YOGA)

Internal Assessment for all subjects in M.A. in Yoga will be done as follows:

- | | | | |
|-----|-------------------------|---|-------------|
| (1) | Assessment within Class | : | (20) |
| (2) | Class Test-1 | : | (25) |
| (3) | Class Test-2 | : | (25) |
| (4) | Assignment | : | (20) |
| (5) | Attendance* | : | (10) |
| (6) | Total | : | (100) |
| (7) | Final Sessional | : | (50) |

NOTE: *Criteria for giving marks of attendance

% of Attendance	Marks
85%	0
86%	1
88%	2
90%	3
92%	4
94%	6
96%	8
98%	9
100%	10

Program Specific Learning Outcome of the Course **(M.A. in Yoga)**

The aim of the programme is to propagate and promote yoga for positive health.

This programme will:-

- 1) Help students to grow in sensitivity, sympathy and empathy towards others, learn to work in a team and develop leadership qualities, accept and respect individual differences and work with responsibility and commitment and also develop an understanding about inclusive education.
- 2) Introduce basic concepts of preventive health and health promotion through yoga
- 3) Introduce concepts of Human Body to the students so as to develop their understanding about the therapeutic application of Yoga in today's time.
- 4) Develop clear understanding about the benefit and contraindication of Yoga Practice and to train teachers on preventive health and promotion of positive health through yoga and personality development.
- 5) The students learn to organize Yoga camps/ Workshops. Each students of the course has to undergo Internship related to Yoga Training Camp / Workshops under the supervision of their assigned mentors.
- 6) After completing the course, a student of Yogic sciences can find a career to teach and spread the knowledge in schools, colleges, health centers, and Yoga studios.

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I**

Paper-I : Research Methodology

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Santosh K. Vishwakarma	9258360558		D.S.V.V, Shantikunj - Haridwar
2	Dr. Anil Karvande	9226194510		Nagpur, University
3	Dr. Joseph Singh	9935523938		LNIPE Gwalior
4	Dr. Yatendra Singh	9999156333		LNIPE Gwalior
5	Dr. Somnath Beg			
6	Dr. B.K. Prasad	9300061055		LNIPE, Gwalior
7	Dr. G.K. Dubey			
8	Dr. Nishan Singh Deol			
9	Dr. Sanjeet Sardar			
10	Dr. Vishal Banne			
11	Dr. Sandeep Kumar Singh	8946870057	drsandeep@uop.edu.in, drsandeepsingh1@gmail.com	University of Patanjali , Haridwar , Uttarakhand

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I**

Paper-II : Applied Statistics

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Santosh Kumar Vishwakarma	9258360558		D.S.V.V, Shantikunj - Haridwar
2	Dr. Sarita Garg	9826025606		Digdarshika Training college Bhopal
3	Dr Sanjay Kumar Pandagale	9826296282		RIE BHopal
4	Dr. B.S. Ranjan	9779473923		H.P. University, Shimla
5	Dr. Amar Kumar	7879839118		LNIPE Gwalior
6	Prof. G.D. Ghai	9425335862		LNIPE Gwalior
7	Dr. B.K. Prasad	9300061055		LNIPE Gwalior
8	Dr. Sandeep Kumar Singh	8946870057	drsandeep@uop.edu.in, drsandeepsingh1@gmail.com	University of Patanjali , Haridwar , Uttarakhand

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I

Paper-III : Foundation of Yoga-I

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. B.S. Ranjan	9779473923		H.P. University, Shimla
2	Dr. Sadhana Dauneria	9425011853 (Res: 2481001)		M-353, Arvind vihar bag, Mugaliya, Bhopal, (Barkatulla University)
3	Dr. Indu Sharma	9412937634		MDNIY, Delhi
4	Dr. S.P. Pathak	9691755530		Shimla University
5	Dr. Arun Kumar Sao	9074803079		Sagar, University
6	Dr. Udham Singh	8439353407		Gurukul Kangari University, Haridwar
7	Dr. Arpita Joshi	9897703424		Shimla University
8	Dr. Sunil Kumar Yadav	9258360972		DSVV, Shantikunj, Haridwar
9	Dr. Sunil Kumar Deshmukh	9340246263		LNIFE, Gwalior
10	Dr. Moradhvaj Singh	9648897563		LNIFE, Gwalior
11.	Dr. Ramesh Kumar	9868899001	Ramesh@slbsrsv.ac.in	Shri Lal Bhadur Shastri National Sanskrit University, New Delhi

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I

Paper-IV : Human Anatomy and Physiology-I

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Binayak Kumar Dubey	9621583369		B.H.U. Banaras (U.P.)
2	Dr. Gyaneshwar	9358671615		D.S.V.V, Shantikunj, Haridwar
3	Dr. Heera Lal	8161384451		HNB, Gharwal
4	Dr. Somshanker Chatarjee	9831236849		West Bengal
5	Dr. Gaurav Kushwah	9755388232		Gujrat
6	Dr. Sameer Gupta	9425117283		G.R.Medical College, Gwl
7	Dr. Sujoy Bisth	8473051211		Lnipe ,Guwahati
8	Dr. Sanjeev Kumar Patra	9483390476		SVYASA University
9	Dr. P.K.Das	9406581045		LNIFE, Gwalior
10	Dr. Payel Das	7067037789		LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I (Practical)

Yoga Practical-I

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Sunil Yadav	9258360927		D.S.V.V, Shantikunj, Haridwar
2	Dr. Upendra Khatri	9424600571		Sanchi University
3	Dr. Navin Bhatta	7500323111		Kumau University
4	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
5	Dr. Bhaskar Shukla	9450633900		Allahabad University
6	Dr. Kamta Prasad	9358183287		D.S.V.V, Shantikunj - Haridwar
7	Dr. Arpita Joshi	9897703424		Shimla University
8	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
9	Dr. Vijay Singh	9258360737		D.S.V.V, Shantikunj, Haridwar
10	Dr. Ramesh Kumar	9868899001	Ramesh@slbsrsv.ac.in	Shri Lal Bhadur Shastri National Sanskrit University, New Delhi
11	Dr. Dharambir Yadav	9466431860	dharambiryadav.yogi@gmail.com	Indira Gandhi University, Rewari, Haryana

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-I (Practical)

Yoga Practical-II

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
2	Dr. Kamta Prasad	9358183287		D.S.V.V, Shantikunj - Haridwar
3	Dr. Kallol Chatarjee	9474010044		P.G. College, Panipur. 24/parganas (W.B.)
4	Dr. Ashutosh Bhandari	9997340370		R.B.S College, Agra
5	Dr. Garima Sharma	8103860972		Jawaharlal Nehru College, Bhopal
6	Mrs. Anusha D. Tyagi	9821390080		LNPIE, Gwalior
7	Dr. Sunil Kumar Deshmukh	7879052194		LNPIE Gwalior
8	Dr. Bhaskar Shukla	9450633900		Allahabad University
9	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
10	Dr. Udham Singh	8439353407		Gurukul Kangari University, Haridwar
11	Dr. Ajay Pal	8750299902	ajaypal@cuh.ac.in	Central University of Haryana
12	Dr. Kashinath G Metri	9035257626	kashinath@curaj.ac.in	Central University of Rajasthan

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II**

Paper-I : Upanishad – I

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. B.S. Ranjan	9779473923		H.P. University, Shimla
2	Dr. Indu Sharma	9412937634		MDNIY, Delhi
3	Dr. S.P. Pathak	9691755530		Shimla University
4	Dr. Arun Kumar Sao	9074803079		Sagar, University
5	Dr. Udham Singh	8439353407		Gurukul Kangari University, Haridwar
6	Dr. Arpita Joshi	9897703424		Shimla University
7				
8	Dr. Sunil Kumar Deshmukh	9340246263		LNIPE, Gwalior
9	Dr. Vinaychandra Banavati	9880193872		Chanakya University, Bengaluru
10				

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II**

Paper-II : Patanjali Yoga Sutra

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Prof. Ishwar Bhardwaj	9412025142		HOD, Gurukul Kangari University, Haridwar
2	Dr. Nibu R. Kirshna	9425712188		LNIPE Gwalior
3	Dr. Sanjeev Kumar Bhaumik	9436133322		Tripura University, Agartala
4	Dr. S.P. Pathak	9691755530		Shimla University
5	Prof. Suresh Lal Baranwal	9258369627		DSVV Shantikunj, Haridwar
6	Dr. Udham Singh	8439353407		Gurukul Kangari University, Haridwar
7	Dr. L.N. Joshi	9897703424		Uttarakhand Sanskrit University
8	Dr. Arpita Joshi	9897703424		Shimla University
9	Dr. Indu Sharma	9412937634		MDNIY, Delhi
10	Dr. Sunil Kumar Deshmukh	9340246263		LNIPE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II

Paper-III : Principles and Practices of Hatha Yoga

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Sunil Yadav	9258360927		D.S.V.V, Shantikunj, Haridwar
2	Dr. Ishwar Bharadwaj	9412025142		Gurukul Kangri University, Haridwar
3	Dr. Arun Kumar Sao	9074803079		Sagar University, Sagar (M.P.)
4	Dr. S.P. Pathak	8628831846		Shimla University,
5	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
6	Dr. Bhaskar Shukla	9450633900		Allahabad University
7	Dr. Ajay Shastri	9868151670		J.N.U, Delhi
8	Dr. Ashustosh Bhandari	9997340370		R.B.S College, Agra
9	Dr. Ghanshyam Thakur	9595818866 8308006322		HNB , Gharwal
10	Dr. Nibu R. Krishna	9425712188		LNIFE, Gwalior
11	Dr. Anusha D. Tyagi	9821390080		LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II

Paper-IV : Human Anatomy and Physiology-II

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Binayak Kumar Dubey	9621583369		B.H.U. Banaras (U.P.)
2	Dr. Gyaneshwar	9358671615		D.S.V.V, Shantikunj, Haridwar
3	Dr. Heera Lal	8161384451		HNB, Gharwal
4	Dr. Somshanker Chatarjee	9831236849		West Bengal
5	Dr. Gaurav Kushwah	9755388232		Gujrat
6	Dr. Sameer Gupta	9425117283		G.R.Medical College, Gwl
7	Dr. Sujoy Bisth	8473051211		Lnipe ,Guwahati
8	Dr. Sanjeev Kumar Patra	9483390476		SVYASA University
9	Dr. P.K.Das	9406581045		LNIFE, Gwalior
10	Dr. Payal Das	7067037789		LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II (Practical)

Yoga Practical-III

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Sunil Yadav	9258360927		D.S.V.V, Shantikunj, Haridwar
2	Dr. Upendra Khatri	9424600571		Sanchi University
3	Dr. Navin Bhatta	7500323111		Kumau University
4	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
5	Dr. Bhaskar Shukla	9450633900		Allahabad University
6	Dr. Ajay Pal	8750299902		Central University, Haryana
7	Dr. Arpita Joshi	9897703424		Shimla University
8	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
9	Dr. Vijay Singh	9258360737		D.S.V.V, Shantikunj, Haridwar
10	Dr. Sunil Kumar Deshmukh	9340246263		LNPIE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-II (Practical)

Teaching Ability (Lesson Plan-I)

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. L.N. Joshi	9897703424		Uttarakhand Sanskrit University
2	Dr. Bhaskar Shukla	9450633900		Allahabad University
3	Dr. Kallol Chatarjee	9474010044		P.G. College, Panipur. 24/parganas (W.B.)
4	Dr. Ashustosh Bhandari	9997340370		R.B.S College, Agra
5	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
6	Dr. Moradhvaj Singh	8840315753		LNPIE, Gwalior
7	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
8	Dr.Kamta Prashad	9358183287		D.S.V.V, Shantikunj - Haridwar
9	Dr. Indu Sharma	9412937634		MDNIY, Delhi
10	Dr. Ajay Dubey			Himalaya Univeristy, Uttrakhand

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III**

Paper-I : Principles of Psychology and Counselling in Yoga

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Priyanka Rai			MDNIY, Delhi
2	Dr. Swadesh Bhatta	76695691707		D.S.V.V, Shantikunj - Haridwar
3	Dr. Udham Singh	8439353407		Gurukul Kangari University, Haridwar
4	Dr. Kamta Prasad	9358183287		D.S.V.V, Shantikunj - Haridwar
5	Dr. Ishwar Bharadwaj	9412025142		Gurukul Kangri University, Haridwar
6	Dr. Sunil Kumar Deshmukh	7879052194		LNPIE, Gwalior
7	Dr. Himadri Sao	9358268226		D.S.V.V, Shantikunj - Haridwar
8	Dr. S.K. Gupta	9009976907		139 Narayan Nagar, Hoshangabad Road Bhopal
9	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
10	Prof. M.K. Singh	8839285050		LNPIE, Gwalior

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III**

Paper-II : Yoga Therapy and Diagnostic Tools

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Tarak Nath Pramanik	9891852117		Delhi University
2	Dr. Ishwar Bharadwaj	9412025142		Gurukul Kangri University, Haridwar
3	Dr. Amrit Lal Guruvebdra	9258360555		D.S.V.V, Shantikunj, Haridwar
4	Dr. Saraswati Kala	9720106250		Arogya yoga and naturopathy institute , Dehradun (U.K)
5	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
6	Dr. Kamta Prasad	9358183287		D.S.V.V, Shantikunj - Haridwar
7	Dr. Kamakhya kumar	9359737750		Uttarakhand Sanskrit University
8	Dr. Vijay Singh	9258360737		D.S.V.V, Shantikunj, Haridwar
9	Dr. L.N. Joshi	9897703424		Uttarakhand Sanskrit University
10	Dr. Sunil Kumar Deshmukh	9340246263		LNPIE, Gwalior
11	Dr. Payel Das	7067037789		LNPIE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III

Paper-III : Swasthvritta, Diet and Nutrition

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Kashinath G Metri	9035257626	kashinath@curaj.ac.in	Central University of Rajasthan
2	Dr. Sushil Kumar Dubey	8423270165	vaidyaskd@bhu.ac.in	Banaras Hindu University
3	Dr. Upendra Khatri	9424600571		Sanchi University
4	Dr. Navin Bhatta	7500323111		Kumau University
5	Dr. Suresh Lal Barnwal	9258369627		D.S.V.V, Shantikunj - Haridwar
6	Dr. Arun Kumar Sao	9074803079		Sagar University, Sagar (M.P.)
7	Dr. Saraswati Kala	9720106250		Arogya yoga and naturopathy institute , Dehradun (U.K)
8	Dr. Jyoti Keshwani	9893782683		Sant Hardwaram Naturopathy Institute Bhopal
9	Dr. Reema Shrivastav	9897794839		D.S.V.V, Shantikunj, Haridwar
10	Dr. Shivashankar Sharma	9425073774		Devi Ahilya Vishvavidhyalaya Indore
11	Mrs. Anusha D. Tyagi	9821390080		LNPIE, Gwalior
12	Dr. Sunil Kumar Deshmukh	7879052194		LNPIE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III

Paper-IV : Upanishad – II

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. B.S. Ranjan	9779473923		H.P. University, Shimla
2	Dr. Amrit Lal Gurubebdra	9258360555		D.S.V.V, Shantikunj, Haridwar
3	Dr. Navin Bhatta	7500323111		Kumau University
4	Dr. Ishwar Bharadwaj	9412025142		Gurukul Kangri University, Haridwar
5	Garima Sharma	8103860972		Shaheed Bhagat Singh college, Vidisha
6	Dr. Reema Shrivastava	9897794839		D.S.V.V, Shantikunj, Haridwar
7	Dr. Nibu R. Krishna	9425712188		LNPIE, Gwalior
8	Dr. Arpan Kumar Dubey	9958206731		MDNIY, Delhi
9	Dr. Payel Das	7067037789		LNPIE, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III (Practical)

Yoga Practical-IV

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Kamta Prashad	9358183287		D.S.V.V, Shantikunj - Haridwar
2	Dr. Arun Kumar Sao	9074803079		Sagar University, Sagar (M.P.)
3	Dr. Kallol Chatarjee	9474010044		P.G. College, Panipur. 24/parganas (W.B.)
4	Dr. Sunil Yadav	9258360927		D.S.V.V, Shantikunj, Haridwar
5	Dr. Bhaskar Shukla	9450633900		Allahabad University
6	Dr. Ishwar Bharadwaj	9412025142		Gurukul Kangri University, Haridwar
7	Dr. Arpita Joshi	9897703424		Shimla University
8	Dr. Santosh Kumar Vishwakarma	9258360558		D.S.V.V, Shantikunj - Haridwar
9	Dr. Ghanshyam	9595818866 8308006322		HNB , Gharwal
10	Dr. Vijay Singh	9258360737		D.S.V.V, Shantikunj, Haridwar
11	Dr. Nibu R. Krishna	9425712188		LNIPe, Gwalior
12	Dr. Moradhvaj Singh	8840315753		LNIPe, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-III (Practical)

Teaching Ability (Lesson Plan-II)

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. L.N. Joshi	9897703424		Uttarakhand Sanskrit University
2	Dr. Bhaskar Shukla	9450633900		Allahabad University
3	Dr. Kallol Chatarjee	9474010044		P.G. College, Panipur. 24/parganas (W.B.)
4	Dr. Ashutosh Bhandari	9997340370		R.B.S College, Agra
5	Dr. Santosh Kumar Vishwakarma	9258360558		D.S.V.V, Shantikunj - Haridwar
6	Dr. Moradhvaj Singh	8840315753		LNIPe, Gwalior
7	Dr. Sunil Kumar Deshmukh	7879052194		LNIPe, Gwalior
8	Dr. Kamta Prashad	9358183287		D.S.V.V, Shantikunj - Haridwar
9	Dr. Nibu R. Krishna	9425712188		LNIPe, Gwalior
10	Dr. Ajay Dubey			Himalaya Univeristy, Uttrakhand

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-IV**

Paper-I : Shrimad Bhagwad Gita & Human Consciousness

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Prof. Ganesh Shankar Giri	9425656196		Dr. Hari Singh Gour University, Sagar
2	Dr. Himadri Sao	9358268226		DSVV, Haridwar
3	Dr. Bhaskar Shukla	9450633900		Allahabad
4	Dr. Sunil Kumar Deshmukh			LNIPe, Gwalior
5	Dr. Gaurav Pant	9579247668		Pune
6	Dr. Vinod Nottiyal	9411354989		HNB, Garhwal University, Shrinagar
7	Dr. Vijay Kumar	9528880503		DSVV, Haridwar
8	Dr. Ghanshyam Singh Thakur	9595818866, 8308006322		HNB, Garhwal University, Shrinagar
9	Dr. S. P. Pathak	9691755530		HNB, Garhwal University, Shrinagar
10	Dr. Sanjeeb Kumar Patra	9483390476		Central University of Rajasthan

**LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-IV**

Paper-II : Fundamentals of Naturopathy

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Saraswati Kala	9720106250		Dr. Dayanand Naturopathy Centre
2	Dr. Dayanand Sinha	9897133160		D.S.V.V, Shantikunj, Haridwar
3	Dr. Amrit Lal Guruvebdra	9258360555		D.S.V.V, Shantikunj, Haridwar
4	Dr. S.N. Pandey	9873124147		Yugrishi Arogydham, New Delhi
5	Dr. Nibu R. Krishna	9425712188		LNIPe, Gwalior
6	Dr. Bhaskar Shukla	9450633900		Allahabad University
7	Dr. Reema Shrivastava	9897794839		D.S.V.V, Shantikunj, Haridwar
8	Dr. Apar Saoji	9021070919 897034905		S Vyasa University, Bengaluru
9	Dr. Mridul Mishra	882732260		Govt Ayurved College & Hospital, Gwalior
10	Dr. Sunil Kumar Deshmukh	9340246263		LNIPe, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-IV

Paper-III: Value Education in Yoga & Its Application in Yoga

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Sanjay Singh	7248085465		Patanjali Yoga Peeth, Haridwar
2	Dr. Narendra Singh	9759727882		Patanjali Yoga Peeth, Haridwar
3	Dr. Govind Mishra	8115555493		Patanjali Yoga Peeth, Haridwar
4	Dr. Kamta Prashad	9358183287		D.S.V.V, Shantikunj - Haridwar
5	Dr. Suresh Lal Barbwal	9258369627		D.S.V.V, Shantikunj - Haridwar
6	Dr. Bhaskar Shukla	9450633900		Allahabad University
7	Dr. Santosh Kumar Vishwakarma	9258360558		D.S.V.V, Shantikunj - Haridwar
8	Dr. S.K. Gupta	9009976907		139 Narayan Nagar, Hoshangabad Road Bhopal
9	Dr. Nibu R. Krishna	9425712188		LNIPe, Gwalior
10	Dr. Payel Das	7067037789		LNIPe, Gwalior

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-IV (Practical)

Yoga Practical (Therapeutic Prescription)

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Sunil Kumar Deshmukh	7879052194		LNIPe, Gwalior
2	Dr. Ashutosh Bhandari	9997340370		R.B.S College, Agra
3	Dr. Moradhvaj Singh	8870315753		LNIPe, Gwalior
4	Dr. L.N.Joshi	9897703424		Uttarakhand Sanskrit University
5	Dr. Arpita Joshi	9897703424		Shimla University
6	Dr. Bhaskar Shukla	9450633900		Allahabad University
7	Dr. Ghanshyam Thakur	9595818866 8308006322		HNB , Gharwal
8	Dr. Sandeep Dixit	9424933425		Kaivalya Dham, Bhopal
9	Dr. Reema Shrivastava	9897794839		D.S.V.V, Shantikunj, Haridwar
10				

LIST OF PANEL OF EXAMINERS
M.A. IN YOGA
Semester-IV (Practical)

Naturopathy Practical

S.NO.	NAME OF EXAMINERS	PHONE NO.	Email ID	ADDRESS
1	Dr. Saraswati Kala	9720106250		Dr. Dayanand Naturopathy Centre
2	Dr. Dayananad Sinha	9897133160		D.S.V.V, Shantikunj, Haridwar
3	Dr. Moradhvaj Singh	8840315753		LNIFE, Gwalior
4	Dr. Apar Saoji	9021070919 897034905		S Vyasa University, Bengaluru
5	Dr. Bhaskar Shukla	9450633900		Allahabad University
6	Dr. Sunil Yadav	9258360927		D.S.V.V, Shantikunj, Haridwar
7	Dr. Kamta Prashad	9358183287		D.S.V.V, Shantikunj - Haridwar
8	Dr. Reema Shrivastava	9897794839		D.S.V.V, Shantikunj, Haridwar
9	Dr. S.N. Pandey	9873124147		Yugrishi Arogydham, New Delhi
10	Dr. Sunil Kumar Deshmukh	9340246263		LNIFE, Gwalior
11	Dr. Asha Maheshwari	9012168480		Kashganj Agar (UP)
12	Dr. Pravesh Mishra	9685069567		Ayurvedic College, Gwalior
13	Dr. Nibu R. Krishna	9425712188		LNIFE, Gwalior

**SUBJECTS AND SCHEME OF EXAMINATION FOR POST GRADUATE DEGREE
MASTER OF ARTS IN YOGA (M.A.): 4–SEMESTER
(July 2025 to November 2025)**

SEMESTER-I

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit (L+T)
			Theory	Practical	Theory	Practical				
I	M.A (Yoga)/I/A/01	Research Methodology	75	-	34	-	50	56	125	4+1
II	M.A (Yoga)/I/A/02	Applied Statistics	50	25*	23	11	50	56	125	4+1
III	M.A (Yoga)/I/A/03	Foundation of Yoga	75	-	34	-	50	56	125	4+1
IV	M.A (Yoga)/I/A/04	Human Anatomy and Physiology-I	75	-	34	-	50	56	125	4+1
Total								-	500	20
PART-B (PRACTICAL)										
I	M.A (Yoga)/I/B/01	Yoga Practical–I	-	100	-	45	50	68	150	3
II	M.A (Yoga)/I/B/02	Yoga Practical–II	-	100	-	45	50	68	150	3
Total								-	300	6
GRAND TOTAL									800	26

**SUBJECTS AND SCHEME OF EXAMINATION FOR POST GRADUATE DEGREE
MASTER OF ARTS IN YOGA (M.A.): 4–SEMESTER
(December 2025 to April 2026)**

SEMESTER-II

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit (L+T)
			Theory	Practical	Theory	Practical				
I	M.A (Yoga)/II/A/01	Upanishad – I	75	-	34	-	50	56	125	4+1
II	M.A (Yoga)/II/A/02	Patanjali Yoga Sutra	75	-	34	-	50	56	125	4+1
III	M.A (Yoga)/II/A/03	Principles & Practices of Hatha Yoga	75	-	34	-	50	56	125	4+1
IV	M.A (Yoga)/II/A/04	Human Anatomy and Physiology-II	75	-	34	-	50	56	125	4+1
Total								-	500	20
PART-B (PRACTICAL AND LESSON PLAN)										
I	M.A (Yoga)/II/B/01	Yoga Practical–III	-	100	-	45	50	68	150	3
II	M.A (Yoga)/II/B/02	Teaching Ability (Lesson Plan-I) Minimum 5	-	100	-	45	50	68	150	3
Total								-	300	6
GRAND TOTAL									800	26

**SUBJECTS AND SCHEME OF EXAMINATION FOR POST GRADUATE DEGREE
MASTER OF ARTS IN YOGA (M.A.): 4–SEMESTER
(July 2026 to November 2026)
SEMESTER-III**

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit (L+T)
			Theory	Practical	Theory	Practical				
I	M.A (Yoga)/III/A/01	Principles of Psychology and Counseling in Yoga	75	-	34	-	50	56	125	4+1
II	M.A (Yoga)/III/A/02	Yoga Therapy and Diagnostic Tools	50	25*	23	11	50	56	125	4+1
III	M.A (Yoga)/III/A/03	Swasthivritta, Diet and Nutrition	75	-	34	-	50	56	125	4+1
IV	M.A (Yoga)/III/A/04	Upanishad – II	75	-	34	-	50	56	125	4+1
Total									500	20
PART-B (PRACTICAL AND LESSON PLAN)										
I	M.A (Yoga)/III/B/01	Yoga Practical –IV	-	100	-	45	50	68	150	3
II	M.A (Yoga)/III/B/02	Teaching Ability (Lesson Plan-II) Minimum 5		100	-	45	50	68	150	3
Total									300	6
PART- C (INTERNSHIP)**			GRADES TO BE AWARDED							
GRAND TOTAL									800	26

* **Practical of Paper-II shall be in the area of Diagnostic Tools.**

- ** (1) Internship should be taken up by the students themselves, at the end of II semester (minimum 30 days) in any School/Organization/Centres in or outside Gwalior. However, No Objection Certificate will be given by the Department.
- (2) In case of students not completing the Internship, their result will be withheld till they complete the Internship.
- (3) Internship will be graded by the competent authority of the concerned organization on a prescribed format provided by the department. The intern has to appear for VIVA (20 Marks) in front of the Departmental Committee and submit a report (30 Marks). The combined marks obtained will be mentioned in Grades which shall be converted as mentioned below:

GRADING PARAMETERS:

A++ 90 & above	B 65-69
A+ 85-89	C++ 60-64
A 80-84	C+ 55-59
B++ 75-79	C 50-54
B+ 70-74	D 49-45
	E Fail

**SUBJECTS AND SCHEME OF EXAMINATION FOR POST GRADUATE DEGREE
MASTER OF ARTS IN YOGA (M.A.): 4–SEMESTER
(December 2026 to April 2027)**

SEMESTER-IV

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit (L+T)
			Theory	Practical	Theory	Practical				
I	M.A (Yoga)/IV/A/01	Shrimad Bhagwad Gita & Human Consciousness	75	-	34	-	50	56	125	4+1
II	M.A (Yoga)/IV/A/02	Fundamentals of Naturopathy	75	-	34	-	50	56	125	4+1
III	M.A (Yoga)/IV/A/03	Value Education & Its Application in Yoga	75	-	34	-	50	56	125	4+1
IV	M.A (Yoga)/IV/A/04	Dissertation (Optional)	75	-	34	-	50	56	125	4+1
		(a) Fitness and Wellness/	75	-	23	11	50	56	125	4+1
		(b)Essential of Education and Technology/	75	-	34	-	50	56	125	4+1
		(c) Correctives and Rehabilitation	75	-	23	11	50	56	125	4+1
Total								-	500	20
PART-B (PRACTICAL)										
I	M.A (Yoga)/IV/B/01	Yoga Practical (Therapeutic Prescription)	-	100	-	45	50	68	150	3
II	M.A (Yoga)/IV/B/02	Naturopathy Practical	-	100	-	45	50	68	150	3
Total								-	300	6
GRAND TOTAL									800	26

NOTE:Dissertation in IV Semester is Optional which can taken in lieu of an optional paper (a, b & c) mentioned above in Part-A Paper No.IV. Although, administrative feasibility will be kept in mind in offering the optional papers.