

# Curriculum Framework

## Master of Yogic Art and Science

As per NEP 2020 and Learning Outcomes-based National Curriculum Framework  
(Aligned with NCrf and NHEQF)

Effective From Academic Year 2025-2026



Founded by Mahatma Gandhi in 1920

**Gujarat Vidyapith**  
**Ahmedabad**

# Curriculum Framework

## MASTER OF YOGIC ART AND SCIENCE

As per NEP 2020 and Learning Outcomes-based National Curriculum Framework  
(Aligned with NCrF and NHEQF)

Effective From Academic Year 2025-2026



**GUJARAT VIDYAPITH: AHMEDABAD**

## **Curriculum Framework of Master of Yogic Art and Science**

**Published by:**

**Dr. Himanshu Patel**

**Registrar**

Gujarat Vidyapith

Near Income Tax Office, Ashram Road, Ahmedabad - 380009.

## From the Desk of Vice Chancellor...



Dear All,

Any curriculum, at any level, must be firmly grounded in the objectives and goals that an educator or an educational institution aspires to achieve for its students. A course that trains students to solve mathematical equations must be very different from one that teaches them how to play a musical instrument, practice yoga, or conduct social research. Each subject requires its own methods, activities, and learning goals, which is why curriculum design is so important.

Therefore, curriculum is of utmost importance, as it determines how teachers and students will spend their time—in laboratories, in clinical practice, in creative endeavors, or in interactive lectures. It also reflects what a class, a department, a school, or an institution values; what it defines as its mission; and what it expects its graduates to accomplish. In this sense, the curriculum is the map that guides the essentials of learning from the classroom level to the institutional level.

The true success of any curriculum must be judged by its ability to achieve its intended objectives. It is a test of how well an institution—or an individual teacher—understands and articulates those objectives, and how effectively a pathway is created for students to attain success as defined by them. Curriculum is, in fact, a continuous chain of activities designed to translate broad educational goals into concrete practices, learning materials, and observable changes in behavior. A lesson plan, for instance, is curriculum at the classroom level, answering the critical questions: *What do I want my students to know? How can I engage them meaningfully? How will I measure what they have learned?*

For a society to achieve its educational aspirations, the curriculum must be both functional and relevant to its needs. Through careful management of curriculum, effective use of resources, and policies that bring systemic improvements, education can move society toward a more promising future. Indeed, curriculum is the very foundation of any academic institution—without it, the institution would lose its purpose and direction.

At Gujarat Vidyapith, established by Mahatma Gandhi in 1920 with its rich cultural and educational heritage, we remain committed to these ideals and we work with well-defined objectives to prepare our students for a brighter academic and social future.

It gives me immense pride and joy to announce the unveiling of the latest curriculum of Gujarat Vidyapith. This curriculum has been carefully designed in alignment with the objectives and guiding principles of the National Education Policy (NEP) 2020. I take this opportunity to place on record my deep appreciation for the efforts of the teaching faculty of Gujarat Vidyapith, the Members of the Board of Studies, and the Members of the Academic Council. Their dedication and vision have given shape to this comprehensive neo-curriculum, which will guide our students and our institution toward continued excellence.

With best wishes,

**Dr. Harshad Patel**  
Vice Chancellor  
Gujarat Vidyapith



# Curriculum Framework

## MASTER OF YOGIC ART AND SCIENCE

Effective From Academic Year 2025-2026

Department of Yoga  
Faculty of Education  
Gujarat Vidyapith

## Board of Studies

### Chairperson:

**Dr. Biman Paul**

Professor & HOD, Department of Yoga, Faculty of Education, Gujarat Vidyapith, Ahmedabad.

### External Experts:

**1) Dr. Vivek Maheshwari**

Vice Chancellor, Lakulish Yoga University, Ahmedabad.

### Members of Department:

**1. Ms. Varsha Joshi** (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad.

**2. Dr. Minal N. Panchal** (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad.

## Curriculum Framework- Master of Yogic Art and Science - 2025

PROGRAMME STRUCTURE							
Course Code	Course Name	Hours			Credit	Evaluations	
		Theory	Practical	Total		CCE	TEE
SEMESTER-1							
256010425001	Introduction to Yoga	60	0	60	4	40	60
256010425002	Anatomy Physiology & Yog	60	0	60	4	40	60
256010425003	Yoga psychology	60	0	60	4	40	60
256010225004	Practical-Asana& Suryanamaskar (Traditional)	0	60	60	2	20	30
256010225005	Practical (Kriya,Bandh& Pranayama)	0	60	60	2	20	30
256010425006	Bhagvadgita &Yoga	60	0	60	4	40	60
Total		240	120	360	20	200	300
SEMESTER-2							
256010425007	Patnjali Yog Suta	60	0	60	4	40	60
256010425008	Yoga Therapy	60	0	60	4	40	60
256010225009	Practical (Asana& Suryanamaskar)	0	60	60	2	20	30
256010225010	Practical (Kriya,Bandh & Pranayama)	0	60	60	2	20	30
256010225011	Fundamentals of Ayurveda	30	0	30	2	20	30
256010225012	Principles of Naturopathy	15	15	30	2	20	30
256010425013	Teaching Methods in Yoga	30	30	60	4	40	60
Total		195	165	360	20	200	300
SEMESTER-3							
256510425014	Hatha Yog & Basic principles of Yog Vashishtha	60	0	60	4	40	60
256510425015	Sankhya Darshan	60	0	60	4	40	60
256510225016	Practical-Asana (ModernModified)	0	60	60	2	20	30
256510225017	Practical ( Kriya, Bandh- Mudra, Pranayama &Meditation)	0	60	60	2	20	30
256510425018	Research Methodology & Statistics	60	0	60	4	40	60
256510425019	Yoga Application- Yoga Application (15 days Internship )	30	30	60	4	40	60
Total		210	150	360	20	200	300
SEMESTER-4							
256510425020	Upnishads & Nard BhaktiSutra	60	0	60	4	40	60
256510225021	(Practical ) Asanas	0	60	60	2	20	30
256510225022	Kriya, Bandh- Mudra, Pranayama & Meditation	0	60	60	2	20	30
256510425023	Dissertation	20	100	120	4	40	60
256510425024	Contemporary Yog & Gandhian Thoughts	60	0	60	4	40	60
256510425025	Alternative Therapy	45	15	60	4	40	60
Total		185	235	420	20	200	300
GRAND TOTAL		830	670	1500	80	800	1200

\*CCE- Continuous Comprehensive Evaluation; \*\*TEE- Term End Evaluation

<b>Programme Contents</b>	<b>Credits</b>
<b>Core Courses</b>	<b>59</b>
<b>Field and Research</b>	<b>04</b>
<b>Professional Competency</b>	<b>16</b>
<b>Internship</b>	<b>01</b>
<b>Total Credits of Programme</b>	<b>80</b>
<b>Collaborating Organisations</b>	

- **Lakulish Yoga University, Ahmedabad**
- **Hiramani Arogyadham, Gandhinagar**
- **Dev Sanskruti Vishwa vidyalaya, Haridwar**
- **Uttarakhand Sanskrit University, Uttarakhand**
- **Banaras Hindu University (BHU), Varanasi**
- **Preksha Vishwabharti, University, LAdnoonn, Rajasthan**
- **Kaivalyadhama, Lonavala**
- **Barkatullah University, Bhopal**

**Programme Outcomes (POs)**

After successful completion of the **Master of Yogi Art And Science program**, students will be able to:

<b>PO-1</b>	<b>Discipline-Specific Knowledge</b>	Develops a strong foundation in classical yogic texts and modern scientific principles, enabling students to understand and apply Yoga through an interdisciplinary lens for contemporary health, wellness, and societal needs.
<b>PO-2</b>	<b>Problem Analysis</b>	Enhances critical thinking by integrating yogic philosophy, scientific reasoning, and research methodologies to identify and address personal, clinical, and societal challenges through Yoga.
<b>PO-3</b>	<b>Experimental Skills</b>	Equips students with practical skills to design and conduct Yoga-based interventions, using scientific tools and traditional knowledge to assess physical, mental, and emotional outcomes.
<b>PO-4</b>	<b>Environment and Sustainability</b>	Instills ecological consciousness through yogic principles of harmony with nature, promoting sustainable living and aligning Yoga education with global environmental and wellness goals.
<b>PO-5</b>	<b>Ethics and Values</b>	Reinforces ethical conduct through the teachings of the Bhagavad Gita and Gandhian ideals, fostering personal discipline, non-violence, and integrity in the practice and application of Yoga.
<b>PO-6</b>	<b>Communication</b>	Develops effective oral and written communication skills to articulate yogic concepts, research findings, and therapeutic interventions to diverse academic and public audiences.
<b>PO-7</b>	<b>Modern Tool Usage</b>	Promotes the use of modern tools such as physiological monitoring, data analysis software, and digital platforms to enhance research, teaching, and clinical application of Yoga.



<b>PO-8</b>	<b>Teamwork and Leadership</b>	Prepares students for leadership and collaborative roles in Yoga education, healthcare, and wellness sectors, fostering interdisciplinary teamwork rooted in yogic values.
<b>PO-9</b>	<b>Lifelong Learning</b>	Encourages continuous self-study ( <i>svadhyaya</i> ) and adaptation to new scientific insights, ensuring ongoing growth in Yoga knowledge and personal development.
<b>PO-10</b>	<b>Project Management</b>	Develops the ability to plan and manage Yoga-based research, wellness programs, and outreach initiatives efficiently, integrating traditional service values with modern project skills.
<b>PO-11</b>	<b>Innovation and Entrepreneurship</b>	Inspires creativity and entrepreneurship in developing Yoga-based products, services, and programs that are sustainable, culturally rooted, and scientifically validated.
<b>PO-12</b>	<b>Societal Contribution</b>	Applies Yoga for social transformation, rural development, mental health, and community wellness, in alignment with Gandhian ideals and evidence-based holistic care.

**Programme Specific Outcomes (PSOs)**

After successful completion of the Master of Yogic art And Science program students will be able to:

<b>PSO-1</b>	<b>Integration of Yogic Philosophy and Modern Science</b>	Synthesize traditional yogic principles with contemporary scientific knowledge to understand, analyze, and apply yoga for personal growth, therapy, and wellness programs.
<b>PSO-2</b>	<b>Competency in Yoga-based Therapy and Instruction</b>	Demonstrate advanced skills in teaching and applying yoga therapeutically in clinical, educational, and community contexts.
<b>PSO-3</b>	<b>Ethical and Entrepreneurial Yogic Leadership</b>	Ethical leadership and possess the entrepreneurial acumen to create yoga-based ventures and contribute to social transformation. Emphasizes Gandhian values, innovation, and community development through yoga.

**CO Attainment Levels (OBE & NEP 2020 Aligned)**

<b>COs Attainment Levels</b>	<b>Level</b>	<b>Description</b>	<b>Attainment Criteria</b>			
	Level 3	High	≥ 80% of students score above a set performance benchmark			
	Level 2	Moderate	60%–79% of students meet the performance benchmark			
	Level 1	Low	40%–59% of students meet the performance benchmark			
	Level 0	Not Attained	< 40% of students achieve the desired learning outcome			
<b>Target Attainment (Benchmark)</b>	<b>Cos</b>		<b>CO-1</b>	<b>CO-2</b>	<b>CO-3</b>	<b>CO-4</b>
	<b>Target Level (%)</b>		<b>60</b>	<b>60</b>	<b>60</b>	<b>60</b>

**Program – MASTER OF YOGIC ART AND SCIENCE****Semester- 1**

<b>Course Code</b> 256010425001	<b>Name of Course</b> INTRODUCTION TO YOGA	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>

**Course Outcomes (COs)**

After completing this course, students will be able to

- CO-1: Explain the fundamental concepts of Yoga based on foundational yogic texts and philosophical traditions.
- CO-2: Apply traditional Yoga methods in personal practice and professional contexts, based on classical teachings.
- CO-3: Identify and classify various Yoga traditions within the broader framework of Indian philosophical systems.
- CO-4: Analyze the relationship between Yoga and human consciousness and critically evaluate modern scientific and philosophical perspectives on Yoga and spirituality.

**Detailed Syllabus****Unit 1: Basic concept**

- 1.1. Yoga – meaning, definition, scop and Historical development.
- 1.2. Misconceptions of Yoga
- 1.3. Introduction to Yogic scriptures (Patanjali Yogasutra, Srimadbhagwad Gita, Hatha Pradipika)
- 1.4. Nature of Yoga in view of Vedas, Upnishadas and Puranas

**Unit 2: Different Traditions of Yoga (Brief Introduction)**

- 1.1. Bhakti yoga
- 1.2. Gyan yoga
- 1.3. Karma yoga
- 1.4. Hatha yoga
- 1.5. Raj yoga

**Unit 3: Yoga in Philosophical Tradition**

- 1.1. Introduction to Indian Philosophy
- 1.2. Characteristics of Indian philosophy
- 1.3. Yoga in Buddhism
- 1.4. Yoga in Jainism

**Unit 4: Human Consciousness and Spirituality in The Light of Yoga**

- 1.1. Scientific and Philosophical perspective of Human consciousness
- 1.2. Development of Human consciousness & Yoga
- 1.3. Meaning of Spirituality, Yoga & spirituality
- 1.4. Spirituality and Human consciousness

**Mapping Matrix of POs, PSOs, and COs**

COs	Pos													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO-1	3	2	-	2	3	2	-	-	2	-	-	2	2.00	3	2	-	2.50
CO-2	3	3	3	2	3	2	2	2	2	2	2	3	2.42	3	3	2	2.67
CO-3	3	2	-	2	2	2	-	2	2	-	2	2	2.00	2	2	-	2.00
CO-4	3	3	2	2	3	3	2	2	3	2	2	3	2.50	3	3	2	2.67
Avg	2.75	2.50	1.67	2.00	2.75	2.25	1.33	2.00	2.25	1.33	1.50	2.50		2.75	2.50	1.33	

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Lecture, Scriptural reading method, Group Discussion, Story Telling, Assignment				
CO-2 (Unit: 2)	• Lecture, Ask & Know Technique, Group Discussion, Presentation				
CO-3 (Unit: 3)	• Lecture, Scriptural reading method, Ask & Know, Technique, Story Telling, Assignment				
CO-4 (Unit: 4)	• Lecture, presentation, Presentation, Group Discussion				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks			Exam Component		
	COs	Marks	Term End Examination		
	CO-1	15			
	CO-2	15			
	CO-3	15			
	CO-4	15			
References					
<b>Books:</b>					
1. Yoga Maha Vigyan By Dr. Kamakhya Kumar, Standard Publishers India					
2. Six Systems of Indian Phylosophy by Agrawal MM, Chowkhambha Bhavan, Varanasi 2010					
3. Upnishad, Geeta press Gorakhpur					
4. Shrimad Bhagvad Geeta- Sadhak sanjivani, Ramshukhdas, Geetapress Gorakhpur					
5. योग महाविज्ञान डॉ. कामाख्या कुमार					
6. योग दर्शन – स्वामी निरंजनानंद सरस्वती					
7. Yoga Education - Dr Kamakhya Kumar					
8. भारतीय दर्शन- आचार्य बलदेव उपाध्याय					
9. श्रीमद भगवद्गीता- श्री शांकर भाष्य					
10. भारतीय दर्शन की रूपरेखा – प्रो. हेरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास पब्लिशर्स, PVT. LTD					
11. योग और योगी – डॉ. अनुजा रावत, सत्यम प्रकाशन					
<b>Online Resources &amp; Tools:</b>					
1. eBook					
• Four Yogas by Swami Vivekananda (Raja, Karma, Bhakti, Jnana)					
• Core concepts and application of four traditional paths					
2. Shodhganga					
• Research on Buddhism, Jainism & Yoga raditions					

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 1**

<b>Course Code</b> 256010425002	<b>Name of Course</b> Anatomy-Physiology & Yoga	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Understand the structure and function of human cells, tissues, and membranes; explain body systems and their importance in Yoga education.
- CO-2: Apply anatomical and physiological knowledge of the musculoskeletal system in Yoga practices and therapeutic applications.
- CO-3: Analyse the anatomy and physiology of the digestive and respiratory systems and evaluate the effects of Yoga on these systems.
- CO-4: Evaluate the structure and function of the nervous, endocrine, and cardiovascular systems and assess the impact of Yoga on their performance.

**Detailed Syllabus****Unit-1. General Introduction to the Human Body And Yoga**

- 1.1. Anatomy and Physiology: General Introduction, definition, Importance in Yoga Education
- 1.2. Human body: Cell- Structure and function, Tissues –their types, organs and systems
- 1.3. Immune System: Basic concept of Immunity- Innate and Acquired, Major organs- bone marrow, thymus, lymph nodes, spleen. Immune cells- Lymphocytes, (T-cells, B-cells), macrophages. Role of lymphatic system in immune defence, Effect of Yoga on Immune System.

**Unit-2. Musculoskeletal system**

- 2.1. Muscles and Physiological Effects of Yogic Practice: Structure, Types of Muscles, Function: Contraction and Relaxation, Physiological Effects of Yogic Practice. Muscle tone and Muscle spindle sensitivity, Muscle tension & neuromuscular coordination.
- 2.2. Bones and Joints: Bones: Structure, Growth and Development, Bony tissues, Types of Bones. Joints: Structure, Function, Types of Joints. Physiological Effects of Yogic Practice on Bones and Joints. Effect of yoga on Musculoskeletal system.

**Unit-3. Digestive System, Excretory System and Respiratory system**

- 3.1. Digestive System: Anatomy of digestive system: Mouth, Salivary glands, stomach, pancreas, liver & gall bladder. Function of Digestive system: digestion, absorption, assimilation and egestion. Effects of Yoga on Digestive System.
- 3.2. Excretory System: Structure and functions of kidneys, ureters, bladder, and urethra. Role of Skin, lungs and liver in excretion. Formation of urine. Effects of yoga on excretory function.
- 3.3. Respiratory System: Structure, Function. Physiology of Breathing - Mechanism of Breathing, Ventilation and Gas Exchange, Transport of Gases, Hypoxia and its physiological implications. Effects of yoga on Respiratory system.



**Unit-4. Nervous system, Endocrine system & Cardiovascular system**

- 4.1.** Nervous System: Neuron (Nerve tissue), Types of Neuron.  
Subdivision of Nervous system: Central: Brain, Spinal Cord, Nerves, And Functions of Central nervous system. Autonomous: Sympathetic, Parasympathetic. Brief introduction of different Sense organs. Yogic effects on Nervous System.
- 4.2.** Endocrine System: Major Endocrine glands, their secreted hormones, and associated functions. Yogic effects on Endocrine System.
- 4.3.** Cardiovascular System: Brief Introduction of Key organs of Cardiovascular system- Heart and Blood vessels. Structure & Function of the Heart, Properties of Cardiac Muscles. Function of Cardiovascular system in brief. Effects of Yoga on Cardiovascular system.

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO-1	3	2	3	-	2	2	2	-	2	-	-	1	2.00	3	2	-	2.33
CO-2	3	2	3	2	3	2	1	2	2	1	2	3	2.13	3	3	2	2.67
CO-3	3	2	2	2	3	2	-	2	2	1	2	2	2.13	3	2	2	2.33
CO-4	3	3	2	3	3	3	1	2	3	2	2	2	2.44	3	3	2	2.67
Avg	3.00	2.25	2.50	2.33	2.75	2.25	1.33	2.00	2.25	1.33	2.00	2.00	2.19	3.00	2.50	2.00	2.50

**Teaching Pedagogy**

CO-1 (Unit: 1)	• Lecture with anatomical charts/models, Question-answer, Demonstration, Assignment
CO-2 (Unit: 2)	• Lecture, Panel Discussion, Presentation, Problem-based learning
CO-3 (Unit: 3)	• Lecture, Ask & Know, Case study, assignment, Role play/simulation of organ functions
CO-4 (Unit: 4)	• Lecture, Creation of flow charts/mind maps of systems, Comparative discussion, Seminar

**Assessment Method**

	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
Continuous Comprehensive Evaluation 40 Marks	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

**References**

**Books:**

- Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books
- Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan. Guyton, A. C. & Hall, J. E. (2006). Text book of medical physiology (11th ed.).
- मानव शरीर रचना एवं क्रिया विज्ञान – प्रो. अनंत प्रकाश गुप्ता, सुमित प्रकाशन

**Online Resources & Tools:** NDLI (national Digital Library Of India) – Free books, Lectures, and Journals

**Program - MASTER OF YOGIC ART AND SCIENCE  
Semester- 1**

<b>Course Code</b> <b>256010425003</b>	<b>Name of Course</b> <b>Yoga Psychology</b>	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

**After completing this course, students will be able to**

- CO-1: Evaluate the relationship between Yoga and mental health through understanding psychological models of personality and characteristics of normal and abnormal behaviour.
- CO-2: Compare and analyse Yogic and Western psychological perspectives of personality, consciousness, and integration of the mind.
- CO-3: Examine theories of motivation and emotions, and apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.
- CO-4: Assess personal adaptation to stress, anxiety, and mood disorders, and interpret the biological and psychological impact of meditation on mental health.

**Detailed Syllabus**

**Unit-1. Introduction to Psychology**

- 1.1. Human Psychology - Meaning, Definition, Nature, Scope and Objectives of Psychology.
- 1.2. Yogic Psychology - Introduction to Yogic Psychology- Overview. Basic Concepts of Yoga, Nature, Scope and Importance.
- 1.3. Behaviour: Definition, Meaning, Concept and Nature. Normal and Abnormal behaviour. Yogic Perspective of Behaviour.

**Unit-2. Mind, Mental Health And Personality**

- 2.1. Mind: Definition, Meaning , Nature and Characteristics.Functions of Mind
- 2.2. Mental Health: Introduction to Mental Health – Overview. Definition, meaning and Nature. Importance, and Indicators.
- 2.3. Personality: Definition, Meaning, Western and Indian Concept. Types of Personality. Integration of Personality in Yoga.

### **Unit-3. Motivation, Emotions, Conflict and Frustration**

- 3.1.** Motivation: Definition, Types, Theories of Motivation. Incentives of Motivation. Maslow's Hierarchy of Needs: A Yogic Perspective.
- 3.2.** Emotions: Meaning, definition and Nature. Types of emotions. Methods of emotional control. Western and Yogic Concept. Creative use of Emotion.
- 3.3.** Conflict: Meaning, Nature, and Causes of Conflict. Yogic Approach to Managing Conflict.
- 3.4.** Frustration: Frustration: Definition, Sources, and Effects. Yogic Approach to Managing Frustration.

### **Unit-4. Adaptation and Alignment: The Yogic Path to Self-Integration**

- 4.1.** Stress: Definition, Modern Perspective of the Stress Mechanism (Stages). Some Modern Techniques for Stress management. Stress Management in Modern Life: A Yogic Perspective.
- 4.2.** Anxiety: Definition and Types. Symptoms and Causes of Anxiety. Yogic perspective on Anxiety.
- 4.3.** Depression: Definition and Types. Symptoms, Causes and risk of Depression. Yogic perspective on Depression.

#### **Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	3	2	-	2	2	-	-	2	-	-	3	2.43	3	2	3	2.67
CO2	3	2	2	-	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO3	2	3	3	-	3	2	2	1	2	-	-	2	2.22	3	2	3	2.67
CO4	3	3	3	-	2	3	2	-	3	2	-	3	2.67	3	3	3	3.00
<b>Avg</b>	<b>2.75</b>	<b>2.75</b>	<b>2.50</b>	<b>-</b>	<b>2.50</b>	<b>2.25</b>	<b>2.00</b>	<b>1.00</b>	<b>2.25</b>	<b>2.00</b>	<b>-</b>	<b>2.50</b>	<b>2.40</b>	<b>3.00</b>	<b>2.25</b>	<b>2.75</b>	<b>2.67</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

#### **Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Lecture with PPT and charts, Case-based learning, Mind map preparation: Psychology vs. Yogic Psychology, Assignment
<b>CO-2 (Unit: 2)</b>	• Lecture, Self-reflection activity, Seminar/short presentations
<b>CO-3 (Unit: 3)</b>	• Lecture, Role play, Group discussion, assignment, Role play/simulation of organ functions
<b>CO-4 (Unit: 4)</b>	• Lecture with flowcharts, Case study analysis, Seminar

#### **Assessment Method**

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

#### **References**

**Books:**

- 1 योग एवं मानसिक स्वस्थ, प्राचार्य रणजीतसिंह भोगल, कैवल्यधाम
- 2 शांतिप्रकाश आत्रेय, योग मनोविज्ञान, दी इन्टरनेशनल स्टैंडर्ड पब्लिकेशन्स वाराणसी- १९६५
- 3 योग द्वारा मानसिक आरोग्य, डॉ। विनोद प्रसाद नौटियाल, स्वामी कुवलयानंदजी, कैवल्यधाम
- 4 YOGA AND PSYCHOTHERAPY, Swami Rama, Rudolph Ballentine, MD, Himalaya Institute India
- 5 Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).
- 6 Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
- 7  
Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: V4ekanada Kendra
- 8  
Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

**Online Resources & Tools:**

- 1 Maslow's Theory – YouTube EDU, Art of Living content on emotions & Yoga
- 2 Guided Meditation (Sahaj, Vipassana), TEDx Talks on Anxiety, NDLI on Mental Health

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 1**

<b>Course Code</b> 256010225004	<b>Name of Course</b> Asana and Suryanamaskar	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate an understanding and practical application of Shatkarma techniques such as Jalneti, Sutraneti, and Kapaalbhaati to promote physical health and enhance mental clarity..
- CO-2: Apply and assess different pranayama techniques including Yogic Swasan, Anulom Vilom, and Omkaar to improve respiratory efficiency, mental focus, and overall well-being.

**Detailed Syllabus**

**Unit-1. Asanas**

**Pavanmuktasana Series – 1 (A.P.M.B.)**

- |                        |                           |
|------------------------|---------------------------|
| 1. Tadasan             | 14.Ardhamatsyendrasan     |
| 2. Tiryak Tadasan      | 15.Ushtrasan              |
| 3. Ardhakati Chakrasan | 16.Jaanushiraasan         |
| 4. Paad Hastaasan      | 17.Bhungasan              |
| 5. Trikonaasan         | 18.Shalbhaasan            |
| 6. Vakrasan            | 19.Naukaasan (on stomach) |
| 7. Uttanpadasan        | 20.Setubandhaasan         |
| 8. Pavanmuktasan       | 21.Padmaasan              |
| 9. Vipritkarni aasan   | 22.Swastikaasan           |
| 10. Naukasan (on back) | 23.Bhunaman Vajraasan     |
| 11. Parvatasan         | 24.Makarasan              |
| 12. Gaumukhaasan       | 25.Sidhhasan              |
| 13. Vajrasan           | 26.Ardha halasan          |

**Unit-2. Suryanamaskar**

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
Avg	3.00	2.00	3.00	2.00	3.00	2.00	1.00	2.00	2.00	1.00	2.00	2.50	2.17	3.00	3.00	2.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution



Teaching Pedagogy					
CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
References					
Books:					
1    स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)					
2.    स्वात्माराम-कृत, हठयोग प्रदिपिका, कैवल्यधाम लोनावला					
3.    યોગાસન રહસ્ય અને સર્વાંગી સ્વાસ્થ્ય, યોગાચાર્ય શ્રી બિમાન પાલ, પ્રજ્ઞા પ્રકાશન					
4.    યોગવિદ્યા, ભાણદેવ, પ્રવીણ પ્રકાશન, રાજકોટ					
5    સ્વામી નિરંજનનંદ સરસ્વતી,ઘેરુડ સંહિતા,યોગ પબ્લિકેશન્સ ટ્રસ્ટ, મુંગેર, બિહાર, ભારત					
6    Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga					
7    LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide To Yoga BY The Work’s Foremost Authority					
Online Resources & Tools:					
1 <b>Shodhganga</b>					
https://shodhganga.inflibnet.ac.in					
Research dissertations on yoga-based practices					
2 <b>eBook</b>					
Asana Pranayama Mudra Bandha – Swami Satyananda Saraswati (BSY)					
Practical reference book with pictures and benefits					

## Program - MASTER OF YOGIC ART AND SCIENCE

### Semester- 1

<b>Course Code</b> 256010225005	<b>Name of Course</b> Kriya Bandh – Mudra, Pranayama	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

CO-1: Demonstrate and explain selected Shatkarmas and their physiological importance in detoxification and yogic cleansing.

CO-2: Practice selected Pranayamas with proper technique and understand their influence on the autonomic nervous system and mental calmness.

### Detailed Syllabus

#### Unit-1. Shatkarma (Cleansing)

- 1.1 Jalneti
- 1.2 Sutraneti
- 1.3 Kapaalbhaati (Vaatkarma)

#### Unit-2. Pranayama

- 2.1 Yogic Swasan (Yogic Breathing)
- 2.2 Anulom Vilom
- 2.3 Omkar

#### Unit-3. Bandh-Mudra

- 3.1 Moolbandha
- 3.2 Ashwini Mudra
- 3.3 Kaaki Mudra

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	1	3	2	1	1	2	2	2	3	2.16	2	3	2	2.33
CO2	2	3	3	2	3	2	1	2	2	2	2	3	2.33	2	3	2	2.33
Avg	2.50	2.50	3.00	1.50	3.00	2.00	1.00	1.50	2.00	2.00	2.00	3.00	2.21	2.00	3.00	2.00	2.33

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

<b>CO-1 (Unit: 1)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment
<b>CO-2 (Unit: 2)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment

### Assessment Method

Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5

## Curriculum Framework- Master of Yogic Art and Science - 2025

Term-End Evaluation 30 Marks	COs	Marks	Exam Component
	CO-1	15	Term End Examination
	CO-2	15	
References			
<b>Books:</b>			
1 Swami Satyananda Saraswati – <i>Asana, Pranayama, Mudra, Bandha</i> (Bihar School of Yoga)			
2 स्वामी कुवाल्यानंद- प्राणायाम, कैवल्यधाम लोनावला			
3. Dr. H. R. Nagendra – <i>Pranayama for Health and Healing</i> (SVYASA Publications)			
4. Swami Sivananda – <i>The Science of Pranayama</i>			
5. M.L. Gharote – <i>Applied Yoga</i>			
<b>Online Resources &amp; Tools:</b>			
<a href="http://www.biharyoga.net/">http://www.biharyoga.net/</a>			
<a href="http://www.svyasa.edu.in/">http://www.svyasa.edu.in/</a>			

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 1**

<b>Course Code</b> 256010425006	<b>Name of Course</b> Bhagavad Gita	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Understand the philosophical distinction between Deh (body) and Dehi (soul), and apply the concept of Nishkama Karma Yoga in personal and societal decision-making.
- CO-2: Analyze the qualities of a Yogarudha and explain the differences among gyani, karmi, bhakta, and yogai, developing a foundational understanding of advanced yogic paths.
- CO-3: Reflect on the symbolic and metaphysical significance of the Virat Swarup and classify the three gunas (sattva, rajas, tamas) in human behavior and personality development.
- CO-4: Evaluate the ethical implications of divine and demonic qualities, shraddha, and dharma, and apply these principles in cultivating a value-based lifestyle.

**Detailed Syllabus****Unit-1. Chapters 2, 3, 4 & 5**

- 1.1. Chapter 2: Jnana, Karma–Kanda, Buddhi–Yoga, Sthit–Prajna.
- 1.2. Chapter 3: Karma Yoga: Karma, Vikarma, Akarma, Nitya Karma, Karma-Phala Swadharma & Paradharma, Kaam & Krodha, Rajoguna, Niskama Karma Yoga.
- 1.3. Chapter 4: Transcendental Knowledge about Kirshna, Applying transcendental knowledge, Understanding Karma, Sacrifices lead to transcendental knowledge.
- 1.4 Chapter 5: Niskama-Karma-Yoga, Platform of Knowledge – Knowing the three Doers, Liberation by Focussing on The Supersoul, Liberation through Astanga Yoga: A Preview, Peace on the Platform of Liberation.

**Unit-2. Chapter 6, 7,8,9,10**

- 2.1. Chapter 6: Advancing in yoga through detached work, The Yogarudha stage – giving up work, further stages in the practice of yoga, necessity of controlling the turbulent mind, the destination of the unsuccessful yogi, the topmost yogi.
- 2.2 Chapter 7: Shravana (knowing Krishna by hearing about him), knowing Krishna's material and spiritual energies, Krishna controls the modes: So surrender, the impious never surrender, pious do, surrender to demigods and impersonalism, bewilderment and freedom by knowing Krishna.
- 2.3 Chapter 8: Remembering Krishna at the time of death, Remembering Krishna (practice remembrance through meditation), Pure devotional service (remembrance of Krishna through *bhakti*), Comparing the material & spiritual worlds /glories of supreme abode.
- 2.4 Chapter 9: Hearing: Qualifications and Disqualifications, *Aisvarya–Jnana*: Krishna's Relationship to the Material World, Fools Neglect *Bhakti*: The Divine Don't, The Glories of Devotional Service to Krishna.
- 2.5 Chapter 10: Understanding Krishna's Unknowablity, One Serves Him, The Catur-Sloki Gita Arjuna Accepts Krishna's Position and Requests to Hear More of His Opulences, Krishna's Opulences.

**Unit-3. Chapter 11, 12, 13,14**

- 3.1.** Chapter 11: “Time I am, Become my Instrument”, Arjuna’s Prayers, Only Pure Devotees see Krishna’s Two-Armed form.
- 3.2.** Chapter 12: Bhakti is superior to impersonalism, Progressive stages of Devotion, Qualities that Endear one to Krishna.
- 3.3.** Chapter 13: The Process of Knowledge and Liberation, The object of Knowledge, Prakrti, Purusa and their Union, *Jnana-Chakshu*: The Vision of Knowledge.
- 3.4** Chapter 14: The Liberation and conditioning of Living Entities, The modes bind the Pure Soul, Recognizing a Mode’s Supremacy, Acting and dying within the modes, Transcending the modes.

**Unit-4. Chapters 15,16, 17, 18**

- 4.1.** Chapter 15: Becoming detached from the Material World, Transmigration, Krishna’s Position as our Maintainer, The Three – Sloka Gita of Knowledge: A Summary of the Vedas and the Vedanta, Knowing Krishna means knowing Everything.
- 4.2.** Chapter 16: Transcendental and Demonic Qualities, The demoniac nature, The Choice: Escaping to the Supreme Destination.
- 4.3** Chapter 17: The Modes Determine One’s Faith and One’s Worship, Foods in The Modes, Sacrifices in The Modes, Austerity in the Modes, Charity in the Modes, Om Tat Sat.
- 4.4** Chapter 18: The Modes Control all Activities, Confidential Knowledge, Working in Pure Devotional Service, More Confidential Knowledge: Surrender to Supersoul, The Most Confidential Knowledge of all: Become A Pure Devotee of Krishna, Preaching and Studying The *Bhagava-Gita*..

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	3	2	2	3	2	-	2	3	2	2	3	2.42	3	2	3	2.67
CO2	3	3	2	1	3	2	-	2	3	2	2	3	2.33	3	2	3	2.67
CO3	3	2	2	2	3	3	-	2	2	2	2	3	2.33	3	2	3	2.67
CO4	3	3	1	2	3	2	-	2	2	2	2	3	2.25	3	2	3	2.67
Avg	3.00	2.75	1.75	1.75	3.00	2.25	-	2.00	2.50	2.00	2.00	3.00	2.33	3.00	2.00	3.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Lecture, Comparative chart, Group discussion, Case-based learning, presentations
<b>CO-2 (Unit: 2)</b>	• Lecture, Self-reflection activity, Assignment
<b>CO-3 (Unit: 3)</b>	• Lecture, Mind map preparation, Group discussion, Seminar
<b>CO-4 (Unit: 4)</b>	• Lecture with flow charts, Case study analysis, Assignment

**Assessment Method**

	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
<b>Continuous Comprehensive Evaluation 40 Marks</b>	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	--	5
	CO-4	10	5	5	--
	COs	Marks	Exam Component		
<b>Term-End Evaluation 60 Marks</b>	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			
	COs	Marks	Exam Component		

**References**

**Books:**



- 1 Shrimad Bhagvad Geeta- Sadhak sanjivani, Ramshukhdas, Geetapress Gorakhpur
- 2 The essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.
- 3 Upnishad, Geeta press Gorakhpur
- 4 Shrimad Bhagvad Geeta- Sadhak sanjivani, Ramshukhdas, Geetapress Gorakhpur
- 5 શ્રીમદ્ભગવદગીતા યથારૂપ, શ્રી. શ્રીમદ્ એ. સી. ભક્તિવેદાંત સ્વામી પ્રભુપાદ

**Online Resources & Tools:**

- 1 YouTube – Gita Press, ISKCON lectures
- 2 **National Digital Library of India (NDLI)** — for reference materials, scholarly papers, translated texts.

**Program - MASTER OF YOGIC ART AND SCIENCE**  
**Semester- 2**

<b>Course Code</b> 256010425007	<b>Name of Course</b> Patanjali Yoga Sutra	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Explain key yogic concepts such as *Chitta*, *Vritti*, *Abhyasa*, and *Vairagya*, and their role in stabilizing the mind.
- CO-2: Critically analyze the process of *Samadhi*, the function of *Kriya Yoga*, *Kleshas*, and their implications in self-transformation.
- CO-3: Demonstrate understanding and application of *Ashtanga Yoga*, distinguishing between *Antaranga* and *Bahiranga* sadhana.
- CO-4: Evaluate the concept of *Kaivalya*, different types of *Siddhis*, and their relevance in Yogic and spiritual evolution.

**Detailed Syllabus**

**Unit-1.**

- 1.1. Yoga, Chitta & Chitta Vritti, Chittabhumi
- 1.2. Abhyas & Vairagya, Ishvar, Antaray
- 1.3. Chita-prasadan & Manasthiti-nibandha
- 1.4. Samprajnata & Anya

**Unit-2.**

- 2.1. Samapatti, Sabija-Samadhi
- 2.2. Ritambhara-Pragya, Nirbija-Samadhi
- 2.3. Kriyayoga, Klesha, Karmashaya, Samyoga & Viyoga

**Unit-3.**

- 3.1. Ashuddhi, Vivek-khyati, Astanga Yoga
- 3.2. Yama, Niyama, Aasan, Pranayam, Pratyahar, Dhaarna, Dyan, Samadi
- 3.3. Antaranga Yoga & Bahiranga Yoga

**Unit-4.**

- 4.1. Types of Karma, Sanyam, Kaivalya, Siddhis and their types
- 4.2. Atindriya Shakti & Vibhuti

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	3	2	-	-	2	-	-	2	2.11	3	2	3	2.67
CO2	3	3	2	-	3	2	-	-	2	-	-	2	2.38	3	2	3	2.67
CO3	3	2	3	1	3	2	1	2	3	1	2	3	2.33	3	2	3	2.67
CO4	3	3	2	1	3	2	1	1	2	1	2	3	2.17	3	2	3	2.67
<b>Avg</b>	<b>3.00</b>	<b>2.50</b>	<b>2.00</b>	<b>1.00</b>	<b>3.00</b>	<b>2.00</b>	<b>1.00</b>	<b>1.50</b>	<b>2.25</b>	<b>1.00</b>	<b>2.00</b>	<b>2.50</b>	<b>2.25</b>	<b>3.00</b>	<b>2.00</b>	<b>3.00</b>	<b>2.67</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

<b>CO-1 (Unit: 1)</b>	• Conceptual Lecture, Mind Mapping Activity, Group discussion, Case Discussions, presentations
<b>CO-2 (Unit: 2)</b>	• Comparative Lecture-Discussion, Debate, Self-reflection activity, Assignment
<b>CO-3 (Unit: 3)</b>	• Lecture, Demonstration, Group discussion, Seminar
<b>CO-4 (Unit: 4)</b>	• Lecture, Case study analysis, Role-Play, Assignment, Group discussion

### Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	--	5
	CO-4	10	5	5	--
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 Patanjali Yoga Sutra By P.V. Karambelkar  
योगदर्शनम- स्वामीरामदेव, , पतंजलियोगपीठ, हरिद्वारहरद्वार
- 2 योगदर्शनम- गीता प्रेस, गोरखपुर
- 3 BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.
- 4 पतंजलि योग सूत्र भाष्य - डॉ. बिमान पाल, पुनरुत्थान प्रकाशन सेवा ट्रस्ट

#### Online Resources & Tools:

- 1 Bihar School of Yoga Texts (A.P.M.B.) – Practical Explanation of Ashtanga Yoga
- 2 <https://ndl.iitkgp.ac.in>, NDL Academic articles on Siddhis & Kaivalya

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 2**

<b>Course Code</b> 256010425008	<b>Name of Course</b> Yoga Therapy	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Identify causes, symptoms, and apply yogic management protocols for respiratory and cardiovascular disorders with reference to evidence-based studies.
- CO-2: Analyze the role of Yoga in managing endocrine, metabolic, and gynecological disorders including pre-natal and post-natal care.
- CO-3: Demonstrate the ability to implement yoga therapy interventions for gastrointestinal, cancer-related, and musculoskeletal disorders.
- CO-4: Critically evaluate the yogic approach to managing neurological disorders like migraines, epilepsy, and autonomic dysfunctions.

**Detailed Syllabus**

**Unit-1. Respiratory & Cardiovascular System Disorders**

(Characteristics, Causes & Yogic Management)

**1.1. Respiratory System – Disorders:**

Respiratory: Asthma, COPD, Bronchitis, Pneumonia, Tuberculosis (TB)

Cardiovascular: Hypertension, Coronary Artery Disease (CAD), Myocardial Infarction (Heart Attack), Heart Failure, Arrhythmia

**1.2. Cardiovascular System – Disorders: Cardiovascular: Hypertension, Coronary Artery Disease (CAD), Myocardial Infarction (Heart Attack), Heart Failure, Arrhythmia**

**Unit-2. Endocrine, Metabolic & Nervous System Disorders**

(Characteristics, Causes & Yogic Management)

**2.1. Endocrine System Disorders: (Characteristics, Causes & Yogic Management)**

Endocrine Disorders: Hypothyroidism, Hyperthyroidism, Cushing's Syndrome, Polycystic Ovary Syndrome (PCOS)

**2.2 Metabolic Disorders: Diabetes Mellitus (Type I & II), Obesity, Metabolic Syndrome**

**2.3 Neurological Disorders: Alzheimer's Disease, Parkinson's Disease, Epilepsy, Stroke, Migraine**

**Unit-3. Obstetrics & Gynaecological Disorders**

(Characteristics, Causes & Yogic Management)

**3.1. Dysmenorrhea, Amenorrhea, Menorrhagia**

**3.2 Infertility, Pregnancy-related complications (Gestational Diabetes, Hypertension, Miscarriage risk)**

**3.3 Menopause-related problems (Hot flashes, Mood changes, Osteoporosis risk)**

**Unit-4. Gastrointestinal & Musculoskeletal Disorders**

(Characteristics, Causes & Yogic Management)

**4.1.** Gastrointestinal Disorders: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS)

Constipation, Diarrhoea, Liver Disorders (Hepatitis, Fatty Liver), Piles (Hemorrhoids)

**4.2** Musculoskeletal Disorders: Osteoarthritis, Rheumatoid Arthritis, Low Back Pain, Cervical Spondylosis, Lumbar Spondylosis/Sciatica, Osteoporosis, Frozen Shoulder

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	3	2	-	-	2	-	-	2	2.11	3	2	3	2.67
CO2	3	3	2	-	3	2	-	-	2	-	-	2	2.38	3	2	3	2.67
CO3	3	2	3	1	3	2	1	2	3	1	2	3	2.33	3	2	3	2.67
CO4	3	3	2	1	3	2	1	1	2	1	2	3	2.17	3	2	3	2.67
<b>Avg</b>	<b>3.00</b>	<b>2.50</b>	<b>2.00</b>	<b>1.00</b>	<b>3.00</b>	<b>2.00</b>	<b>1.00</b>	<b>1.50</b>	<b>2.25</b>	<b>1.00</b>	<b>2.00</b>	<b>2.50</b>	<b>2.25</b>	<b>3.00</b>	<b>2.00</b>	<b>3.00</b>	<b>2.67</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Conceptual Lecture, Mind Mapping Activity, Group discussion, Case Discussions, Assignment
<b>CO-2 (Unit: 2)</b>	• Comparative Lecture-Discussion, Debate, Self-reflection activity, Seminar
<b>CO-3 (Unit: 3)</b>	• Lecture, Group discussion, Case study analysis, Assignment
<b>CO-4 (Unit: 4)</b>	• Lecture, Case study analysis, Presentation, Group discussion

**Assessment Method**

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

**References**

**Books:**

- 1 *Yoga Therapy* by Swami Kuvalayananda, Kaivalyadham, S.M.Y.M. Samiti, Lonawala
- 2 *YOGAA AS Therapy*, Dr. Satish Pathak, Kaivalyadham. Lonavla
- 3 Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- 4 *Yoga and Cardiovascular Management* – Dr. Swami Satyananda Saraswati (Bihar School of Yoga)
- 5 रोग और योग – स्वामी कर्मानंद सरस्वती, मुंगेर, बिहार

**Online Resources & Tools:**

- 1 **NDLI (National Digital Library of India)** – Free books, lectures, and journals
- 2 *International Journal of Yoga, AYU Journal*, PubMed articles on Yoga for NCDs
- 3 <https://www.ncbi.nlm.nih.gov/>

**Program - MASTER OF YOGIC ART AND SCIENCE  
Semester- 2**

<b>Course Code</b> 256010225009	<b>Name of Course</b> Aasana & Suryanamaskar	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate proficiency in performing intermediate to advanced asanas, understanding their therapeutic effects and anatomical significance.
- CO-2: Perform the complete Suryanamaskar sequence with correct posture, breathing synchronization, and understand its physiological and psychological benefits. And apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.

**Detailed Syllabus**

**Unit-1. Asanas**

**Pawanmuktasana Series – 2 (A.P.M.B.)**

- |                         |                        |
|-------------------------|------------------------|
| 1. Shashankaasan        | 13. Suptavajrasana     |
| 2. Yogamudrasana        | 14. Matsyasana         |
| 3. Simhasana            | 15. Chakrasana         |
| 4. Marjari asana        | 16. Bhujangasana       |
| 5. Lolaasan             | 17. Sarvangasana       |
| 6. Pashchimotanasana    | 18. Halasana           |
| 7. Urdhva Dhanurasana   | 19. Ekpada Shirasana   |
| 8. Tiryaak Bhujangasana | 20. Natarajasana       |
| 9. Dhanurasana          | 21. Garudasana         |
| 10. Ardha Dhanurasana   | 22. Vrikshasana        |
| 11. Konaasan            | 23. Ekpada Pranamasana |
| 12. Samkonaasan         | 24. Bhujangasana       |

**Unit-2.**

**Suryanamaskar – With Mantra**

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
<b>Avg</b>	<b>3.00</b>	<b>2.00</b>	<b>3.00</b>	<b>2.00</b>	<b>3.00</b>	<b>2.00</b>	<b>1.00</b>	<b>2.00</b>	<b>2.00</b>	<b>1.00</b>	<b>2.00</b>	<b>2.50</b>	<b>2.17</b>	<b>3.00</b>	<b>3.00</b>	<b>2.00</b>	<b>2.67</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

<b>CO-1 (Unit: 1)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment
<b>CO-2 (Unit: 2)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment

### Assessment Method

Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
			5	-	5
			5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
			15	Term End Examination	
			15		

### References

#### Books:

1. स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)
2. स्वात्माराम-कृत, हठयोग प्रदिपिका, कैवल्यधाम लोनावला
3. योगासन रहस्य અને સર્વાંગી સ્વાસ્થ્ય, યોગાચાર્ય શ્રી બિમાન પાલ, પ્રજ્ઞા પ્રકાશન
4. યોગવિદ્યા, ભાણદેવ, પ્રવીણ પ્રકાશન, રાજકોટ
5. स्वामी निरंजनानन्द सरस्वती, घेरण्ड संहिता, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत
6. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
7. LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide To Yoga BY The Work's Foremost Authority

#### Online Resources & Tools:

1. **Shodhganga**  
<https://shodhganga.inflibnet.ac.in>  
Research dissertations on yoga-based practices
2. **eBook**  
*Asana Pranayama Mudra Bandha* – Swami Satyananda Saraswati (BSY)  
Practical reference book with pictures and benefits

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 2**

<b>Course Code</b> 256010225010	<b>Name of Course</b> Kriya Bandh – Mudra, Pranayama	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate and explain selected Shatkarmas and their physiological importance in detoxification and yogic cleansing.
- CO-2: Practice selected Pranayamas with proper technique and understand their influence on the autonomic nervous system and mental calmness.

**Detailed Syllabus****Unit-1. Shatkarma (Cleansing)**

- 1.1 Vaman dhوتي
- 1.2 Danda dhوتي
- 1.3 Tratak

**Unit-2. Pranayama**

- 2.1 Anulom-Vilom (With Antah-Kumbhak)
- 2.2 Shitali Pranayam
- 2.3 Shitkari Pranayam
- 2.4 Bhramari Pranayam

**Unit-3. Bandh-Mudra**

- 3.1 Jalandhar Bandha
- 3.2 Udiyaan Banda
- 3.3 Mahamudra
- 3.4 Mahabandha
- 3.5 Sambhavi Mudra

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	1	3	2	1	1	2	2	2	3	2.16	2	3	2	2.33
CO2	2	3	3	2	3	2	1	2	2	2	2	3	2.33	2	3	2	2.33
Avg	2.50	2.50	3.00	1.50	3.00	2.00	1.00	1.50	2.00	2.00	2.00	3.00	2.21	2.00	3.00	2.00	2.33

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

- CO-1 (Unit: 1)** • Demonstration, Observation, Self-study, Audio visual, Assignment



## Curriculum Framework- Master of Yogic Art and Science - 2025

CO-2 (Unit: 2)		• Demonstration, Observation, Self-study, Audio visual, Assignment			
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	References				
Books:					
1 Swami Satyananda Saraswati – <i>Asana, Pranayama, Mudra, Bandha</i> (Bihar School of Yoga)					
2 સ્વામી કુવાલ્યાનંદ- પ્રાણાયામ, કૈવલ્યધામ લોનાવાલા					
3. Dr. H. R. Nagendra – <i>Pranayama for Health and Healing</i> (SVYASA Publications)					
4. Swami Sivananda – <i>The Science of Pranayama</i>					
5. M.L. Gharote – <i>Applied Yoga</i>					
Online Resources & Tools:					
<a href="http://www.biharyoga.net/">http://www.biharyoga.net/</a>					
<a href="http://www.svyasa.edu.in/">http://www.svyasa.edu.in/</a>					

<b>Program - MASTER OF YOGIC ART AND SCIENCE</b>		
<b>Semester- 2</b>		
<b>Course Code</b> 256010225011	<b>Name of Course</b> Fundamentals of Ayurveda	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (40) - Practical (0)</b>	<b>Teaching Hours: 40</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Describe the principles of Tridosha and analyze the physiological and pathological roles of Doshas.
- CO-2: Explain the functions of Dhatus and Malas, and apply this understanding in yogic and ayurvedic health management.
- CO-3: Evaluate different body constitutions (Prakruti), understand the role of Agni, and assess their impact on wellness.
- CO-4: Evaluate different body constitutions (Prakruti), understand the role of Agni, and assess their impact on wellness.

<b>Detailed Syllabus</b>
<p><b>Unit-1. Principles of Ayurveda</b></p> <ul style="list-style-type: none"> <li>1.1. Doshas – Name, Guna, Place, Prakrut Karma, Vikrut Karma, (Increase &amp; decrease)</li> <li>1.2. Types, Place &amp; functions of dosha types.</li> </ul> <p><b>Unit-2. Dhatus And Mal</b></p> <ul style="list-style-type: none"> <li>2.1. Dhatus – Name, Prakrut Karma &amp; Vikrut karma Dhatu Production Sequence (Dhatu Pariposhan Kram)</li> <li>2.2. Mal – Name, Prakrut Karma &amp; Vikrut karma</li> </ul> <p><b>Unit-3. Prakruti and Agni</b></p> <ul style="list-style-type: none"> <li>3.1. Prakruti- Types</li> <li>3.2. Agni (Importance &amp; types of Jatharagni)</li> </ul> <p><b>Unit-4. Dincharya, Sadvrat, Sleep, Ritucharya</b></p> <ul style="list-style-type: none"> <li>4.1. Dincharya – Wake up, Ushapan, Anjan, Dant-dhavan, Vyayam, Snan, Nasya, Abhyanga, Kaval-Gandhush</li> <li>4.2. Sadvrat – Diet (meal timing, kind of meal, kriya after diet)</li> <li>4.3. Sleep</li> <li>4.4. Ritucharya – Six Seasons, Name of Ritus, Pathya &amp; Apathya in every Ritu (season)</li> </ul>

**Mapping Matrix of POs, PSOs, and COs**

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	2	-	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO2	3	3	3	2	3	2	-	-	2	2	-	2	2.44	3	3	2	2.67
CO3	2	2	2	2	3	2	1	-	2	1	-	2	2.00	3	2	2	2.33
CO4	3	3	2	3	3	2	2	-	3	2	2	3	2.64	3	2	3	2.67
Avg	2.75	2.50	2.25	2.33	3.00	2.00	1.50	-	2.25	1.67	2.00	2.25	2.36	3.00	2.25	2.25	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Conceptual Lecture, Group discussion, Case Discussions, Assignment
<b>CO-2 (Unit: 2)</b>	• Comparative Lecture-Discussion, Debate, Self-reflection activity, Seminar
<b>CO-3 (Unit: 3)</b>	• Lecture, Group discussion, Case study analysis, Assignment
<b>CO-4 (Unit: 4)</b>	• Lecture, Case study analysis, Presentation, Group discussion

**Assessment Method**

Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	05	5	5	--
	CO-2	05	5	--	5
	CO-3	05	5	5	--
	CO-4	05	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	07	Term End Examination		
	CO-2	07			
	CO-3	07			
	CO-4	09			

**References**

**Books:**

- 1 Charaka Samhita, – Edited by Acharya Charaka, Translated by Dr. Ram Karan Sharma  
*Publisher: Chaukhambha Orientalia*
- 2 **Ashtanga Hridaya** – By Vagbhata, Translated by Prof. K.R. Srikantha Murthy  
*Publisher: Chaukhamba Krishnadas Academy*
- 3 આયુર્વેદના સિદ્ધાંતો – ડૉ. વસંતલાલ

**Online Resources & Tools:**

- 1 [www.ndl.iitkgp.ac.in](http://www.ndl.iitkgp.ac.in)
- 2 [www.ayush.gov.in](http://www.ayush.gov.in)

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 2**

<b>Course Code</b> 256010225012	<b>Name of Course</b> Principles of Naturopathy	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (40) - Practical (0)</b>	<b>Teaching Hours: 40</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Explain the naturopathic concept of health and disease and apply Panchatattva principles in holistic living.
- CO-2: Identify and apply natural remedies based on the five elements (Panchamahabhutas) in disease management.
- CO-3: Identify and apply natural remedies based on the five elements (Panchamahabhutas) in disease management.
- CO-4: Evaluate and adopt organic food practices to support personal and community health.

**Detailed Syllabus****Unit-1. Naturopathy**

- 1.1. Concept of Health & disease according to Naturopathy
- 1.2. Principles of Pancha tattva in Naturopathy

**Unit-2. Prakrutik upchaar paddhati (Natural Remedies)**

- 2.1. Treatment of Aakash tattva
- 2.2. Treatment of Agni tattva
- 2.3. Treatment of Jal tattva
- 2.4. Treatment of Prithvi tattva
- 2.5. Treatment of Vaayu tattva

**Unit-3. Natural life**

- 3.1. Importance of Natural lifestyle-technique
- 3.2. Different aspects of Natural life

**Unit-4. Organic diet**

- 4.1. Organic diet and its important in human life
- 4.2. Process of organic food

**Mapping Matrix of POs, PSOs and COs**

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO 10	PO 11	PO 12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	2	2	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO2	3	3	3	2	3	2	-	-	3	2	-	3	2.67	3	3	3	3.00
CO3	2	2	2	2	3	2	2	1	2	1	-	2	1.91	2	2	2	2.00
CO4	3	3	2	2	3	3	2	2	3	2	2	3	2.58	3	3	3	3.00
<b>Avg</b>	2.75	2.50	2.25	2.00	3.00	2.25	2.00	1.50	2.50	1.67	2.00	2.50	2.32	2.75	2.50	2.50	2.58

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

## Curriculum Framework- Master of Yogic Art and Science - 2025

Teaching Pedagogy					
CO-1 (Unit: 1)	• Conceptual Lecture, Group discussion, Case Discussions, Presentation, Field work				
CO-2 (Unit: 2)	• Comparative Lecture-Discussion, Demonstration, Self-reflection activity, Assignment				
CO-3 (Unit: 3)	• Lecture, Group discussion, Case study analysis, Assignment				
CO-4 (Unit: 4)	• Lecture, Group discussion, Presentation, Field work, Demonstration				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	05	5	--	5
	CO-2	05	5	5	--
	CO-3	05	5	5	--
	CO-4	05	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	07	Term End Examination		
	CO-2	07			
	CO-3	07			
	CO-4	09			
References					
<b>Books:</b> 1 <i>Science of Natural Living</i> by Dr. Ramesh B. Patel 2 <i>Naturopathy for Healthy Living</i> by Dr. B.V. Khare 3    रामगोपाल शर्मा, प्राकृतिक चिकित्सा, प्रभात प्रकाशन नईदिल्ली 4    आचार्यराजेंद्रअटल, योग एवमप्राकृतिकचिकित्सा, सुरुचि प्रकाशननई दिल्ली <b>Online Resources &amp; Tools:</b> 1 <a href="http://www.nhp.gov.in/naturopathy">www.nhp.gov.in/naturopathy</a> 2 <a href="http://www.ayush.gov.in">www.ayush.gov.in</a>					

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 2**

<b>Course Code</b> 256010425013	<b>Name of Course</b> Teaching Methods in Yoga	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (30) - Practical (40)</b>	<b>Teaching Hours: 70</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Describe the meaning, importance, and key principles of education and teaching methods in Yoga.
- CO-2: Demonstrate knowledge of various yoga teaching aids and explain yogic principles used in instruction.
- CO-3: Plan, structure, and manage yoga lessons using effective lesson planning and classroom management strategies.
- CO-4: Conduct practical yoga teaching sessions in different environments and apply self-study and peer-learning techniques.

**Detailed Syllabus**

**Unit-1. Theory: Education**

- 1.1. Definition & Meaning of Education, Meaning, definition and scope of teaching. Teaching and learning
- 1.2. Teaching method – Meaning and Area, Factors effecting Teaching Methods
- 1.3 Teaching Method – types & importance

**Unit-2. Theory: Teaching Aids**

- 2.1. Methods used in Yoga training
- 2.2. Teaching Aids – types and importance, Teaching Aids used in Yoga training
- 2.3. Yogic principles for Aasan Practice

**Unit-3. Theory: Lesson Plan**

- 3.1. Lesson Plan presentation (Methods of explanation) and its Importance
- 3.2 Personal & Technical Preparation, Methods of Learning – Principles & Rules
- 3.3. Transfer of training – meaning, types and importance, Class Management – its importance & factors affecting CM
- 3.4. Lesson Plane – Its importance & template

**Unit-4. Practical**

- 4.1. Practical lesson (in Yoga Department)
- 4.2 Practical lesson (outside Yoga department)
- 4.3 Self-study, Conference, Group discussion, Internal Assessment

**Mapping Matrix of POs, PSOs and COs**

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO 10	PO 11	PO 12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	1	-	2	3	-	-	2	-	-	2	2.14	2	3	2	2.33
CO2	3	3	2	-	2	3	-	-	3	-	-	3	2.57	3	3	2	2.67
CO3	2	2	2	1	2	2	-	1	2	1	-	2	1.82	2	2	2	2.00
CO4	3	3	2	2	3	3	2	2	3	2	2	3	2.58	3	3	3	3.00
<b>Avg</b>	<b>2.75</b>	<b>2.50</b>	<b>1.75</b>	<b>1.50</b>	<b>2.25</b>	<b>2.75</b>	<b>2.00</b>	<b>1.50</b>	<b>2.50</b>	<b>1.50</b>	<b>2.00</b>	<b>2.50</b>	<b>2.31</b>	<b>2.50</b>	<b>2.75</b>	<b>2.25</b>	<b>2.50</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Conceptual Lecture, Group discussion, Orientation, Presentation, Field work
<b>CO-2 (Unit: 2)</b>	• Comparative Lecture-Discussion, Demonstration, Self-reflection activity, Assignment
<b>CO-3 (Unit: 3)</b>	• Lecture, Exploration, Case study analysis, Assignment
<b>CO-4 (Unit: 4)</b>	• Lecture, Group discussion, Presentation, Field work, Demonstration

**Assessment Method**

Continuous Comprehensive Evaluation 40 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

**References**

**Books:**

- 1 Teaching of Yoga by Dr. M. L. Gharote
- 2 Teaching Methodology in Yoga by Swami Satyananda Saraswati
- 3 डॉ.मनोहर लक्ष्मण घरोटे, श्रीमन्त कुमार गांगुली,योगमें शिक्षणविधियाँ,कैवल्यधाम लोनावला
- 4 नितिन ढोमणे,योग में शिक्षण विधियाँ,मोतीलाल बनारसीदास पब्लिशर्स

**Online Resources & Tools:**

- 1 [www.yogabharati.org](http://www.yogabharati.org)
- 2 [www.ayush.gov.in](http://www.ayush.gov.in)

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 3**

<b>Course Code</b> 256010425014	<b>Name of Course</b> <b>Hatha Yoga &amp; Basic Principles of Yoga Vasishtha</b>	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate an understanding of the classical texts of Hatha Yoga such as Siddha Siddhanta Paddhati, Hatha Pradipika, Gheranda Samhita, Hatha Ratnavali, and *Shiva Samhita*, by identifying their key concepts, aims, objectives, and prerequisites (Yama and Niyama), and analyze common misconceptions in Hatha Yoga practices.
- CO-2: Analyze the importance of Shuddhi Kriya in Hatha Yoga and its role in maintaining health and treating disease, while exploring the principles of Mitahara (balanced diet) and the regularities to be followed by a Hatha Yoga practitioner.
- CO-3: Evaluate the practices of Asana, Pranayama, Bandha, Mudra, and their physiological and psychological benefits, referring to classical texts like *Gheranda Samhita*, including cautions and contraindications, and demonstrating practical applications through correct practice methods.
- CO-4: Critically examine key excerpts from *Yoga Vashistha*, including concepts like Aadhi, Vyadhi, psychosomatic diseases, and the Four Pillars for Liberation, along with the development of Sattvaguna and the Seven Stages of Wisdom, applying these concepts to achieve the highest state of bliss.

**Detailed Syllabus**

**Unit-1. Hatha yoga**

- 1.1.** Hatha yoga & Hatha yoga Scriptures: Siddha Siddhanta Paddhati, Hatha Pradipika, Gheranda Samhita, Hatha Ratnavali & Shiv Samhita (in short)
- 1.2.** Aims & Objectives, Misconceptions in Hatha yoga, Prerequisites in Hatha Yoga – Sadhak tatva and Badhak tatv

**Unit-2. Cleansing practices**

- 2.1.** Concept of cleansing practices (Shuddhi Kriya) in Hatha Yoga, Importance of shuddhi kriya in health & disease.
- 2.2.** Matha-Mitahara, rules & regularities: to be followed by Hatha yoga practitioner

**Unit-3. Hatha scriptures**

- 3.1.** Aasan, Pranayam, Bandha-Mudra and other techniques in Hatha scriptures (Hatha Pradipika, Gheranda Samhita)
- 3.2.** Definition, prerequisites & special characteristics. Benefits of Aasans – according to Gheranda Samhita, Cautions & contradictions; Practice of Praan & Aayam, Pranayama, its



stages and layers,

Pratyahara, Dhaarana & Dhyana – meaning, definition, benefits & methods

- 3.3.** Naad & Naad-anusandhaan in Hatha Pradipika: concept, benefits, four stages of Naad-anusandhaan

#### **Unit-4. Yoga Vashishtha**

- 4.1.** Key excerpts in Yoga Vashishta; Concept of Aadhi & Vyadhi; Psychosomatic disease; Four pillars for liberation, Attainment of the highest state of bliss; Attempt to remove the obstacles of yoga
- 4.2** Development of Sattvaguna; Eight steps to attain wisdom (Gyan)
- 4.3** Seven stages of wisdom (Gyan ki sapta bhoomiyan)

#### **Mapping Matrix of POs, PSOs and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	3	2	-	-	2	-	-	2	2.14	3	2	2	2.33
CO2	3	3	2	-	3	2	-	--	2	-	-	2	2.38	3	3	2	2.67
CO3	3	2	3	1	3	2	1	2	3	1	2	3	2.25	3	3	3	3.00
CO4	3	3	2	1	3	2	1	1	2	1	2	3	2.08	3	2	3	2.67
<b>PO Avg</b>	3.0	2.5	2.0	1.0	3.0	2.0	1.0	1.5	2.25	1.0	2.0	2.5	<b>2.21</b>	<b>3.0</b>	<b>2.5</b>	<b>2.5</b>	<b>2.67</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

#### **Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Conceptual Lecture, Group discussion, Presentation, Field work
<b>CO-2 (Unit: 2)</b>	• Comparative Lecture-Discussion, Demonstration, Self-reflection activity, Assignment
<b>CO-3 (Unit: 3)</b>	• Lecture, Exploration, Assignment, Demonstration, Self-reflection activity
<b>CO-4 (Unit: 4)</b>	• Lecture, Group discussion, Presentation, Field work, Demonstration

#### **Assessment Method**

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

#### **References**

##### **Books:**

- 1 Hatha Yoga Pradipika by Swami Svatmarama
- 2 Gheranda Samhita by Gheranda
- 3 Shiva Samhita translated by Srisa Chandra Vasu
- 4 Yoga Vasistha by Swami Venkatesananda

##### **Online Resources & Tools:**

- 1 **Hatha Yoga Pradipika – English Translation (by Pancham Sinh)**  
<https://www.holybooks.com/hatha-yoga-pradipika>
- 2 Research articles on Yoga philosophy and practical applications in journals like the *International Journal of Yoga*.
- 3 **Gheranda Samhita – Full Text (PDF + Translation)**

<https://www.holybooks.com/gheranda-samhita>

4 **Siddha Siddhanta Paddhati – Introduction**

<https://indianyoga.org/siddha-siddhanta-paddhati>

5 **Overview of Hatha Yoga Texts (Article)**

<https://isha.sadhguru.org/in/en/wisdom/article/foundations-of-hatha-yoga>

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 3**

<b>Course Code</b> 256010425015	<b>Name of Course</b> Sankhya Darshan	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate an understanding of the basic concepts of Darshan and the development of Indian philosophies, including a comparative study of Indian and Western philosophies, with a special focus on Sankhya Darshan and its original sources.
- CO-2: Analyze the evolution of Sankhya Darshan, its integration in the Upanishads, and the role of key scriptures and Acharyas in the development of Sankhya philosophy, exploring its purpose and significance.
- CO-3: Evaluate the core principles of Sankhya philosophy, including the concepts of Karya-Karan (causality), Satkaryavad, and the objections against Satkaryavad, understanding their importance in Sankhya cosmology.
- CO-4: Critically examine advanced concepts in Sankhya, including Purusha, Prakruti, Srishti Prakriya, and Pralayaavastha, as well as the role of Ishvara and Moksha in Sankhya, and how they contribute to the understanding of human existence and liberation.

**Detailed Syllabus****Unit-1. Darshan**

- 1.1. Darshan – Meaning & Development, Comparative Study of Indian & Western Philosophy
- 1.2. Sankhya Darshan: Introduction, basic concepts and Original Source

**Unit-2. Sankhya Darshan**

- 2.1. Development of Sankhya Darshan, Sankhya Darshan in Upanishad
- 2.2. Main scriptures & Acharyas of Sankhya, Ancient scriptures of Sankhya, Purpose of Sankhya

**Unit-3. Sankhya Philosophy**

- 3.1. Principles of Sankhya Philosophy, Principles of Karya-Karan
- 3.2. Satkaryavad, Importance of Satkaryavad, Objection against Satkaryavad

**Unit-4. Purusha – Prakruti - Ishwar**

- 4.1. Purusha – Concept, Bahutva (anektavavad), Avyakta Prakruti – Characteristics – Sattva, Rajas, Tamas. Srishti (Prasava) Prakriya
- 4.2. Pralayaavastha (Pratiprasava). Sukshma Sharir, Pramaan – Pratyaksha, Anumaan, Aapta (Shabda)
- 4.3. Bandhan and Moksha. Concept of Ishwar In Sankhya

**Mapping Matrix of POs, PSOs and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	2	2	-	-	1	-	-	1	1.83	3	2	2	2.33
CO2	3	2	2	-	3	2	-	-	2	-	-	2	2.17	3	2	3	2.67
CO3	3	3	2	1	3	2	1	2	2	1	2	2	2.08	3	2	3	2.67
CO4	3	3	3	1	3	2	1	1	2	1	2	3	2.08	3	3	3	3.00
<b>PO Avg</b>	3.0	2.5	2.0	1.0	2.8	2.0	1.0	1.5	2.0	1.0	2.0	2.0	2.04	3.0	2.25	2.75	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

## Curriculum Framework- Master of Yogic Art and Science - 2025

Teaching Pedagogy					
CO-1 (Unit: 1)	• Conceptual Lecture, Group discussion, Assignment, Field work				
CO-2 (Unit: 2)	• Lecture, Discussion, Demonstration, Self-reflection activity, Seminar				
CO-3 (Unit: 3)	• Lecture, Exploration, Presentation, Demonstration				
CO-4 (Unit: 4)	• Lecture, Group discussion, Assignment, Field work, Demonstration				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	--	5
	CO-4	10	5	5	--
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			
References					
<b>Books:</b> 1 <i>Sankhya Karika</i> by Ishvara Krishna (English translation) 2 "भारतीयदर्शन" – डॉ. सर्वपल्लीराधाकृष्णन 3 <i>Sankhya Darshan</i> by Radhakrishnan 4 "सांख्यएवंयोगदर्शन"लेखक: पं. श्रीरामशर्माआचार्य प्रकाशक: अखिलविश्वगायत्रीपरिवार, शांतिकुंज, हरिद्वार  <b>Online Resources &amp; Tools:</b> 1 <b>Sankhya Philosophy – Free Resources from Swami Sivananda</b> <a href="https://www.sivananda.org">https://www.sivananda.org</a> 2 <b>Sankhya Darshan – Journal Articles</b> <a href="https://www.researchgate.net">https://www.researchgate.net</a> (Search for Sankhya Philosophy)					

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 3**

<b>Course Code</b> 256010225016	<b>Name of Course</b> Aasana & Suryanamaskar	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate proficiency in performing intermediate to advanced asanas, understanding their therapeutic effects and anatomical significance.
- CO-2: Perform the complete Suryanamaskar sequence with correct posture, breathing synchronization, and understand its physiological and psychological benefits. And apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.

**Detailed Syllabus****Unit-1. Asanas****Pavanmuktasana Series – 3 (A.P.M.B.)**

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Vyagrasana                  | 11. Vashisthasana             |
| 2. Dwikonasana                 | 12. Uttanasana                |
| 3. Badha Padmasana             | 13. Kukutasana                |
| 4. Gupt Padmasana              | 14. Grivasana                 |
| 5. Ardhabadhy padmotanasana    | 15. Uttanprasthasana          |
| 6. Chandrasana                 | 16. Shirsh angushtha yogasana |
| 7. Padprasaar paschimotanasana | 17. Ekpada Padmothanana       |
| 8. Meru akarshanasana          | 18. Mudrasana                 |
| 9. Parivrittijanusrasana       | 19. Pdma Bakasana             |
| 10. Dwipad Kandrana            | 20. Vatayanasana              |
|                                | 21. Uthtit Janusrasan         |
|                                | 22. Santulasana               |

**Unit-2.****Suryanamaskar – With Asanss name****Mapping Matrix of POs, PSOs, and COs**

COs	POs														PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg	

## Curriculum Framework- Master of Yogic Art and Science - 2025

CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
Avg	3.00	2.00	3.00	2.00	3.00	2.00	1.00	2.00	2.00	1.00	2.00	2.50	2.17	3.00	3.00	2.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
References					
Books:					
1    स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)					
2.    स्वात्माराम-कृत, हठयोग प्रदीपिका,कैवल्यधाम लोनावला					
3.    योगासन रहस्य અને સર્વાંગી સ્વાસ્થ્ય, યોગાચાર્ય શ્રી બિમાન પાલ, પ્રજ્ઞા પ્રકાશન					
4.    યોગવિદ્યા, ભાણદેવ, પ્રવીણ પ્રકાશન, રાજકોટ					
5    स्वामी निरंजनानन्द सरस्वती,घेरण्ड संहिता,योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत					
6    Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga					
7    LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide To Yoga BY The Work’s Foremost Authority					
Online Resources & Tools:					
1 <b>Shodhganga</b>					
<a href="https://shodhganga.inflibnet.ac.in">https://shodhganga.inflibnet.ac.in</a>					
Research dissertations on yoga-based practices					
2 <b>eBook</b>					
<i>Asana Pranayama Mudra Bandha</i> – Swami Satyananda Saraswati (BSY)					
Practical reference book with pictures and benefits					



## Curriculum Framework- Master of Yogic Art and Science - 2025

Continuous Comprehensive Evaluation 20 Marks			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
References					
Books:					
1 Swami Satyananda Saraswati – <i>Asana, Pranayama, Mudra, Bandha</i> (Bihar School of Yoga)					
2 स्वामी कुवाल्यानंद- प्राणायाम, कैवल्यधाम लोनावला					
3. Dr. H. R. Nagendra – <i>Pranayama for Health and Healing</i> (SVYASA Publications)					
4. Swami Sivananda – <i>The Science of Pranayama</i>					
5. M.L. Gharote – <i>Applied Yoga</i>					
Online Resources & Tools:					
1 <a href="http://www.biharyoga.net">http://www.biharyoga.net</a>					
2 <a href="http://www.svyasa.edu.in">http://www.svyasa.edu.in</a>					



**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 3**

<b>Course Code</b> 256010425018	<b>Name of Course</b> Research Methodology & Statistics	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Explain the meaning, scope, and importance of research in Yoga; identify various approaches such as quantitative, qualitative, and mixed methods; and describe the essential characteristics of a researcher for conducting scientific inquiry in Yogic studies.
- CO-2: Analyze the process of selecting a research problem; understand various sampling methods and characteristics; and apply research tools and techniques such as observation, questionnaire, interview, and scale appropriately in Yoga-related research contexts.
- CO-3: Classify and differentiate among major research methods—historical, survey, experimental, and case study—and outline the sequential steps and features involved in conducting Yoga-based research using these methods.
- CO-4: Apply basic statistical techniques—including descriptive (mean, median, mode, range, percentile) and inferential (chi-square, t-test, ANOVA, correlation) analyses—to Yoga-related data; and compose a research proposal, report, and summary using APA referencing and data analysis software (JASP and Excel).

**Detailed Syllabus****Unit-1. Research: Meaning & Approaches**

- 1.1. Research: Meaning and Scope of Research in Yoga, Approaches of research: Quantitative, Qualitative and Mixed methods of Research: meaning and Importance
- 1.2. Importance of Research in Yoga. Characteristics of Researcher

**Unit-2. Research Problem, Sampling and Tools**

- 2.1. Sources of Research problem. Criteria for selection of research problem
- 2.2. Sampling: meaning, definition and Types of sampling and characteristics of Sampling
- 2.3. Introduction of Tools and Techniques of Data collection: Observation, questionnaire, Interview, Scale

**Unit-3. Methods of Research**

- 3.1. Historical Method: meaning, steps and sources of data.
- 3.2. Survey Method: meaning, steps and Types
- 3.3. Experimental method: meaning, Steps and Validity of Research
- 3.2 Case Study: Meaning, Steps and Importance

**Unit-4. Data Analysis and Report writing**

- 4.1. Types of Statistical Analysis: Descriptive and Inferential Analysis techniques (Concept and Uses)
- 4.2. Descriptive Analysis techniques: Mean, Median, Mode, Range, Quartile, Percentile
- 4.3. Inferential Analysis techniques:  $X^2$ , t-test, ANOVA, Pearson Correlation (r)
- 4.4. Format of Proposal, Research Report and Summary writing, Introduction of API style of referencing and Data Analysis Software (JASP and Excel)

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	2	2	-	-	2	-	-	2	2.00	3	3	2	2.67
CO2	3	3	2	-	2	2	1	1	2	-	-	2	2.00	3	3	2	2.67
CO3	3	3	3	1	2	2	2	2	2	2	2	3	2.33	3	3	3	3.00
CO4	3	2	3	-	2	2	3	1	2	1	2	2	2.18	3	3	3	3.00
Avg	3.0	2.5	2.25	1.0	2.0	2.0	2.0	1.3	2.0	1.5	2.0	2.3	2.13	3.0	3.0	2.5	2.83

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture, Observation, Assignment
CO-2 (Unit: 2)	• Lecture, Observation, Presentation
CO-3 (Unit: 3)	• Lecture, Practical, Assignment
CO-4 (Unit: 4)	• Lecture, Practical, Analytical & Synthetical, Presentation

### Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
			Term End Examination		
	CO-1	15			
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 Satishprakash Shukla (Gujarat University), **Research Methodology and Statistics**, Self-published, ISBN: 978-93-5321-399-2
- 2 Jagdish Prasad Sharma – *Yogic Research and Statistics*
- 3 Garrett, H.E. – *Statistics in Psychology and Education*
- 4 Best & Kahn – *Research in Education*
- 5 C.R. Kothari – *Research Methodology: Methods and Techniques*

#### Online Resources & Tools:

- 1 <https://svyasadde.com/msc.php> , Research Methodology
- 2 <https://universityofpatanjalionline.com/courses/msc-yoga-science>, Research Methodology & Statistics
- 3 National Digital Library of India (NDLI) – <https://ndl.iitkgp.ac.in>
- 4 ResearchGate – For accessing free research papers on Yoga
- 5 UGC Inflibnet e-ShodhSindhu – <https://ess.inflibnet.ac.in>

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 3**

<b>Course Code</b> 256010425019	<b>Name of Course</b> Yoga Application	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Identify and interpret the WHO-defined dimensions of health (physical, mental, social, spiritual) and recognize yogic perspectives on mental and emotional disorders using classical terms like styana, samshay, pramaad, etc.
- CO-2: Explain the yogic principles of diet (Aahar, Mitahara), body constitution (Prakriti), and lifestyle (Aachar, Vihar, Vichar), and analyze how they foster positive individual and societal health attitudes such as maitri, karuna, mudito, and upeksha.
- CO-3: Demonstrate effective stress-management techniques based on Yoga—drawing from Mandukyakarika, the Bhagavad Gita, and Patanjali's Ashtanga Yoga—through breathing awareness, Shavasana, Yoga-nidra, Pranayama, and meditation.
- CO-4: Evaluate the role of Ashtanga Yoga and Panchakosha framework in enhancing personality development, memory, concentration, creativity, and intelligence using yogic exercises and modules.

**Detailed Syllabus****Unit-1. Physical and Mental Health**

- 1.1. Concept & importance of Health according to WHO; Physical, mental, social and spiritual outcomes of health.
- 1.2. Mental & Emotional disease: Styana, samshay, pramaad, Avirati, Bhranti-darshan, Alabdhabhumikatva, anaavasthitattva, dukha, daurmanasya.

**Unit-2. Healthy lifestyle: Aahar, Vihar, Aachar, Vichar, and Role of yoga.**

- 2.1. Basic knowledge of Yogic Aahar, concept of Mitahar, classification of Yogic Aahar
- 2.2. Body Structure (Prakriti) according to ancient Yoga Scriptures – Vatta, Pitta, Kapha and Gunas Yogic principles for healthy lifestyle – Aahar, Vihar, Aachar, Vichar, and Role of yoga.
- 2.3. Yoga's contribution to a positive attitude for a healthy country (maitri, karuna, mudito & Upeksha)

**Unit-3. Contribution of Yoga in Stress control**

- 3.1. Stress – Introduction & definition, Stress management according to Mandukyakarika relaxation & stimulation method
- 3.2. Alternate stress & relaxation for stress management: Yoga and stress management. Stress management techniques in Bhagvat Gita & Patanjali's Astanga Yoga.
- 3.3. Breathing awareness, shavasana, Yoganindra, Pranayama & Dhyaan. Yogic lifestyle's effect on Stress.

**Unit-4. Yoga for personality development**

- 4.1. Astanga yoga and personality development. Concept of Panchakosha in Personality development
- 4.2. Memory and concentration (short term memory & long term memory, foundations of memory and stages of retention)
- 4.3. Module to improve memory, Interruptions in concentration, Concept of creativity, maun (silence) and creativity
- 4.4. Yoga & creativity (Yoga tradition for development of creativity)

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	2	2	-	-	2	-	-	2	2.00	3	2	2	2.33
CO2	3	2	2	-	3	2	-	-	2	-	-	3	2.33	3	2	3	2.67
CO3	3	3	3	1	2	2	3	2	3	1	2	2	2.25	3	3	3	3.00
CO4	3	2	3	-	3	2	2	2	3	1	2	2	2.25	3	3	3	3.00
Avg	3.0	2.25	2.25	1.0	2.5	2.0	2.5	2.0	2.5	1.0	2.0	2.25	<b>2.21</b>	<b>3.0</b>	<b>2.5</b>	<b>2.75</b>	<b>2.75</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

<b>CO-1 (Unit: 1)</b>	• Lecture, Observation, Self study, Assignment
<b>CO-2 (Unit: 2)</b>	• Lecture, Observation, Presentation
<b>CO-3 (Unit: 3)</b>	• Lecture, Practical, Demonstration, Assignment
<b>CO-4 (Unit: 4)</b>	• Lecture, Practical, Demonstration, Presentation

### Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 **Yoga and Health**, by A. G. Mohan
- 2 **Science of Yoga**, by T. Krishnamacharya
- 3 **Personality Development Through Yoga**, by Swami Satyananda Saraswati
- 4 **Yoga Vijnana**, by Swami Rama
- 5 **Role of Yoga in Stress Management**, by Dr. N. P. Reed

#### Online Resources & Tools:

- 1 **Yoga Journal** – articles on stress management, memory, personality
- 2 **SWAYAM** – modules on Yoga therapy, stress management
- 3 **NIH: National Center for Complementary and Integrative Health** – research on meditation

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 4**

<b>Course Code</b> 256010425019	<b>Name of Course</b> Upnishad & Narad Bhakti Sutra	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

**After completing this course, students will be able to**

- CO-1: Understand and analyze central themes from Isavasya, Ken, and Katha Upanishads like Self-realization, Karma Nishtha, and Brahman.
- CO-2: Interpret deeper metaphysical concepts from Prashna, Mundak, Mandukya, and Aitariya Upanishads, including AUM, Praana, and Para-Apara Vidya.
- CO-3: Demonstrate knowledge of Panchakosha and meditative techniques from Taitariya, Chandogya, and Brihदारanyaka Upanishads.
- CO-4: Apply the teachings of Narad Bhakti Sutra to cultivate devotion, ethical living, and yogic conduct.

**Detailed Syllabus**

**Unit-1. Isavasyo Upanishad, Ken Upnishad, Katha Upnishad**

- 1.1. Isavasyo Upanishad: Concept of Karma Nishtha, Concept of Vidhya & Avidhya. Knowledge of Brahman, Atma bhaav (self-consciousness)
- 1.2. Ken Upnishad: Antrik shakti, senses and antahkaran, Atma & Mann (self & mind), Satya ki saah anubhuti (an instinctive sense of truth). Truth transcendent, Yaksha anecdote and its moral advice.
- 1.3. Katha Upnishad: Method of Yoga, Knowledge of supreme soul, Importance of Self-realisation.

**Unit-2. Prashna Upnishad, Mundak Upnishad, Mandukya Upnishad**

- 2.1. Prashna Upnishad: Concept of evaluation of Praan and Rayi, Pancha praan, Five Main Questions.
- 2.2. Mundak Upnishad: Two fold view of Brahmaavidya (Para and apara), glory of brahmaavidya, Uselessness of selfish deeds, Tappa and guru bhakti, Beginning of creation, Brahman the object of meditation.
- 2.3. Mandukya Upnishad: The four states of consciousness and its relation with AUM Aitariya Upnishad, Imagination of Self – Brahman.

**Unit-3. Taitariya Upnishad, Chandogya Upnishad, Brihदारanyak Upanishad**

- 3.1. Taitariya Upnishad: Concept of Panchakosha, Summary of Siksha valli, Summary of Anand valli and Bhrgu valli.
- 3.2. Chandogya Upnishad: Meditation on OM (Udgeet), Shandilya Vidhya.
- 3.3. Brihदारanyak Upanishad: Concept of Self and Gyan, Union of the soul and the divine.

**Unit-4. Narad Bhakti Sutra**

- 4.1. Part-1
- 4.2. Part-2

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	2	3	2	-	1	3	-	2	2	2.09	3	2	1	2.00
CO2	3	3	-	2	2	2	1		3	1	2	2	2.09	3	2	2	2.33
CO3	3	2	2	3	3	2	1	1	3	2	2	2	2.17	3	3	2	2.67
CO4	2	2	1	2	3	2	-	2	3	2	3	3	2.36	3	3	3	3.00
Avg	2.75	2.25	1.33	2.25	2.75	2.00	1.00	1.33	3.00	1.67	2.25	2.25	2.17	3.00	2.50	2.00	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture, Observation, Self study, Presentation
CO-2 (Unit: 2)	• Lecture, Observation, Assignment
CO-3 (Unit: 3)	• Lecture, Practical, Assignment
CO-4 (Unit: 4)	• Lecture, Practical, Seminar

### Assessment Method


Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 उपनिषद् - अङ्क, गीताप्रेस्, गोरखपुर
- 2 ईशावदनोपनिषद्, गीताप्रेस्, गोरखपुर
- 3 दशोपनिषद् (शांकरभाष्य), गीताप्रेस्, गोरखपुर
- 4 उपनिषद्-विद्या
- 4 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

#### Online Resources & Tools:

- 1 [www.advaitaashrama.org](http://www.advaitaashrama.org)
- 2 [Vedanta Spiritual Library](http://VedantaSpiritualLibrary)
- 3 **Gheranda Samhita – Full Text (PDF + Translation)**  
 <https://www.holybooks.com/gheranda-samhita>

**Program - MASTER OF YOGIC ART AND SCIENCE**

**Semester- 4**

<b>Course Code</b> 256010225021	<b>Name of Course</b> Aasana & Suryanamaskar	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate proficiency in performing intermediate to advanced asanas, understanding their therapeutic effects and anatomical significance.
- CO-2: Perform the complete Suryanamaskar sequence with correct posture, breathing synchronization, and understand its physiological and psychological benefits. And apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.

**Detailed Syllabus**

**Unit-1. Asanas**

- |                                |                            |
|--------------------------------|----------------------------|
| 1. Uthit hast paadangusthasana | 11. Uttan mandukasana      |
| 2. Vishvamitra Aasan           | 12. Bhadrasana             |
| 3. Kashyapaasan                | 13. Merudandasana          |
| 4. Ek paad bakasana            | 14. Bakasana               |
| 5. Purna Shalbhaasana          | 15. Dwi Hasta Bhujangasana |
| 6. Purna Bhujangasana          | 16. padangusthasana        |
| 7. Purna Dhanurasana           | 17. Mayurasana             |
| 8. Paridhasan                  | 18. Padma mayurasana       |
| 9. Niralamb paschimotanasana   | 19. Hansasana              |
| 10. Kurmasana                  | 20. Shirshasana            |
|                                | 21. Padma Sarvangasana     |

**Unit-2.**

**Suryanamaskar : (Sun Salutation – A) – 9 Vinyasas**

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
Avg	3.00	2.00	3.00	2.00	3.00	2.00	1.00	2.00	2.00	1.00	2.00	2.50	2.17	3.00	3.00	2.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

## Curriculum Framework- Master of Yogic Art and Science - 2025

CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
References					
Books:					
1    स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)					
2.    स्वात्माराम-कृत, हठयोग प्रदिपिका, कैवल्यधाम लोनावला					
3.    योगासन रहस्य અને સર્વાંગી સ્વાસ્થ્ય, યોગાચાર્ય શ્રી બિમાન પાલ, પ્રજ્ઞા પ્રકાશન					
4.    योगવિદ્યા, ભાણદેવ, પ્રવીણ પ્રકાશન, રાજકોટ					
5    स्वामी निरंजनानन्द सरस्वती, घेरण्ड संहिता, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत					
6    Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga					
7    LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide To Yoga BY The Work’s Foremost Authority					
Online Resources & Tools:					
1 <b>Shodhganga</b>					
<a href="https://shodhganga.inflibnet.ac.in">https://shodhganga.inflibnet.ac.in</a>					
Research dissertations on yoga-based practices					
2 <b>eBook</b>					
<i>Asana Pranayama Mudra Bandha</i> – Swami Satyananda Saraswati (BSY)					
Practical reference book with pictures and benefits					



**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 4**

<b>Course Code</b> 256010225022	<b>Name of Course</b> Kriya Bandh – Mudra, Pranayama	<b>Compulsory</b>
<b>Credit: 02</b>	<b>Teaching Scheme: Theory (0) - Practical (60)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

CO-1: Demonstrate and explain selected Shatkarmas and their physiological importance in detoxification and yogic cleansing.

CO-2: Practice selected Pranayamas with proper technique and understand their influence on the autonomic nervous system and mental calmness.

**Detailed Syllabus****Unit-1. Pranayama**

- 1.1 Bhattarika Pranayama
- 1.2 Nadi Shodhan (with Antah-kumbhak & Bahya-Kumbhak)

**Unit-2. Shatkarma (Cleansing)**

- 2.1 Shitkarma Kapalbhathi, Vyutkarma Kapalbhathi
- 2.2 Nauli Chalan (Bhramar Nauli)
- 2.3 Sankha Prakshalan
- 2.4 Vastra Dhouti, Dand Dhouti

**Unit-3. Bandh-Mudra**

- 3.1 Pashinee Mudra
- 3.2 Manduki Mudra

**Unit-4. Yognidra, Nad Yoga****Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	1	3	2	1	1	2	2	2	3	2.16	2	3	2	2.33
CO2	2	3	3	2	3	2	1	2	2	2	2	3	2.33	2	3	2	2.33
Avg	2.50	2.50	3.00	1.50	3.00	2.00	1.00	1.50	2.00	2.00	2.00	3.00	<b>2.21</b>	2.00	3.00	2.00	<b>2.33</b>

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment
<b>CO-2 (Unit: 2)</b>	• Demonstration, Observation, Self-study, Audio visual, Assignment

**Assessment Method**

Continuous Comprehensive Evaluation 20 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			

**References**

**Books:**

- 1 Swami Satyananda Saraswati – *Asana, Pranayama, Mudra, Bandha* (Bihar School of Yoga)
- 2 સ્વામી કુવાલ્યાનંદ- પ્રાણાયામ, કૈવલ્યધામ લોનાવાલા
3. Dr. H. R. Nagendra – *Pranayama for Health and Healing* (SVYASA Publications)
4. Swami Sivananda – *The Science of Pranayama*
5. M.L. Gharote – *Applied Yoga*

**Online Resources & Tools:**

- 1 <http://www.biharyoga.net>
- 2 <http://www.svyasa.edu.in>

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 4**

<b>Course Code</b> 256010425023	<b>Name of Course</b> Research Methodology & Statistics	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 90</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Develop and demonstrate the ability to independently plan, execute, and document research project using YOGA and interdisciplinary approaches.
- CO-2: Apply experimental design, data analysis, and interpretation in real-time laboratory/field settings.
- CO-3: To communicate scientific findings effectively through written reports, presentations, and discussions.
- CO-4: To cultivate scientific integrity, project management skills, and professional work ethics in research environments.

**Detailed Syllabus****Unit-1. Research: Meaning & Approaches**

- 1.1. Research: Meaning and Scope of Research in Yoga, Approaches of research: Quantitative, Qualitative and Mixed methods of Research: meaning and Importance
- 1.2. Importance of Research in Yoga. Characteristics of Researcher

**Unit-2. Research Problem, Sampling and Tools**

- 2.1. Sources of Research problem. Criteria for selection of research problem
- 2.2. Sampling: meaning, definition and Types of sampling and characteristics of Sampling
- 2.3. Introduction of Tools and Techniques of Data collection: Observation, questionnaire, Interview, Scale

**Unit-3. Methods of Research**

- 3.1. Historical Method: meaning, steps and sources of data.
- 3.2. Survey Method: meaning, steps and Types
- 3.3. Experimental method: meaning, Steps and Validity of Research
- 3.2 Case Study: Meaning, Steps and Importance

**Unit-4. Data Analysis and Report writing**

- 4.1. Types of Statistical Analysis: Descriptive and Inferential Analysis techniques (Concept and Uses)
- 4.2. Descriptive Analysis techniques: Mean, Median, Mode, Range, Quartile, Percentile
- 4.3. Inferential Analysis techniques:  $X^2$ , t-test, ANOVA, Pearson Correlation (r)
- 4.4. Format of Proposal, Research Report and Summary writing, Introduction of API style of referencing and Data Analysis Software (JASP and Excel)

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	3	3	2	3	3	2	3	2	3	3	3	2.83	3	3	3	3.00
CO2	3	3	3	3	2	2	3	3	2	2	2	3	2.58	3	3	3	3.00
CO3	2	2	2	1	3	3	2	2	3	3	2	2	2.33	2	3	2	2.33
CO4	2	2	2	2	3	3	2	2	3	3	3	2	2.42	2	2	3	2.33
Avg	2.50	2.50	2.50	2.00	2.75	2.75	2.25	2.50	2.50	2.75	2.50	2.50	2.50	2.50	2.75	2.75	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture, Observation, Assignment
CO-2 (Unit: 2)	• Lecture, Observation, Presentation
CO-3 (Unit: 3)	• Lecture, Practical, Assignment
CO-4 (Unit: 4)	• Lecture, Practical, Analytical & Synthetical, Presentation

### Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 Satishprakash Shukla (Gujarat University), **Research Methodology and Statistics**, Self-published, ISBN: 978-93-5321-399-2
- 2 Jagdish Prasad Sharma – *Yogic Research and Statistics*
- 3 Garrett, H.E. – *Statistics in Psychology and Education*
- 4 Best & Kahn – *Research in Education*
- 5 C.R. Kothari – *Research Methodology: Methods and Techniques*

#### Online Resources & Tools:

- 1 <https://svyasadde.com/msc.php> , Research Methodology
- 2 <https://universityofpatanjaliionline.com/courses/msc-yoga-science>, Research Methodology & Statistics
- 3 National Digital Library of India (NDLI) – <https://ndl.iitkgp.ac.in>
- 4 ResearchGate – For accessing free research papers on Yoga
- 5 UGC Inflibnet e-ShodhSindhu – <https://ess.inflibnet.ac.in>

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 4**

<b>Course Code</b> 256010425024	<b>Name of Course</b> Contemporary Yoga and Gandhian Thoughts	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (60) - Practical (0)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Demonstrate an understanding of contemporary Yogic practices such as Sukshma Vyayam, Cyclic Meditation, Mind Sound Resonance, Transcendental Meditation, and other modern techniques, with the ability to integrate them into daily practice and wellness routines.
- CO-2: Evaluate the contributions of modern yogic masters such as Swami Vivekananda, Shri Aurobindo, Swami Shivananda, and others, understanding their perspectives on Yoga, spiritual growth, and societal transformation.
- CO-3: Analyze the scientific bases of Yoga as laid out by Swami Kuvalayanand Ji, evaluating the modern integration of his teachings into scientific research and practice.
- CO-4: Interpret the basic principles of Gandhian thought, including truth, ahimsa, and purity, and analyze how they can be integrated with yogic practices for personal and societal transformation.

**Detailed Syllabus****Unit-1. Contemporary Yogic Practices**

- 1.1. Yogic sukshma vyayam, Cyclic Meditation (SVYASA), Mindfulness based stress reduction technique (Kabat Zinn).
- 1.2. Mind Sound Resonance technique (SVYASA), Rajyoga Dhyana (Brahmakumaris), Transcendental meditation (Mahesh Yogai).
- 1.3. Zen buddhist meditation, Yoga nidra (BSY), Savita dhyana (DSVV)

**Unit-2. Yoga in modern time- Yoga tradition of:**

- 2.1. Ramkrishna and Swami Vivekananda, Shri Aurobindo, Maharshi Raman. Their contribution to the development and promotion of yoga.
- 2.2. Shri T Krishnamacharya, Swami Shivananda Sarasvati, Swami Rama, Maharshi Mahesh Yogi. Their contribution to the development and promotion of yoga.

**Unit-3. Yoga Tradition of Swami Kuvalayananda**

- 3.1. Life and Work of Swami Kuvalayananda – Pioneer of scientific yoga research. Scientific Foundations of Yogic Practices – Physiology, psychology, and therapeutic applications.
- 3.2. Contribution of *Yogamimamsa* – First scientific journal of yoga studies. Impact on Modern Yoga- Integration of yoga with science, therapy, and education.

**Unit-4. Gandhian Thoughts Values**

- 4.1. Understanding Gandhiji's philosophy as a yogic lifestyle: Core Principles – Truth (Satya), Non-violence (Ahimsa), Purity (Shuddhi). Ethical Disciplines (Ekadash Vrata) – 11 vows guiding moral and spiritual life.
- 4.2. Spiritual Practices – Fasting (Upvaas), prayer, universal religion (Sarvadharm Sambhav). Lifestyle Values – Simplicity, vegetarianism, discipline, service, and commitment to Dharma.

## Curriculum Framework- Master of Yogic Art and Science - 2025

### Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	2	2	-	-	2	-	-	2	2.00	3	2	1	2.00
CO2	3	3	2	-	2	2	1	1	2	-	-	2	2.00	3	3	2	2.67
CO3	3	3	3	1	2	2	2	2	2	2	2	3	2.33	3	3	3	3.00
CO4	3	2	3	-	2	2	3	1	2	1	2	2	2.18	3	3	2	2.67
Avg	3.0	2.5	2.25	1.00	2.00	2.00	2.00	1.33	2.00	1.50	2.00	2.25	2.13	3.00	2.75	2.00	2.58

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

### Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture, Assignment, Audio Visual
CO-2 (Unit: 2)	• Lecture, Observation, Presentation
CO-3 (Unit: 3)	• Lecture, Practical, Assignment, Audio Visual
CO-4 (Unit: 4)	• Lecture, Practical, Analytical & Synthetical, Presentation

### Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

### References

#### Books:

- 1 Yogmimansa journal, Kaivalyadham Lonavala
- 2 Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000
- 3 H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999
- 4 “Cyclic Meditation” — SVYASA Institute manual/workbook (recommended to get directly from SVYASA’s publication section).  
**Gujarati:** “ચલચક્ર મેડિટેશન” — Gujarati edition available through Brahma Kumaris Gujarat centers  
**“Zen Mind, Beginner’s Mind”** — Shunryu Suzuki  
**“योग નિદ્રા”** — Hindi version by Satyananda

#### Online Resources & Tools:

- 1 [DSVV](#) – Savita Dhyani, Gandhian thoughts in Yogic context.
- 2 Kaivalyadham-Archive of Yogmimansa and Scientific research
- 3 [SVYASA](#) – Research articles on Cyclic Meditation, MSRT, etc

**Program - MASTER OF YOGIC ART AND SCIENCE****Semester- 4**

<b>Course Code</b> 256010425025	<b>Name of Course</b> Alternative Therapy	<b>Compulsory</b>
<b>Credit: 04</b>	<b>Teaching Scheme: Theory (45) - Practical (15)</b>	<b>Teaching Hours: 60</b>
<b>Course Outcomes (COs)</b>		

After completing this course, students will be able to

- CO-1: Plan and analyze balanced yogic diets and therapeutic nutrition plans aligned with yogic principles to promote health and manage lifestyle-related diseases.
- CO-2: Demonstrate practical application of energy-based therapies such as acupressure, reflexology, and Sujok in treating common disorders.
- CO-3: Critically evaluate and apply traditional alternative therapies such as Marma, Unani, hydrotherapy, and aroma therapy for integrative health practices.
- CO-4: integrate yogic, pranic, and meditative healing systems (Reiki, Pranic healing) to address psychosomatic conditions and enhance well-being.

**Detailed Syllabus****Unit 1. Fundamentals of Diet Therapy**

- 1.1. Food and Nutrition – Definition, classification, and essential functions of nutrients (carbohydrates, proteins, fats, vitamins, minerals, water). Principles of Diet Therapy – Role of food in health promotion, disease prevention, and healing.
- 1.2. Yogic Classification of Food – *Sattvic* (purity, balance), *Rajasic* (stimulation, activity), *Tamasic* (heaviness, inertia).
- 1.3. Applied Nutrition – Diet planning for maintaining health and managing common disorders (diabetes, obesity, hypertension). Detox diets, fasting, and food combinations.
- 1.4. Practical: Preparation of balanced Satvik diet plans. Case studies on disease-specific diet planning (e.g., diabetes, obesity, hypertension).

**Unit-2. Acupressure, Reflexology & Sujok Therapy**

- 2.1. Theory: Introduction and principles of Acupressure and Reflexology. Meridians and energy flow concepts.
- 2.2. Sujok Therapy: Finger & toe correspondence systems, six ki theory. Therapeutic applications in common disorders.
- 2.3. Practical: Identification of key pressure points, Basic application techniques using hands, probes, or seeds. Simple Sujok treatment for headache, cold, digestion.

**Unit-3. Marma Chikitsa: Origin, types of marmas, healing touch. Hydrotherapy: Uses of water in health**

- 3.1. (baths, packs, sprays). **Unani Therapy:** Principles, temperament theory, Unani herbs. **Magnet Therapy:** Basic concepts, pole effects. **Aroma Therapy:** Essential oils and their uses in stress & mood. **Colour Therapy:** Chakras and color vibration balance.
- 3.2. Practical: **Demonstration of hydro packs and steam therapy. Use of essential oils and magnets**

**in therapy. Marma point identification and self-care.**

**Unit-4. Unit 4 Holistic Approaches & Energy Healing**

- 4.1.** Theory: Pranic Healing: Fundamental principles of Pranic Healing, Understanding Pranic Energy, Pranic Cleansing and Energy Restoration Techniques, Healing Techniques for Daily Problems, Simple Techniques for Common Diseases
- 4.2** **Reiki Therapy:** Basic Principles of Reiki Therapy, Flow of Universal Life Energy, Energy Points and Chakras in the Body
- 4.3** **Practical:** Practice of self-pranic healing techniques. Guided Reiki session (if practitioner available). Yogic kriyas and relaxation techniques for integration.

**Mapping Matrix of POs, PSOs, and COs**

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	2	2	2	2	1	-	2	2	2	3	2.08	3	2	2	2.33
CO2	2	3	3	2	2	2	2	2	2	2	2	2	2.17	3	3	2	2.67
CO3	3	3	2	3	2	2	2	2	2	2	2	3	2.33	3	3	3	3.00
CO4	3	3	2	2	3	2	1	2	2	2	2	3	2.25	3	3	2	2.67
Avg	2.75	2.75	2.25	2.25	2.25	2.00	1.50	2.00	2.00	2.00	2.00	2.75	2.21	3.00	2.75	2.25	2.66

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

**Teaching Pedagogy**

<b>CO-1 (Unit: 1)</b>	• Lecture, Assignment, Audio Visual
<b>CO-2 (Unit: 2)</b>	• Lecture, Observation, Presentation
<b>CO-3 (Unit: 3)</b>	• Lecture, Practical, Assignment, Audio Visual
<b>CO-4 (Unit: 4)</b>	• Lecture, Practical, Analytical & Synthetical, Presentation

**Assessment Method**

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5		5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

**References**

**Books:**

- "Yoga and Alternative Therapies" – Swami Kuvalayananda, Kaivalyadham
- "Yoga and Diet Therapy" – Swami Sivananda
- CFN, IGNOU
- Acupressure and Reflexology*  
Dr. Devendra Vora
- "Marma Points of Ayurveda" – Dr. Ernst Schrott et al.
- Science of Marmas*  
Dr. S.N. Tripathi / CCRAS
- Acupressure and Reflexology*  
Dr. Devendra Vora
- સુજોડ – ડૉ. રસિક શાહ
- બીજ ચિકિત્સા - એકપુરેસર અને સ્વસ્થ જીવન – ડૉ. એ. કે. સક્સેના



- 10 આયુર્વેદિક રંગ ચિકિત્સા – ડૉ. ગિરધરભાઈ મિસ્ત્રી
- 11 સ્પિરિચ્યુઅલ હીલિંગની દિવ્ય કળા – શ્વેતા ખત્રી
- 12 યોગ ચિકિત્સા માર્ગદર્શિકા – યુગ નિર્માણ યોજના (શ્રી વેદમાતા ગાયત્રી ટ્રસ્ટ)

**Online Resources & Tools:**

- 1 <https://www.ccras.nic.in> – Marma science and Ayurveda
- 2 <https://www.nin.res.in> – National Institute of Nutrition (diet resources)
- 3 ResearchGate / Google Scholar – for studies on antioxidants, Sujok, magnet therapy



# Gujarat Vidyapith

Ashram Marg, Navrangpura, Ahmedabad, Gujarat, India - 380 009

**Phone:** +91-79 40016200 | **Email:** [info@gujaratvidyapith.org](mailto:info@gujaratvidyapith.org) | **Website:** [www.gujaratvidyapith.org](http://www.gujaratvidyapith.org)

[f](#) [i](#) [X](#) [in](#) [v](#) [You Tube](#) @gvp1920