Objectives:

- The purpose of the M.A. in Yoga & Consciousness is to impart indepth knowledge of traditional yoga with secular and scientific orientation.
- To prepare qualified resource persons to teach yoga in schools, colleges, Universities, corporate organizations, central services and to the interested public of all age groups with secular and scientific orientation.
- To give indepth knowledge of teaching methods in Yoga and application of Yoga in various fields.
- To provide the basic understanding of applied human anatomy and physiology, Indian Philosophy, Psychology, alternative therapies such as Ayurveda, Naturopathy, Acupressure and indepth knowledge of classical Yoga texts and Yoga therapy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
- To promote Research in Yoga
- To enable the Post-Graduates students of Yoga to setup their own Yoga centers as self employment and promote health consciousness among the public.

Eligibility, Admission procedure & Seats

- The candidates seeking admission into M.A. Yoga & Consciousness course must have minimum second class degree of the Andhra University or its equivalent degree recognized by the Andhra University.
- They must posses basic knowledge of Yoga, as evidenced by a Certificate / Diploma / PG Diploma in Yoga of Andhra University or any reputed Yoga institute in India recognized by Andhra University.
- Preference will be given to candidate in the order PG Diploma in Yoga/ Diploma in Yoga / Certificate course in Yoga.
- The candidates should have good physical and mental health and fit to practice Hatha yoga as certified by Govt. physician.
• The admissions into M.A. Yoga & Consciousness course shall be made by the Director, Directorate Admissions, Andhra University by entrance test / interview.

• Number of seats for admission into M.A. Yoga & Consciousness are 20

Courses of study:
• M.A. Yoga & Consciousness is a full time course and shall be of two academic years under semester system.
• In each semester there will be four theory papers and one practical.
• The details of these papers are provided in the syllabus.
• The Practical classes will be conducted in morning from 6.30 AM to 8.00 AM.
• Theory classes will be conducted between 10.00 AM to 1.00 PM. The medium of instruction shall be English.

Dress:
The candidates shall be required to wear suitable dress as designed by the Department which will permit them to do yogic practices comfortably.

Yoga practice:
The candidates shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:
In view of the special nature of the course it is desirable that the Candidates shall be permitted to appear for the University examination at the end of the each semester only if he/she puts in at least 80 per cent attendance to achieve the benefits of the course.

Scheme of Teaching:

First Semester:

<table>
<thead>
<tr>
<th>Subject code</th>
<th>Title of the Paper</th>
<th>Compulsory / Elective</th>
<th>No. of periods of Teaching per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 101</td>
<td>Evolution of Yoga</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 102</td>
<td>Classical Indian Philosophy</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 103</td>
<td>Human Anatomy &amp; Physiology-I</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 104</td>
<td>Basics of Sanskrit</td>
<td>Compulsory</td>
<td>3</td>
</tr>
<tr>
<td>MYC 105</td>
<td>Yoga Practice</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>
• **Second Semester:**

<table>
<thead>
<tr>
<th>Subject code</th>
<th>Title of the Paper</th>
<th>Compulsory / Elective</th>
<th>No. of periods of Teaching per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 201</td>
<td>Patanjali Yoga Sutras</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 202</td>
<td>Hatha Yoga Texts</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 203</td>
<td>Principles of Psychology</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 204</td>
<td>Theories of Meditation</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 205</td>
<td>Yoga Practice</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>

• In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga camps for beginners with in the department campus or out side of campus in city limits.

• **Third Semester:**

<table>
<thead>
<tr>
<th>Subject code</th>
<th>Title of the Paper</th>
<th>Compulsory / Elective</th>
<th>No. of periods of Teaching per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 301</td>
<td>Human Anatomy &amp; Physiology-II</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 302</td>
<td>Yoga Therapy</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 303</td>
<td>Teaching Methods of Yoga</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 304</td>
<td>Research Methodology in Yoga</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 305</td>
<td>Advanced Yoga Practices-I</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>

• In third Semester, to acquire practical knowledge in conducting Yoga therapy classes, the candidates should watch regularly Yoga Therapy classes in the morning & evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga Therapy camps for specific health disorder with in the department campus or out side of campus in city limits.
- **Fourth Semester:**

<table>
<thead>
<tr>
<th>Subject code</th>
<th>Title of the Paper</th>
<th>Compulsory / Elective</th>
<th>No. of periods of Teaching per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 401</td>
<td>Cognitive Psychology</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 402</td>
<td>Alternative Therapies</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 403</td>
<td><strong>Elective Subject:</strong></td>
<td>Elective</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>(i) Applied Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ii) Selected Chapters From the Bhagavad Gita</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>(iii) Yoga &amp; Gerontology</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>MYC 404</td>
<td>Dissertation &amp; Viva</td>
<td>Compulsory</td>
<td></td>
</tr>
<tr>
<td>MYC 405</td>
<td>Advanced Yoga Practices-II</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>

- In fourth Semester, related to his dissertation, the candidates should learn the clinical methods, such as pulse reading, blood pressure testing, respiratory rate etc., case history writing and Psychological (questionnaire) parameters. Statically analysis of the initial and final data recorded to be done.

- Candidates should take special Yoga classes for in-patient who joined in the department campus for Yoga treatment.

- If necessary candidates should visit other Yoga centers in the city and around the city related to his dissertation.

**Examination:**
The examination pattern for the M.A. Yoga & Consciousness shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 15 marks in each paper. The end semester examinations shall be conducted for 85 marks in each paper. The Yoga practical in each mid- semester will be for 30 marks and in end semester for 120 marks. The total marks of 120 for the semester end examination in yoga practice shall be distributed as follows:

- Performance - 70 marks
- Viva-voce - 10 marks
- Records - 20 marks
- Internal assessment - 20 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner.
Regulations to Semester –end Examinations:

- The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper set will be taken by internal paper setter.

- In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in least three years of service as teacher for the degree class concerned.

- If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final

### Scheme of Examination as per Credit System

#### First Semester:

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Title of the Paper</th>
<th>Exam Duration (Hours)</th>
<th>Credits</th>
<th>Max. Marks</th>
<th>Mid-Semester Double Valuation (Internal)</th>
<th>End-Semester Double Valuation (Internal + External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 101</td>
<td>Evolution of Yoga</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 102</td>
<td>Classical Indian Philosophy</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 103</td>
<td>Human Anatomy &amp; Physiology-I</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 104</td>
<td>Basics of Sanskrit</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 105</td>
<td>Yoga Practice</td>
<td>9</td>
<td>150</td>
<td>30</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>33</strong></td>
<td><strong>550</strong></td>
<td><strong>90</strong></td>
<td><strong>460</strong></td>
<td></td>
</tr>
</tbody>
</table>
**Second Semester:**

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Title of the Paper</th>
<th>Exam Duration (Hours)</th>
<th>Credits</th>
<th>Max. Marks</th>
<th>Mid-Semester (Internal)</th>
<th>End-semester Double Valuation (Internal + External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 201</td>
<td>Patanjali Yoga Sutras</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 202</td>
<td>Hatha Yoga Texts</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 203</td>
<td>Principles of Psychology</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 204</td>
<td>Theories of Meditation</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 205</td>
<td>Yoga Practice</td>
<td></td>
<td>9</td>
<td>150</td>
<td>30</td>
<td>120</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td>33</td>
<td>550</td>
<td>90</td>
<td>460</td>
</tr>
</tbody>
</table>

**Third Semester:**

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Title of the Paper</th>
<th>Exam Duration (Hours)</th>
<th>Credits</th>
<th>Max. Marks</th>
<th>Mid-Semester (Internal)</th>
<th>End-semester Double Valuation (Internal + External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 301</td>
<td>Human Anatomy &amp; Physiology-II</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 302</td>
<td>Yoga Therapy</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 303</td>
<td>Teaching Methods of Yoga</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 304</td>
<td>Research Methodology in Yoga</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 305</td>
<td>Advanced Yoga Practices-I</td>
<td></td>
<td>9</td>
<td>150</td>
<td>30</td>
<td>120</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td>33</td>
<td>550</td>
<td>90</td>
<td>460</td>
</tr>
</tbody>
</table>
### Fourth Semester:

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Title of the Paper</th>
<th>Exam Duration (Hours)</th>
<th>Credits</th>
<th>Max. Marks</th>
<th>Mid-Semester (Internal)</th>
<th>End-semester Double Valuation (Internal + External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYC 401</td>
<td>Cognitive Psychology</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 402</td>
<td>Yoga &amp; Alternative Therapies</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td>MYC 403</td>
<td>Elective Subject:</td>
<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td>(i) Applied Yoga</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ii) Selected Chapters From the Bhagavad Gita</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(iii) Yoga &amp; Gerontology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MYC 404</td>
<td>Dissertation &amp; Viva</td>
<td>6</td>
<td>100</td>
<td></td>
<td>*100</td>
<td></td>
</tr>
<tr>
<td>MYC 405</td>
<td>Advanced Yoga Practices-II</td>
<td>9</td>
<td>150</td>
<td>30</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>33</strong></td>
<td><strong>550</strong></td>
<td><strong>75</strong></td>
<td></td>
<td><strong>475</strong></td>
</tr>
</tbody>
</table>

*Single valuation*
### M.A YOGA & CONSCIOUSNESS, ANDHRA UNIVERSITY

#### GRADES AND GRADE POINT DETAILS

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Range of Marks</th>
<th>Grade</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>&gt;70%</td>
<td>0</td>
<td>10.0</td>
</tr>
<tr>
<td>2.</td>
<td>60% - 69%</td>
<td>A</td>
<td>9.0</td>
</tr>
<tr>
<td>3.</td>
<td>55% - 59%</td>
<td>B</td>
<td>8.0</td>
</tr>
<tr>
<td>4.</td>
<td>50% - 54%</td>
<td>C</td>
<td>7.0</td>
</tr>
<tr>
<td>5.</td>
<td>40% - 49%</td>
<td>D</td>
<td>6.0</td>
</tr>
<tr>
<td>6.</td>
<td>35% - 39%</td>
<td>E</td>
<td>5.0</td>
</tr>
<tr>
<td>7.</td>
<td>&lt; 35%</td>
<td>F (Fail)</td>
<td>0.0</td>
</tr>
<tr>
<td>8.</td>
<td>The Grade W represents failure due to insufficient attendance in a year or semester</td>
<td>W</td>
<td>0.0</td>
</tr>
<tr>
<td>9.</td>
<td>Incomplete (Subsequently to be change into pass or E to O or F grade in the same semester)</td>
<td>I</td>
<td>0.0</td>
</tr>
</tbody>
</table>

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than E grade, i.e. 35% of marks, and C grade, i.e. 50% in practical examination. However, in each semester examinations, the aggregate passing minimum may be D grade, i.e. 40%.

Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in O grade.
A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination.

Such reappearance shall be limited only to five chances with in five years from the date of first passing the final examination.

There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more paper of the first/second/third semester examinations.

Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.
Department of Yoga & Consciousness
M.A. YOGA & CONSCIOUSNESS

Semester-I
Paper-I: Evolution of Yoga
Paper II: Classical Indian Philosophy
Paper III: Human Anatomy & Physiology -I
Paper IV: Basics of Sanskrit
Paper V: Yoga Practices-I

Semester-II
Paper-I : Patanjali Yoga Sutras
Paper II: HathaYoga Texts
Paper III: Principles of Psychology
Paper IV: Theories of Meditation
Paper V: Yoga Practices-II

Semester-III
Paper-I : Human Anatomy & Physiology -II
Paper II: Yoga Therapy
Paper III: Teaching Methods of Yoga
Paper IV: Research methodology in Yoga
Paper V: Advanced Yoga Practices-I

Semester-IV
Paper-I : Cognitive Psychology
Paper II: Yoga & Alternative Therapies
Paper III: Elective subject:
   (i) Applied Yoga,
   (ii) Selected chapters from the Bhagavad Gita
   (iii)Yoga & Gerontology
Paper IV: Dissertation & viva
Paper V: Advanced Yoga Practices-II
M.A. YOGA & CONSCIOUSNESS: Detailed syllabus:

Semester-I

Paper-I: Evolution of Yoga

Unit-I
Introduction to Indian Vedic and Philosophical literature: the Vedas, the Upanishads, the Puranas, the Smirthis, the Shatdarshanas.

Unit-II
Origin of Yoga - elements of Yoga in Vedic literature – definitions and meanings of Yoga - historical development of yoga - aims and objectives of Yoga- literature on yoga

Unit-III

Unit-IV
The Philosophy of Hatha Yoga: the origin and development of Hatha Yoga – connotations of the term hatha yoga – contribution of the siddhas and nathas in development of Hatha Yoga -- the literature on Hatha Yoga - relation of hatha yoga and other systems of yoga.

Unit-V
Yogic physiology: nadies – pranas - chakras – vital points - granthis - pancha koshas-physiology of kundalini

Recommended books:

Swamy Sivananda (1984): Lectures on Yoga & Vedanta, Sivananda Nagar, The Divine Life Society

Mukti bodananda Saraswati (1984): Swara Yoga (Chapter-I), Munger, Bihar School of Yoga,.

**Paper II: Classical Indian Philosophy**

**Unit I**

Nature, Characteristics and Development of Indian Philosophy. 
Spéculations of the Upanishads, Atman and Brahman.  
Central teachings of Gita : Karmayoga, and Jnana Yoga, Sthita Prajna.

**Unit II**

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ; 
Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

**Unit III**

Nyaya Darsana : (i) Sixteen Logical Categories of Nyaya, (ii) Nyaya Epistemology : (1) Perception and (2) Inference, (iii) Nyaya theory of soul and its Destiny  
The Vaisesika Darsana : (i) The Seven Categories, (ii) The Atomic Theory.

**Unit IV**

The Samkhya Darsana : (i) Theory of Causation, (ii) Satkaryavada, (iii) Proofs for the existence of Prakruti and Purusha, (iv) Evolution of Prakrit ;  
The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.  
The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

**Unit V**

Sankara Vedanta : (i) Brahman as Saguna and Nirguna, (ii) Status of Individual soul and the world, (iii) The Doctrine of Maya ;  
The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified, (ii) The Nature of God, soul, world, (iii) Doctrine of Bhakti, Saranagati and Prapatti ;  

**Textbooks :**

R. Puligandla : Fundamentals of Indian Philosophy.  
Paper III: Human Anatomy & Physiology-I

Unit-I

Cell structure and its function; tissues-types; Introduction to systems of the human body;

Unit-II:

Skeletal system: types of bone, the vertebral column, types of joints: wrist, elbow, shoulder, ankle, knee, hip, and spinal column.
Muscular system: types of muscles; structure of skeletal muscles: smooth muscles, cardiac muscles, blood supply of skeletal muscles, and principal groups of muscles; Effect of Yoga techniques on skeletal and muscular system.

Unit-III: Biochemistry: Nutrition: Nutrients, proximate principles of diet-their importance;
Carbohydrates: Monosaccharides, polysaccharides; Proteins: importance of proteins in biological system- essential and non essential amino acids – biological value; Lipids: triglycerides-essential fatty acids; Calorimetry: energy requirement and its calculation, energy aspects of diet and their distribution, balanced diet; Minerals: calcium, iron trace elements in human nutrition; Vitamins: fats soluble and water soluble vitamins- physiological role- requirement and source signs of deficiency.

Unit-IV:

Digestive system: brief anatomy of mouth, esophagus, stomach, small intestine, large intestine, gall bladder and liver pancreas, digestive, absorption and assimilation. Effect of Yoga techniques on digestive system.

Unit-V:

Metabolism: Metabolism of food: carbohydrates metabolism, Protein metabolism, Fat metabolism, energy production and requirements

Recommended Book:
Unit –I: Sanskrit Alphabet (Aksharamala);

*Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktakarsara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

Sanskrit words: classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases: - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

Poetry – Subhashitas: Selections From Sarala slokah

1. Ya kundendu tushara… v.No.1
2. Yeshaam na vidya na tapo.. v.No.3
3. Sahitya samgeeta kalaa viheenah… v.No.4
4. Bhaasaashu maduraa divyaa.. v.No.5
5. vidyaa naama narasya… v.No.6
6. rupayouvana sampannaah… v.No.8
7. vidyayaa vpushaa vaacaa.. v.No.9
8. arakshitam tishtati daivarakshitam.. v.No.14
9. takshakasya visham dante… v.No.19
10. brahmaanandam paramasukhadam.. v.No.21
11. yathaa desasthataa bhaashaa.. v.No.25
12. Makshikaa vramnicchanti… v.No.29
13. drstiputam nyaset paadam… v.No.34
14. hastasya bhusanam daanam.. v.No.41
15. raahapathni guroh pathni.. v.No.51
16. pushpeshu padmam nagarushu kaasi.. v.No.59
17. atiparichayaadavajnaa … v.No.61
18. utsave vyasane caiva durbhikshe.. v.No.87
19. yasyaasti vittam sa narah kulinah… v.No.110
20. paandityasya vibhushanam madhurataaa.. v.No.159

Unit –II : Prose- Hitopadesa – mitralabha

Unit –III : Grammar – Declensions & Conjugations*

a) DECLENSIONS: Ajanta Sabdas

Masculine: Rama, Hari, Sambhu Dhatr, , Pitri, Go.
Feminine: Ramaa, Mati, Gauri, Dhenu, Vadhu, Matr.
Neuter: Vanam, Vaari.
Sarvanamasabdas: asmad yushmad , tat (three genders) kim

b) CONJUGATIONS: LAT, LOT, LAN, VIDHILIN LRT - Five tenses only)

PARASMAIPADINS: BHU, GAM, DRSIR, STHAA, DRSIR, PA, AS, LIKHA KR.

ATMANEPADINS: LABH, MUD, BHAS, RAM, VAND, YUDH KR SEV
* Kriyapada in Sanskrit -: Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

Unit – IV: Grammar - Sandhi & Samasa *

A) SANDHI:  A CH SANDHI : Savarnadirgha, Guna, Vrddhi, Yanadesa, Ayavayava
             HAL SANDHI: Scutva Jastva, Sthutva, Anunasika, Visarga

b) SAMASA: Dvigu, Dvandva, Bahuvrihi, Tatpurusha, Karmadharaya, Avyayibhava

* Avyayas in Sanskrit - different kinds of avyayas, upasargas, nipatas etc., Elementary knowledge of all kinds of sandhis with examples in Sanskrit. Elementary knowledge of voices, compound words with examples in Sanskrit. Karakas - its use in Sanskrit.

Unit – V: Translation

From Sanskrit to English / Telugu
Slokas/ Simple sentences from Subhashitas and from Other prescribed lessons

Books Recommended:

1. R.S. Vadhyar & Sons: Infant Sanskrit Reader – Palghat
2. Sarala slokah (easy slokas for children) Samskrita kaaryalayah, aravindasrama Pondicherry, TN
4. Prathama – Samskrta Bhasha Pracara Samiti, Hyderabad
Paper V: **Yoga Practices-I**

**Sukshma Vyayamam**

**Netra Sanchlana**

**Shatkriyas:** Jala dhauti, Jala Neti, Sutraneti and Kapalabhati;

**Meditation Asanas:** Ardha Padmasan, Padmasana, Svastikasana, Siddhasana, Vajrasana, Samasana – Dhyana Veerasana –

**Relaxation Asanas:** Savasana, Makharasana, Nirlambasana, Matsuakridasana, Advasana;

**Surya Namaskarmas**

**Preliminary Asanas**-
Tadasana, Tiryak Tadasa, Katichkarasana, Natarajasana, Vrukshasana, Utkatsana, Vakrasana, Janusirshasana, Udarararshanasna, Uttana Padasana, Padasanchalasana, Chakra Padasana, Anantasana, Sarpasana, Bhujangasana, Ardha Salabhasana, Sarala Dhanurasana, Marichasana-I, Uttita Padasana, Baddhakonasana, Kandharasana,
Ardha Navasana, Supta Udararshanasana, Supta Pawanamuktasana stage-I, Hamsasana, Viparitakarani, Shava Udararshanasana

**Bandhas:** Jalandhara bandha- mula bandha.-

**Preliminary Pranayama techniques:** Udara Svasa – Vaksha Svasa – Skanda Svasa, Yoga Savasa, Anuloma Viloma- Nadi Suddhi.

**Recommended books:**
Satyananda Saraswati, Swami (2002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust


Semester-II

Paper –I: Patanjali Yoga Sutras

Unit-I
Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text- associated yoga paths in yoga sutras- atha yoganusaasanam

Unit-II
yogaschitta vritti nirodha - Chitta Vrtties Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi

Unit-III
Definition of Isvara – qualities of Isvara - chitta vikshepas removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasadana – types of Samadhi

Unit-IV
Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –

Unit-V
Samyama and vibhutis psychic powers (vibhutis) –Karma – mind and object – kaivalya

Recommended books:

Vivekananda, Swami.( 1982): Raja Yoga or Conquering the Internal Nature, Culcutta, Advaita Ashram,


Iyengar B.K.S. (2008): Light on Astanga Yoga, New Delhi, Alchemy,


Paper-II : Classical Hatha Yoga Texts

The Hatha Yoga Pradipika

Unit-I:

Unit-II :
Asta Kumbhakas: Suryabedana, Ujjayi, Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - Dasha Mudras - Synonyms of Samadhi - Shambhavi and Khechari mudras –

Unit-III
Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi;

The Gheranda Samhita:

Unit-IV:
Introduction to Gehranda Samhitha- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati – asanas - Classification of Mudras — the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka –

Unit- V
Pratyahara techniques- three types of dhyana – samadhi variations

Text books:
Muktibodhananda Saraswati, Swami. (1985): (Tr. & Com.). Hatha Yoga Pradipika (Light on Yoga) Munger, Bihar School of Yoga
Swami Digamberji and Dr.Gharote M.L Ed. (1978): Gheranda Samhita, Kaivalyadhama, S.M.Y.M. Samithi,

Recommended Books:
Paper –III : Principles of Psychology

UNIT – I:

UNIT – II:
Hereditary and environment – Experimental studies – Growth and Development.

UNIT – III:

UNIT – IV:
Intelligence – Theories of intelligence – Measuring Intelligence – Kinds of Intelligence tests – Ability – Formation of aptitude and attitude – Aptitude tests – Creativity and its tests.

UNIT – V:
Personality– Definition of Personality – Assessment of Personality.

Recommended books:
Unit-I

Introduction to Meditation; types of Meditation; Saguna dhyana, Nirguna dhyana, Chakra dhyana, Mantra dhyana, So..Ham dhyana, OM dhyana, Svaasa anusandhana dhyana.

Theory and practice of dhyana in Yoga.

Unit-II

Theory and practice of Meditation in Buddhism and Jainism

Unit-III

Theory and practice of Meditation in Christianity and in Islam

Unit-VI

Theory and practice of Meditation in Tantra

Unit –V

Scientific Research on Meditation

Recommended books:

Swami Satyananda Saraswathi: Mediation from the Tantras, Munger , Bihara School of Yoga,


Swami Rama- (1984): Mediation in Christianity, Himalayan International Institute of Yoga science & Philosophy, Honledele,


Himalayan International Institute of Yoga science & Philosophy,


Paper - V:  Yoga Practices-II

**Shat kriyas:** Vastra Dhauti, Shankha Prakashalana, Trataka, Agnisara – Madhyama Nauli-

**Intermediate Asanas:**
- Parivrittha Parsvokonanasan, Parsvottanasana, Vatayananasana, Marichyasana-II, Ustrasana,
- Supta Vajrasana, Eka Padasirasana, Marjulasana, Vygrasana, Gomukhasana,
- Sashankabhujiangasana, Parivrittha Janu Sirshasana, Ardha Matsyendrasana, Simhasana,
- Salabhasana, Dhanurasana, Guptasana, Padangustanasana, Bharadvajasana-I,
- Yogamudrasana, Chakrasana, Navasana, Supta Pawanamuktasana stage-II, Jatara Parivrittanasana-I, Sarvangasana, Halasana, Masyasana, Sirshasana, Mayurasana

**Astakumbhkas:** Surya bedhana, Ujjayi, Seethcari, Seethali, Bhashrika, Bramari

**Babdhas:** Uddiyana bandha,

**Mudra:** Maha mudra,

**Recommended books:**
- Satyananda Saraswati, Swami (2002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust
- Kuvalyananda, Swami. (1931): *Pranayama*, Bombay, Popular Prakashan,
- (1933) : *Asanas*. Lonavala, Popular Yoga,
Semester –III

Paper –I: Anatomy & Physiology -II

Unit-I: Excretory system: Respiratory system: nasal cavities, larynx, the trachea, the lungs; inhalation and exhalation, gases exchange; mechanics of respiration, gas exchange in the lungs; Regulation and control of respiration; Kidneys, the ureter, the urinary bladder, the urethra; Effects of Yoga exercises on excretory system respiration;

Unit-II: Blood and Cardiovascular system: The Haemopoietic system: composition of blood and its functions, blood groups; the Circulatory system: the heart, functions of the heart, the arteries, the veins and blood pressure; Effect of Yoga techniques on cardiovascular system.

Unit-III: Nervous system: the central nervous system; the brain, the spinal cord, the peripheral nervous system, the autonomic nervous system, the sense of smell, the sense of taste, the sense of hearing, the sense of sight, and sense of touch. Effect of Yoga techniques on nervous system.

Unit-IV: *Endocrine system:* Functions of the Pituitary & Pineal glands Thyroid hormone secretions and its effects in the human body Insulin secretion and its regulation on metabolism(diabetes, obesity), Adrenal gland secretions Epinephrine, nor epinephrine and dopanion and its effects on control of blood pressure, in stress and strain ; Sex hormones; Effect of Yoga techniques on endocrine system.

Unit-V: Reproductive system: the male and female genital organs

Recommended Book:
Paper II: Yoga Therapy

Unit-I
Physiology and pathology in the yoga shastra and Ayurveda - description of glands – concept of disease in yoga – principles of yogic therapy – diagnostic and curative aspects of Hatha Yoga – the idea of counterpoise -

Unit-II
Yogic therapeautical procedures for : Gastric Hygiene, Intestinal Hygiene, colon Hygiene,

Unit-III
Yogic therapeautical procedures for : Naso-Pharyngeal Hygiene; Respiratory Hygiene, Cardio vascular Hygiene

Unit-IV
Management of various disorders through Yogic methods: Diabetes; Asthma; Back pain & Cervical Spondilities; Head ache & Migrane; Thyroid; Hyper tension; Arthrities; Indigestion; Constipation; Cardiac problems;

Unit -V
Yogic principles of diet – scientific studies on Yogic techniques – Yoga and mental health

Recommended books:
Shivanda Saraswati, Srimat Swami. (1978): Yogic Therapy, Gauhati, Umachal Yogashram,.
Swamy Kuvalyananda- : Principles of Yoga Therapy, SMYM Samathi, Kaivalyadhama,
Swamy Kuvalyananda- (1985): Rational of Yogic Poses and Other Articles, Bombay, I.C. Yogic Health Centre, Kaivalyadhama,
Prof. Venkata Reddy M, Dr. Murthy, K.J.R., Dr. Sahay B.K., Dr. Prasad, B.N. (2005) Yogic Therapy Arthamuru, Sri M.S.R. Memorial Yoga Series,
Karmananada Sarawathi Swami : Yogic Management of Common diseases, Munger, Yoga Publications
Dr. D.R. Vaze- (2004), Swadhyaya & Yoga Therapy: Vedic Physiology & Anatomy, Lonvla Yoga Institute, Kaivalyadhama
Dr. M.M. Gharote & Others- (2008): Traditional Theory of Evolution and its Applications in Yoga, The Lonavla Yoga Institute, Lonavla
Paper-III: Teaching Methods of Yoga

Part-I: Teaching methods in Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga – principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Part-II: Teaching practice

(according to practical yoga syllabus of four semesters)

Recommended books:

Dr. Gharote, M.L. Yogic Techniques, Lonavla, The Lonvla Yoga Institute, 2007
Yogendra(1986): Teaching Yoga Bombay, Yoga Institute

Paper-IV: Research Methodology in Yoga

Unit-I:

Introduction to Research: meaning, nature, and scope of research; Relationship of research to Yoga and limitation of Yoga research.

Unit-II:

Types of research: a) Experimental research, laboratory experiments, Field experiments;

b) Non experimental research – Field studies, Survey & historical research, Case studies, analytical research, descriptive research, qualitative research.

Methods of data collection: a) Observation.; b) Interview.; c) Questionnaires;

d) Rating scales.

Scaling techniques: a) Psycho physical scaling methods; b) Psychological scaling methods.

Unit-III:

Philosophical studies: Aims & objectives, nature of Philosophical methods, critical thinking continuum;

Case studies: case studies on individuals, institutions & organization, profiles, methods of data collection for case study.

Unit-IV:

Research methodology in Yoga: Introduction – planning of research project – design of the study – statistics – parameters to be recorded for specific diseases: Obesity; Diabetes mellitus; Hypertension; Asthma; Low back pin; Rheumatoid arthritis; follow up charts

Unit-V:

Statistical techniques: introduction, variables & experimental research design- independent, dependent, extraneous and intervening variables,

Measures of central tendency, variability, testing of Hypothesis- T-test, F-test

Recommend Books:


**Paper V: Advanced Yoga Practices-I**

**Advanced Asanas:**

**Vama Nauli, Dakshina Nauli:**

**Pranayama:** Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

**Mudras:** Maha Bandha, Maha vedha –

**Brumadya drsti, Nasagra drsti**

**Practice of Dharana**

**Recommended books:**
- Satyananda Saraswati, Swami (2002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust

Niranjanananda Sarswathi( ) *Dharana and Darshana*, Munger, Bihar School of Yoga

Semester-IV

Paper-I: Cognitive Psychology

UNIT –I:

Definition and domain of cognitive psychology- Perception, attention, memory, language, thinking, concept formation and creativity.

UNIT –II:


UNIT-III:


Unit- IV:


Unit- V:

Thinking, Language and Problem solving: Forms of thought - thinking and reasoning – Concept formation –Creativity -Language and thought – Symbols and concepts – Structure –Problem solving, decision making.

Recommended books:

Paper-II:  **Yoga & Alternative Therapies**  
(Naturopathy, Ayurveda, Acupressure and Psychotherapy)

**Unit-I**
Philosophy of Naturopathy – Yoga & Naturopathy; various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

**Unit-II**

**Unit-III**
Swastha vijnana: dinacharya, rutu charya, - Sodhana karma: Pancha karma, Purva karma – basic principles of Ayurvedic treatment knowledge – nadi vijnana- Ayurvedic home remedies.

**Unit-IV**
Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases;

**Unit-V**
Psychotherapy: Psychopathology and mental health: Frustration ,conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psycho therapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

**Recommended books:**
Dr. S.R. Jindal-(1994): Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

--------  (1994): Nature Cure treatments, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Swami Rama, Rudolph Ballantine & Swami Ajay-(2007), Yoga & Psychotherapy,

Himalayan Institute Press, Honeldale


Paper-III: Elective Subject:

(i) Applied Yoga

Unit-I
Application of Yamas, Niyamas, Shat kriyas, Asanas, Pranayamas and Dhyana - Application of Yoga in useful situations.

Unit-II
Yoga applied to Physical education – Yoga and Sports – Yoga and Adaptation

Unit-III

Unit-IV
Yoga for Rehabilitation - Yoga and Social problems – Yoga and Education -

Unit-V
Anustana Yoga Vedanta – methods of application

Recommended books:
Dr. Gharote, M.L. (2004): Applied Yoga Lonvla, Kaivalyadhama S.M.Y.M., Samithi,

Dr. Raparthi Rama Rao, Yogacharya, Journey to the Real Self (a book on Yoga Consciousness), Yoga Consciousness Trust, Vijinigiri, 2006

(ii) Selected Chapters from the Bhagavad Gita

Unit-I
Introduction to Bhagavad Gita; Bhagavad Gita the Yoga Sastra; outlines of Bhagavad Gita- tradition of Yoga in Bhagavad Gita.

Unit-II:
Chapter: II: Samkhya Yoga: description of Atma – the doctrine of Nishkama Karma – characteristics of Sthithi Prajna;

Unit-III
Ch.VI: Dhyana Yoga: characteristics of the sage of self conquest - method of Meditation – enquiry in to mind control – excellence of Dhyana Yoga
Ch.XII: Bhakti Yoga: qualities of Bhakta

Unit-IV
Ch. XIII: Kshetra kshetrajn vibhaga yoga: concept of Kshetra and Kshetrajna - qualities of Jnani – distinction between Prakriti and Purusha
Ch. XIV. Gunatraya Vibhaga Yoga: nature of the three Gunas - the effect of the three Gunas – qualities of Jivanmukta

Unit-V
Ch.XV: Purushottama prapti Yogam

Recommended books:


(iii). Yoga & Gerontology
Paper IV: Dissertation & viva

Paper V: Advanced Yoga Practices

Asanas:

Brahmacharyasana, Yoganidrasana, Hanumansana, Vrichikasana, Padma Mayurasana,
Pincha Mayurasana, Bhairavasana, Durvasasana, Tittibhasana, Vasistasana, Supta
Kurmasana, Marichasana-III, Pindasana in Sirhasana, Dvipadasirasana, Eka Pada Raja
Kapotasana, Kapotasana, Padmasarvangasana;

Nauli (clock wise and anti clock wise rotation)

Mudra Traya, Sambhavi mudra, Shanumukhi mudra, Sakti chalani;

Practice of Dhyana

Recommended books:

Satyananda Saraswati, Swami (2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga
Publications Trust


Niranjanananda Saraswathi, Swami. Prana Pranayama, Prana Vidya, Munger, Bihar School of
