

# NATIONAL SANSKRIT UNIVERSITY

(Erstwhile Rashtriya Sanskrit Vidyapeetha)

TIRUPATI – 517 507 (AP)

DEPARTMENT OF YOGA VIJNANA

BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)

III YEARS PROGRAM

SYLLABUS

## OBJECTIVES:

- To understand Yoga its origin and development from ancient to modern period.
- To understand the basic human structure and functions to know the effects of yogic practices.
- To understand the importance of various yogic practices such as asana, pranayama, mudra, bandha, kriya and meditation.
- To enable the students to understand verities of nature cure methods maintain good health.
- To enhance the knowledge of yoga therapy on various common diseases.
- To understand the various yogic life styles like food, behavior.

## OUTCOMES

- After finishing the program the students would be able to know various yogic practices and their practice methods.
- After completing the course the students would be able to spread awareness among the common people about attentive yoga therapy in health.
- The student able to understand and experience the internal changes in the body.
- Students would be able to gain the therapeutic benefits on digestion and respiratory functions.

**BACHELOR OF SCIENCE IN YOGA (BS.c in Yoga)**

FIRST SEMESTER

**THEORY COURSE-I**

**MARKS: 75+25**

**AN INTRODUCTION TO YOGA**

**OBJECTIVES**

- To know about Yoga in other traditions types
- To understand the place of Yoga in other Darshanas
- To impart the knowledge of yoga to students
- Bring the awareness of development of Yoga from Ancient periods

**UNIT-II INTRODUCTION TO YOGA**

- 1.1. Yoga, Origin, meaning and definitions (five).
- 1.2. Aim, OBJECTIVES, concepts and misconceptions.
- 1.3. Structure of yoga-fundamentals and various approaches.

**UNIT-II HISTORICAL DEVELOPMENT OF YOGA**

- 2.1. Elements of yoga during Pre-Vedic Period, Vedic Period (ten references)
- 2.2. Elements of yoga during Upanishad Period (ten references) and Sutra Period (ten references).
- 2.3. Development of yoga during Yoga Upanishad period.

**UNIT-III YOGA AND OTHER INDIAN DARSHANAS**

- 3.1. Introduction to Indian Philosophical Schools, OBJECTIVES and division.
- 3.2. Brief study of the role of yoga in Astikadarsanas.
- 3.3. Brief study of the role of yoga in Jainism and Buddhism.

**UNIT-IV CONTEMPORARY TRENDS IN YOGA**

- 4.1. Schools of yoga viz. viz Raja, Jnana, Bhakti, and Karma.
- 4.2. Brief study on Smartha Yoga, Integral Yoga, Amanaska Yoga.
- 4.3. Brief study of Nath tradition (navanatha yogulu).

**SOURCES OF REFERENCE:**

1. Swami Vidyaranya - Sarvadarshana Sangraha
2. Goraknatha - Amanaska Yoga
3. Dvivedi - Nath Sampradaya of Hatha Yoga
4. Sarma Chandradhara - A Critical Survey of Indian Philosophy
5. Swami Kuvalayananda - A Collective COURSEs on Yoga
6. Yogopanishads - Theosophical Publishing House, Madras.
7. Feurestein, George - The Yoga Tradition: It's History, Literature, Philosophy practice
8. Kenghe C.T - Yoga as Depth-Psychology & Para-Psychology-I
9. Swami Aurobindo - Synthesis of Yoga
10. Dasgupta, S.N - Yoga Philosophy in Relation to Other Systems of Indian Thought
11. Radhakrishnan, S - The Principal Upanishads
12. Singh RH - Foundations of Contemporary Yoga

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)****FIRST SEMESTER****THEORY COURSE-II****MARKS: 75+25****FOUNDATIONS OF YOGIC SCIENCE – I****OBJECTIVES**

- To hiring the awareness of aim, OBJECTIVES and practice of traditional yoga system with special reference of patanjali yoga sutra (Chitta, Vritti, Samadhi, Type, Kriya Yoga & Astanga Yoga).

**UNIT-I PATANJALI YOGA SUTRA-SAMADHI PADA-I**

- 1.1. Samadhipada - Introduction and contents.
- 1.2. Chitta-meaning, nature; vritti, meaning, types and means to arrestthem.
- 1.3. Obstacles of yoga practice and methods to overcome.

**UNIT-II PATANJALI YOGA SUTRA-SAMADHI PADA-II**

- 2.1. Isvara-meaning, importance and role in keeping the mind calm.
- 2.2. Samadhi-meaning, classification of Samadhi and Samprajnata Samadhi.
- 2.3. Asamprajnatha Samadhi-meaning and nature.

**UNIT-III PATANJALI YOGA SUTRA-SADHANA PADA-I**

- 3.1. Sadhanapada:Kriya yoga-meaning, components and purpose.
- 3.2. Klesha-meaning, a type cause and means to overcome.
- 3.3. Ashtangayoga-meaning, role and importance in yoga; Yama and Niyama, meaning, types and role in mental control.

**UNIT-IV PATANJALI YOGA SUTRA-SADHANA PADA-II**

- 4.1. Bahirangayoga, meaning, components; yama, types and benefits.
- 4.2. Asana-functional definition, role and purpose in yoga.
- 4.3. Pranayama-definition and its role as vrittinirodhamarga. Pratyahara- meaning, nature and benefits.

**SOURCES OF REFERENCE:**

1. Swami Vivekananda - Raja yoga; Ramakrishna Ashram Publications.
2. Taimini I. K. - The science of yoga; Theosophical publishing House, Madras.
3. Hariharananda Aranya - Yoga Philosophy, University of Calcutta Press Calcutta.

**BACHELOR OF SCIENCE IN YOGA (B Sc in Yoga)**

FIRST SEMESTER

**PRACTICAL COURSE- I**

**MARKS: 75+25**

**OBJECTIVES**

- The basic warm-up practices which improves students flexibility and prepare them for advanced practice.
- To observe and learn internal changes of body so as enable to each others.

**UNIT-I YOGIC SUKSHMAVYAYAMA-1**

- 1.1. Introduction - nature, importance and benefits.
- 1.2. Netra sakti vikasaka-improving the eye sight.
- 1.3. Kapola sakti vardhaka-rejuvenating the cheeks.

**UNIT-II YOGIC SUKSHMAVYAYAMA - II**

- 2.1. Griva shakti vikasaka-strengthening the neck series 1,2,3.
- 2.2. Mani bandha sakti vikasaka-developing the wrist power.
- 2.3. Pada angusta sakti vikasaka-strengthening the big toe.

**UNIT-III SURYANAMASKARAS**

- 3.1. Theory and practice of Suryanamaskara 12 vinyasa with mantra.
- 3.2. Theory and practice of Vedic Suryanamaskara 9 vinyasa.
- 3.3. Theory and practice of Yaugika Suryanamaskara 17 vinyasa.

**UNIT-IV THEORY AND PRACTICE OF ASANAS**

- 4.1. Asana-meaning, definitions, place, aim, OBJECTIVES in yoga..
- 4.2. Fundamental principles of asana practice.
- 4.3. Swastikasana its related slokas from the Hatha Yoga texts.

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

**SOURCES OF REFERENCE:**

1. Brahmachari Dhirendra - Yogic Sukshmavyayama.
2. Prabhu CSR - Yogic Sukshma Vyayama.
3. Swami Satyananda - Suryanamaskara, Bihar School of Yoga, Mungher, Bihar
4. Iyengar B.K.S. - Light on Yoga
5. Iyengar B.K.S. - Light on Pranayama
6. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications, Kaivalyadhama.
7. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications, Kaivalyadhama.
8. Swami Satyananda - Asana, Pranayama, Mudra and Bandha: Saraswathi Bihar School of Yoga, Bihar.

**BACHELOR OF SCIENCE IN YOGA (B Sc in Yoga)**

SECOND SEMESTER

**THEORY COURSE- III**

**MARKS: 75+25**

**FOUNDATIONS OF YOGA SCIENCE-II**

**OBJECTIVES**

- To enable the students to understand Antaranga Yoga and its siddies.
- To impart the knowledge of theory of evolution and concept of purusha and prakriti
- To equip the students to understand the yogic concepts from Upanishads
- To understand Nishkama Karma & Qualities of Sthitaprana
- To understand pre-requisites of meditation and principles of devotion

**UNIT-I PATANJALI YOGA SUTRA - VIBHUTHI PADA**

- 1.1. Antarangayoga- meaning, significance and components.
- 1.2. Samyama-meaning, definition, practice and benetits.
- 1.3. Siddhis, sources-general understanding of superhuman powers

**UNIT-II SANKHYA PHILOSOPHY**

- 2.1. Concepts of Purusha and Prakriti.
- 2.2. Karyakaranasiddhanta (theory of causation)
- 2.3. Prakritiparinamavada (theory of evolution).

**UNIT-III YOGA IN UPANISHADS**

- 3.1. Principles and practices of yoga in Prasna and Taittiriya Upanishads.
- 3.2. Principles and practices of yoga in Katha and Svetasvatara Upanishads
- 3.3. Principles and practices of yoga in Yogachudamani Upanishads

**UNIT-IV YOGA IN BHAGAVAT GITA**

- 4.1. Bhagavat Gita-introduction, concept of Self, svadharma, nishkamakarma and sthithaprajna according to chapter II (Sankhya Yoga).
- 4.2. Dhyana Yoga-preparation and mental state for doing meditation; benefits of doing meditation; definitions of yoga according to chapter VI (Atmasamyama Yoga/Dhyana Yoga).
- 4.3. Bhakti Yoga-importance, conditions to become a true devotee; selective features of a true devotee according to chapter XII (Bhakti Yoga).

**SOURCES OF REFERENCE:**

1. Swami Vivekananada - Raja Yoga; Ramakrishna Ashram Publications

2. Taimini IK - The science of yoga; Theosophical publishing House, Madras.
3. Hariharananda Aranya - Yoga Philosophy, University of Calcutta Press Calcutta.
4. SankhyaKarika of Iswarakrishna - Swami Virupakshananda- Sri Ramakrishna Math Printing Press, Mylapore, Chennai.
5. Radhakrishnan - Bhagavat Gita.
6. Kenghe C. T. - Yoga as Psychology and Parapsychology-I
7. George Feurestein - Tradition of Yoga



**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

SECOND SEMESTER

**THEORY COURSE-IV**

**MARKS: 75+25**

**BASIC HUMAN ANATOMY AND PHYSIOLOGY**

**OBJECTIVES**

- The main controlling system and their functions in body types of nerves in the body.
- How hormones function for body, their production and defensive system of body to prevent & protect from diseases.
- Understanding of circulating system of body, organs which helps for circulation, blood functions.
- Physiology of digestion and respiration how they helps to understand the yogic practices
- To understand about bones and muscles of body and how they helps the bring the movement of body and function

**UNIT-I MUSCULO-SKELETAL SYSTEM**

- 1.3 Introduction to human body and its different systems. Cell-structure and functions.
- 1.4 Bones- classification of bones; joints-types of joints, special study on vertebrae.
- 1.5 Muscle-types of muscles and mechanism of muscle contraction.

**UNIT-II DIGESTIVE AND RESPIRATORY SYSTEMS**

- 2.1. Structure and functions of human Digestive System; common digestive disorders.
- 2.2. Structure and functions of human Respiratory System; common Respiratory disorders
- 2.3. Mechanism of respiration (inspiration and expiration); transport of respiratory gases (transport of oxygen and carbon dioxide).

**UNIT-III CARDIOVASCULAR AND NEERVOUS SYSTEMS**

- 3.1. Blood-composition and functions; blood groups.
- 3.2. Structure and working of Heart; circulation of blood and its types.
- 3.3. Structure and function of human brain, spinal cord; Central nervous system and Autonomic nervous system.

**UNIT-IV ENDOCRINE AND IMMUNITY SYSTEMS**

- 4.1. Structure and function of important endocrine glands (pituitary, adrenal, thyroid and parathyroid, pancreas and gonads)
- 4.2. Immunity- types of immunity (innate and acquired immunity), autoimmunity.
- 4.3. Brief study on structure and function of eye, ear, nose, tongue and skin.

**SOURCES OF REFERENCE**

1. Chatterjee C. C. - Human Physiology (Vol.I & II), Medical Allied Agency, Culcutta, 1992.
2. Evelyn C. Pearce - Anatomy and Physiology for Nurses, Faber and Faber Ltd., London, 1968.
3. Guyton, Gerald J. Tortora - A Text Book Medical Physiology.
4. Ross and Wilson - Anatomy and Physiology.
5. Sembulingam & Co. - Essentials of Medical Physiology, Jaypee Brothers and Medical Publishers Pvt. Lid. New Delhi.
6. Gore M. M. - Anatomy and Physiology of Yogic Practices, Kanchan Prakashan, Lonavala.
7. Peter L Williams & Roger Warwic - Grey's Anatomy, Churchill Living tone, London, 1988.
8. Charu Supriya - Sarira Rachana evem Kriya Vignan.

**BACHELOR OF SCIENCE IN YOGA (B Sc in Yoga)**

SECOND SEMESTER

**PRACTICAL COURSE- II**

**MARKS: 75+25**

**OBJECTIVES**

- One can able to understand the movement of prana with the help of Bandhas (Locks).
- One can understand how their body purities by practicing Kriyas
- To observes and less the interval changes of body.

**UNIT-I THEORY AND PRACTICE OF ASANAS**

- 1.1. Tadasana and Vrikshasana
- 1.2. Uttita Trikonasana and Parsvakonasana.
- 1.3. Veerabhadrasana and its variations.

**UNIT-II THEORY AND PRACTICE OF ASANAS**

- 2.1. Vajrasana and Supta vajrasanas.
- 2.2. Veerasana and Supta Veerasanas.
- 2.3. Gomukhasana and Ustrasana.

**UNIT-III THEORY AND PRACTICE KRIYAS**

- 3.1. Introduction and recitation of slokas related to Shatkriyas (HYP).
- 3.2. Jalaneti and Sutraneti and recitation of related slokas from HYP.
- 3.3. Object based Trataka and recitation of related slokas from HYP.

**UNIT-IV THEORY AND PRACTICE OF BANDHAS**

- 4.1. Introduction to tribandha and recitation of text based slokas.
- 4.2. Jalandhara Bandha and its “dos” and “don'ts”.
- 4.3. Recitation of five Shanti Mantras from the Upanishads.

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

**SOURCES OF REFERENCE:**

1. Iyengar B.K.S. - Light on Yoga
2. Iyengar B.K.S. - Light on Pranayama
3. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications,  
Kaivalyadhama.
4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications,  
Kaivalyadhama.
5. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and Bandha: Bihar  
School of Yoga, Bihar,
6. Swami Niranananda - Prana, Pranayama and Pranavidya; Bihar School  
of Yoga, Bihar.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

**THIRD SEMESTER**

**THEORY COURSE-V**

**MARKS: 75+25**

**FUNDAMENTALS OF HATHA YOGA-I**

**OBJECTIVES**

- Which improves the knowledge of yogic concepts from various hata yoga texts.
- To understand do's – don'ts in yoga practices with reference H.Y. P
- To understand the role and importance of Ahara and behavior.
- To improve the awareness of Prana, Nadi, Chakra, Nada with reference to H. Y. P.

**UNIT-I INTRODUCTION TO HATHA YOGA**

- 1.1. Hatha yoga-concept, meaning, purpose, relation of Hatha yoga and Raja Yoga.
- 1.2. Brief introduction to important Hatha Yoga texts: Siddha Siddhanta Paddathi and Hathayoga Pradipika.
- 1.3. Brief introduction to Hatha Yoga texts: Hatha Ratnavali, Siva Samhitha and Gheranda Samhita.

**UNIT-II HATHA YOGA PRE-REQUISITES**

- 2.1. Hathamathalakshana- environmental and structural requirements of the yoga practical hall according to Hathayoga Pradipika text.
- 2.2. Rules and regulations of Hatha Yoga practice (Do's and Donot's)
- 2.3. Physiological benefits of Hatha Yoga practice and mis-conceptions about a hathayogi according to Hathayoga Pradipika text.

**UNIT-III PRINCIPLES OF BEHAVIOUR AND DIET**

- 3.1. Aspects of behavior in Hatha Yoga as per Hathayoga Pradipika text.
- 3.2. Hatha Yoga hindering factors (bhadaka) and favouring elements (sadhaka) and hathasiddhilakshana according to Hathayoga Pradipika text.
- 3.3. Ahara- concept, role and importance in Yoga; types-mitahara, hitahara and shitahara according to Hathayoga Pradipika text.

**UNIT-IV BASIC CONCEPTS OF HATHA YOGA**

- 4.1. Concept of Svasa-prasvasa, vayu, prana and upa-prana according to Hathayoga Pradipika text.
- 4.2. Concept of kanda, nabhi, agni, nadi, chakra and kundalini according to Hathayoga Pradipika text.
- 4.3. Concept of nadanusandhana, stages and Samadhi according to Hatha yoga Pradipika text.

**SOURCES OF REFERENCE:**

1. Svatommarama - Hathayogapradipika (jyotsna tika); Adyar Library, Madras.
2. Sahay G. S. - Hathayogapradipika of Svatommarama, MIDNY Publications, New Delhi.
3. Venkata Reddy, M. - Hatharatnavali;
4. Gharote M.L. - Hatharatnavali; Lonavala, Pune.
5. Swami Digambarji & Co. - Gheranda Samhita; Kaivalyadhama, Lonavala.
6. Grarote M.L & Pai G.K. - Siddhasiddhantapaddhati; Kaivalyadhama, Lonavala.
7. Siva Samhita - Chowkhamba Sanskrit Series, Varanasi.

**BACHELOR OF SCIENCE IN YOGA (B Sc in Yoga)**

**THIRD SEMESTER**

**THEORY COURSE-VI**

**MARKS: 75+25**

**YOGA AND ALLIED SCIENCES**

**OBJECTIVES**

- To understand the construction of body with Ayurvedic principles like Dosha, Dhatu etc
- To develop the knowledge of naturopathy and its therapeutic aspects.
- Understand the concept and principles of Siddha medicine
- To understand the concept and principle of Unani treatment
- To understand the concept and principle of homeopathy

**UNIT-I BASIC CONCEPTS OF AYURVEDA**

- 1.1. Ayurveda- origin, meaning and role in life.
- 1.2. Principles of dosa, dhatu, mala, agni and kriya.
- 1.3. Preventive values of svasthavritta-dinacharya and ritucharya.

**UNIT-II BASIC CONCEPTS OF NATUROPATHY**

- 2.1. Naturopathy- origin, meaning and role in life.
- 2.2. Principles of Naturopathy.
- 2.3. Concept of five elements-their application in as therapy.

**UNIT-III BASIC CONCEPTS OF SIDDHA AND UNANI**

- 3.1. Siddha and Unani medicines-origin, meaning and role in life.
- 3.2. Basic concepts of Siddha and Unani medicines.
- 3.3. Principles of Siddha and Unani medicines.

**UNIT-IV BASIC CONCEPTS OF HOMEOPATHY**

- 4.1. Homeopathy-origin, meaning and role in life.
- 4.2. Basic concepts of Homeopathy.
- 4.3. Principles of Homeopathy.

**SOURCES OF REFERENCE:**

1. Athavale V.B. - Basic Principles of Ayurveda;
2. Lad Vasanth - Text Book on Ayurveda
3. Joshi K.S - Yoga and Nature Cure Therapy.
4. Bakhru H.K. - A Complete Hand Book on Nature Cure,
5. Dhawale M.L. - Principles and Practice of Homeopathy.
6. Hughes Richard - Principles and Practice of Homeopathy
7. Karthikeyan P. - History of Medical and Spritual Sciences of Siddhas of Tamil Nadu.
8. Hakim Ashhar Qadeer & Co - Unani-the Science of Graeco Arabic Medicine.
9. Hakim Ahmed Husain - Principles of Unani Medine.



**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)****THIRD SEMESTER****PRACTICAL COURSE- III****MARKS: 75+25****OBJECTIVES**

- To observe and learn internal changes of body so as enable to teach others.
- To understand the purification methods in better way to practice
- To better understanding of Prana movement how it channelized the Mudras.

**UNIT-I THEORY AND PRACTICE OF ASANAS**

- 1.1 Padagustasana and Padahastasana.
- 1.2 Uttitapadangustasana-parsvasahita.
- 1.3 Ardabaddhapadpadmottanasana.

**UNIT-II THEORY AND PRACTICE OF ASANAS**

- 2.1. Uttita Parsvottanasana and Prasaritapadottanasana.
- 2.2. Uttita Padahastasana and Navasana.
- 2.3. Padmasana and recitation of related slokas from the HYP.

**UNIT-III THEORY AND PRACTICE OF BANDHAS AND KRIYAS**

- 3.1. Uddiyana Bandha - recitation of related slokas from the sources.
- 3.2. Vahnisaradhauti Kriya - recitation of related slokas from the sources.
- 3.3. Vamanadhauti Kriya - Gajakarani and recitation of related slokas from the sources.

**UNIT-IV THEORY AND PRACTICE OF MUDRA AND PRANAYAMA**

- 4.1. Pranayama - meaning, role, precautions and contra-indications on wrong practice; brief note on ashtakumbhaka (HYP), recitation of related slokas.
- 4.2. Nadisodhana-I (same nostril breathing); Mrigi Mudra and its significance in Pranayama practice.
- 4.3. Nadisodhana-1 (alternate nostril breathing + bahyakumbhaka without observing ratio).

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

**SOURCES OF REFERENCE:**

1. Iyengar B.K.S. - Light on Yoga
2. Iyengar B.K.S. - Light on Pranayama
3. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications,  
Kaivalyadhama.
4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications,  
Kaivalyadhama.
5. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and  
Bandha: Bihar School of Yoga, Bihar,
6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar  
School of Yoga, Bihar.
7. Swami Satyananda Saraswathi - Kriyas, Bihar School of Yoga, Bihar.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

FOURTH SEMESTER

**THEORY COURSE- VII**

**MARKS: 75+25**

**FUNDAMENTALS OF HATHA YOGA-II**

**OBJECTIVES**

- Understanding of effect of Asana on body with various text references.
- To understand the effect of three bandhan with reference to text.
- To understand the effect of mudras on body helps in spiritual development
- To understand the different purificatory methods with text references
- To understand the verities of Kumbakas, methods, benefits in modern life style.

**UNIT-I PRINCIPLES AND PRACTICE OF ASANAS**

- 1.1. Asana-meaning, definition, number, classification and general benefits according to Hathayoga Pradipika (HYP) and Hatharatnavali.
- 1.2. Four important asanas and their practice method as per Hathayoga Pradipika and Hatha Ratnavali (HR).
- 1.3. Practice method and benefits of Pascimottana, Mayura, Matsyendra, Gomukha and Savasana as per classical Hathayoga manuals (HYP, HR and GS).

**UNIT-II PRINCIPLES AND PRACTICE OF BANDHA AND MUDRA**

- 2.1. Bandha and Mudra-meaning, role and importance in Hatha Yoga.
- 2.2. Bandhatraya-practice method and benefits according to HYP and GS.
- 2.3. Mudras-meaning, role, fundamental types according to HYP and GS.

**UNIT-III PRINCIPLES AND PRACTICE OF KRIYAS**

- 3.1. Kriya-meaning, practice and benefits according to HYP.
- 3.2. Kriyas-practice method and benefits according to HR.
- 3.3. Kriyas-practice method, benefits and contra indications as per GS.

**UNIT-IV PRINCIPLES AND PRACTICE OF PRANAYAMA**

- 4.1. Pranayama-meaning, types and place in Hatha Yoga sadhana.
- 4.2. Ashtakumbhakas-method of practice, benefits, precautions and contra-Indications.
- 4.3. Role and importance of Pranayama in modern life style,

**SOURCES OF REFERENCE:**

1. Svatommarama - Hathayogapradipika Gjyotsna tika), Adyar Library,madras
2. Sahay G. S. - Hathayogapradipika of Svatommarama, MIDNY Publications, New Delhi.
3. Venkata Reddy, M. - Hatharatnavali.
4. Gharote M.L. - Hatharatnavali; Lonavala, Pune.
5. Swami Digambarji & Others - Gheranda Samhita; Kaivalyadhama, Lonavala.
6. Garrote M.L & Pai G.K. - Siddhasiddhantapaddhati; Kaivalyadhama, Lonavala..
7. Siva Samhita - Chowkhamba Sanskrit Series, Varanasi.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

**FOURTH SEMESTER**

**THEORY COURSE-VIII**

**MARKS: 75+25**

**YOGA AND LIFE STYLE**

**OBJECTIVES**

- To understand the importance of health in life by observing holistic approach by Bhagavad gita reference
- To understand the proper diet to maintain good health
- To understand the cause and classification of suffering and method to overcome suffering.
- To understanding of mind – nature, functions, mental in balance and promotion of mental health
- To understand of physical health in terms of Physical and mental and their imbalance and preventive and promotive and curative aspect of Yoga

**UNIT-I CONCEPT OF SUBJECTIVE WELL BEING**

- 1.1. Goal of Life-Subjective Well Being (SWB)-health; definition, dimensions and importance of health in life.
- 1.2. Requisites of health- proper diet (yuktahara), proper exercise (yuktavihara) and balanced mind (yuktacheshta).
- 1.3. Yoga-as the science of holistic approach towards SWB.

**UNIT-II YOGIC CONCEPT OF DIET**

- 2.1. Concept of yogic diet - nature and its role in health.
- 2.2. Classification of diet according to traditional yoga texts viz GS, HYP, HR & BG.
- 2.3. Significance of yogic diet in modern life.

**UNIT-III PREVENTIVE VALUES OF YOGA**

- 3.1. Heyamdukhamanagatam-classification of suffering; attitude of detachment through practice as methods to overcome suffering.
- 3.2. Ashtangayoga as purificatory methods-classification into external and internal; preventive values of external aids (bahyakarana sudhhikarmani).
- 3.3. Internal purificatory methods (antahkarana suddhikarmani).

**UNIT-IV YOGA AND MENTAL HEALTH**

- 4.1. Yogic concept of mind-nature, components and functions,
- 4.2. Mental imbalance-causes, symptoms and consequences.

- 4.3. Yogic approach for promotion of mental health viz., concentration, memory, recollection, emotional balance, intelligence and, perception

**SOURCES OF REFERENCE:**

1. Kenghe C.T. - Yoga as Psychology and Parapsychology.
2. Udupa K.N. - Stress and its Management by Yoga.
3. Swami Vivekananda - Raja Yoga.
4. Gharote M.L. & Others - Hathapradipika.
5. Swami Digambarji & Others - Gheranda Samhita.
6. Venkata Reddy M. - Hatharatnavali.
7. Radhakrishna - Bhagavat Gita.
8. Svatomarama - Hathayogapradipika

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)****FOURTH SEMESTER****PRACTICAL COURSE -IV****MARKS: 75+25****OBJECTIVES**

- To observe and learn the internal changes of body so as enable to teach other.
- To understand the purification methods and their practice and movement of Prana controlled by Pranayam
- To understanding the effect of Mudras on body which helps to get steadiness of mind in meditation.

**UNIT-I THEORY AND PRACTICE OF ASANAS**

- 1.1. Siddhasana - recitation of related slokas from the sources,
- 1.2. Baddhapadmasana and Yogamudrasana.
- 1.3. Kukkutasana and Garbhapindasana.

**UNIT-II THEORY AND PRACTICE OF ASANAS**

- 2.1. Bharadwajasana and Ardhamatsyendrasana-recitation of related slokas from the sources
- 2.2. Janusirsasana and Pascimottanasana, its counter practice and recitation of related slokas from the sources.
- 2.3. Savasana-I, recitation of related slokas from the HYP.

**UNIT-III THEORY AND PRACTICE KRIYAS AND PRANAYAMA**

- 3.1. Nauli Kriya-dakshina, vama and madhyama Nauli, recitation of related slokas from the sources.
- 3.2. Ujjayi and Surayabhedana pranayamas (antahkumbhaka + bahya kumbhaka without observing ratio), recitation of related slokas from the sources
- 3.3. Bhramari pranayama (bahyakumbhaka with ratio of 1:2) and recitation of related slokas from the sources.

**UNIT-IV THEORY AND PRACTICE OF MUDRA AND MEDITATION**

- 4.1. Viparitakarani and Maha Mudras
- 4.2. Pranava Japa and Soham Japa.
- 4.3. Dharana based on breathing.

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

**SOURCES OF REFERENCE:**

1. Iyengar B.K.S. - Light on Yoga
2. Iyengar B.K.S. - Light on Pranayama
3. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications, Kaivalyadhama.
4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications, Kaivalyadhama.
5. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and Bandha: Bihar School of Yoga, Bihar,
6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar School of Yoga, Bihar.
7. Swami Satyananda Saraswathi - Kriyas, Bihar School of Yoga, Bihar.



**ACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

**FIFTH SEMESTER**

**THEORY COURSE-IX**

**MARKS: 75+25**

**YOGA AND MEDITATION**

**OBJECTIVES**

- To understand importance of meditation, types of meditation and role of diet in meditation.
- To improve the awareness on various types/ technique of meditation and their effect over the body and mind

**UNIT-I BASIC PRINCIPLES OF MEDITATION**

- 1.1 Meditation-Nature, importance and guidelines for meditation.
- 1.2 Role and importance of health, diet and mental attitude in meditation.
- 1.3 Mantra- classification, types, role and importance in meditation.

**UNIT-II BHAVATITA DHYANA**

- 2.1. Transcendental Meditation-its basic principles.
- 2.2. Practice technique of Transcendental
- 2.3. Role and importance of TM in life.

**UNIT-III ANAPANASATI DHYANA**

- 3.1. Anapanasati (mindfulness of breathing)-its basic principles.
- 3.2. Practice method of Anapanasatidhyana.
- 3.3. Anapanasatidhyana, its effect on physical and mental health.

**UNIT-IV PREKSHA DHYANA**

- 4.1. Basic principles of Preksha Meditation.
- 4.2. Technique of Preksha Meditation.
- 4.3. Preksha Meditation and inner harmony.

**SOURCES OF REFERENCE:**

- |                           |   |   |
|---------------------------|---|---|
| 1. Swami Vishnu Devananda | - | Meditation and Mantras.   |
| 2. Foren Jake             | - | Transcendental Meditation- Essential Teachings of Maharshi Mahesh Yogi. |
| 3. Yamwang M              | - | Meditation: Anapanasati from Buddha's ords.                             |
| 4. Sadhvi Vishrut Vihha   | - | An Introduction to Prekshna Meditation.                                 |

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

**FIFTH SEMESTER**

**THEORY COURSE-X**

**MARKS: 75+25**

**YOGA AND SOCIETAL APPLICATION**

**OBJECTIVES**

- understanding importance of yoga for school children to improve their concentration, memory etc
- To bring the awareness of yoga for sports community and their common problems (To treat)
- To understand health issues in I. T. Professionals and find the solution through yoga.
- To improve the knowledge of health issues in old age people and finding out suitable yogic remedies.

**UNIT-I YOGA IN SCHOOL EDUCATION**

- 1.1. Health-concept and importance for school teachers and children.
- 1.2. Yogic value of diet, exercise and relaxation for health
- 1.3. Yoga and mental abilities-concentration, memory, recollection, right conduct and right perception.

**UNIT-II YOGA FOR SPORTS COMMUNITY**

- 2.1. Health-concept and importance for sports person.
- 2.2. Preventive and promotive aspects of Yoga for comprehensive health.
- 2.3. Curative techniques of Yoga for common problems in sports persons.

**UNIT-III YOGA FOR CYBER WORLD**

- 3.1. Importance of health for software professionals.
- 3.2. Common health issues and their causes in IT professionals.
- 3.3. Yogic solutions for holistic health in IT professionals.

**UNIT-IV YOGA FOR ELDERLY POPULATION**

- 4.1. Importance of health in aged youth.
- 4.2. Gerontological issues in aged persons.
- 4.3. Yogic remedies for health issues in elderly population.

**SOURCES OF REFERENCE:**

1. Raman Krishna - A Matter of Health.
2. Raman Krishna - FAQ of Yoga.

3. Basavaraddi I V - Yoga in School Health.
4. Swathi and Others - Yoga for Children-a complete illustrated guide to yoga.
5. Venkata Reddy M - Yoga for Cyber World 28 / 34
6. Kumar Kaul H - Yoga and Healthy Ageing.
7. Jayadev HJ - Growing with Age.
8. Aruna Goel - Yoga Education: Philosophy and Practice.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)****FIFTH SEMESTER****PRACTICAL COURSE-V****MARKS: 75+25****OBJECTIVES**

- To observe and learn internal changes of body so as enable to tech other.
- Importance of Purification methods.
- Important of breathing techniques and their preparation to get steady mind in meditation.

**UNIT-I THEORY AND PRACTICE OF ASANAS**

- 1.1. Bhujanga triad and recitation of referred relevant slokas.
- 1.2. Sarvangasana and its variations.
- 1.3. Salamba Sirsasana.

**UNIT-II THEORY AND PRACTICE OF ASANAS**

- 2.1. Mayurasana and recitation of referred relevant slokas.
- 2.2. Pinchamayurasana.
- 2.3. Garbhapindasana.

**UNIT-III THEORY AND PRACTICE OF KRIYAS**

- 3.1. Nauli Kriya and recitation of referred relevant slokas.
- 3.2. Kapalabhati Kriya and recitation of referred relevant slokas.
- 3.3. Brief account of other kriyas quoted in GS and HR.

**UNIT-IV THEORY AND PRACTICE OF PRANAYAMA AND DHYANA**

- 4.1. Sitali and Seetkari Pranayama (antahkumbhaka with 1:1:2)
- 4.2. Practice of Anapanasati dhyana with Ujjayii pranayama.
- 4.3. Recitation of Bhakti Yoga chapter of Bhagavat Gita.

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

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Kaivalyadhama.
4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications,  
Kaivalyadhama.
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School of Yoga, Bihar.
6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar  
School of Yoga, Bihar.
7. Swami Satyananda Saraswathi - Kriyas, Bihar School of Yoga, Bihar.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

SIXTH SEMESTER

**THEORY COURSE-XI**

**MARKS: 75+25**

**METHODS OF TEACHING IN YOGA**

**OBJECTIVES**

- To improve the students knowledge to prepare model lesson plans for different practices.
- Bring the awareness in students to utilize various tools and techniques in Yoga teaching project work.
- To equip the student to handle various age group people in yoga class.
- To enable the students to understand various teaching and learning methods of yoga to become Yoga teacher.

**UNIT-I PRINCIPLES AND METHODS OF TEACHING YOGA**

- 1.1. Teaching and Learning-concept and their relationship
- 1.2. Principles of Teaching-levels of Teaching, qualities of a Yoga Teacher.
- 1.3. Teaching Methods-meaning, scope and sources of Yoga Teaching Methods.

**UNIT-II BASICS OF YOGA CLASS MANAGEMENT**

- 2.1. Yoga Class-different levels of teaching (beginners, advanced, schools children, youth, women and special attention group)
- 2.2. Techniques of Teaching-individual group and mass.
- 2.3. Organisation of Teaching viz. punctuality, discipline, time management, teaching, demonstration, training, correction and supervision.

**UNIT-III LESSON PLANNING IN YOGA**

- 3.1. Lesson Plan-concept, need, essentials for effective yoga class (kriya, asana, bandha, mudra, pranayama and dhyana).
- 3.2. Model lesson plan for different yoga practices.
- 3.3. Action plan for Research in Yoga-meaning, objective, tools, steps in action research in yoga teaching and outcome.

**UNIT-IV EDUCATIONAL TOOLS IN YOGA TEACHING**

- 4.1. Yoga Class Room-essential features, area, sitting arrangement etc.
- 4.2. Time Table-need, principles of Time Table construction; designing Time Table for Yoga Class.
- 4.3. Educational Technology-concept, importance, different types used in Yoga Class viz. charts, line diagrams, clay/POP models, audio and video electronic gadgets etc.

**SOURCES OF REFERENCE**

1. Gharote M. L - Teaching Methods for Yogic Practices.
2. Raj Kumar - Principles and Methods of Teaching.
3. Saket Raman Tiwari - Teaching of Yoga.
4. Sri Krishna - Notes on basic principles and methods of teaching as applied to yogic practices and a ready reckoner of yogic practices.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)****SIXTH SEMESTER****PRACTICAL COURSE-VI****MARKS: 75+25****OBJECTIVES**

- To Train students in various advanced Asanas to understanding effects on body.
- To understand effect of Purification and Pranayama on body and mind.
- Through the practice of Karma Yoga it improves service motto and balance his emotions.

**UNIT-I THEORY AND PRACTICE OF ASANAS**

- 1.1. Bakasana and Tittibasana.
- 1.2. Ekapadasirsasana and Dwipadasirsasana.
- 1.3. Upavistakonasana and kurmasana.

**UNIT-II THEORY AND PRACTICE OF ASANAS**

- 2.1. Baddhakonasana and Urdhavadhanurasana.
- 2.2. Vatayanasana and Kapotasana.
- 2.3. Pasasana and Parighasana.

**UNIT-III THEORY AND PRACTICE OF KRIYA AND PRANAYAMA**

- 3.1. Kpalabhati and its variations.
- 3.2. Anuloma-Viloma pranayama.
- 3.3. Introduction of Vritti in Ujjayee pranayama.

**UNIT-IV PRINCIPLES OF TEACHING**

- 4.1. Bhajana.
- 4.2. Kriya yoga-cleaning in and surroundings of Yoga Practice Hall and Campus.
- 4.3. Model teaching and training of any one yoga practice in the class.

**RECORD:** Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

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4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications,  
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School of Yoga, Bihar.
7. Swami Satyananda Saraswathi - Kriyas, Bihar School of Yoga, Bihar.

**BACHELOR OF SCIENCE IN YOGA (B.Sc in Yoga)**

SIXTH SEMESTER

**COURSE-XII**

**MARKS: 100**

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**FIELD TRAINING AND PROJECT WORK**

After successful completion of fifth semester the students shall have to teach and train the selected students/participants of a school/college/Institution for a period of 30 practice hours. The aim of FIELD TRAINING is to enable the student to gain practical experience and exposure in the technique of group teaching and training. The teaching module shall consist of theory and practice based on Yoga Texts that help the participants gain concentration, memory, recollection, positive attitude and self-help.

Basing on the experience and knowledge acquired in the field training the student shall have to prepare a mini Project Work and submit the same before at the time of sixth Semester final examination.