

Semester-2
Core course 1
Patanjali Yoga Darshan-1

Course Code: 240/YOG/CC201	Credits:4
TI: 30 TE: 70	PI: 0 PE: 0

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: This course is designed to help student to know the ancient art of yoga written by Maharshi Patanjali and to understand various modification of mind and the means of inhibiting them. Have an understanding about the essence of Samadhi.

Outcomes: After completing this course, the learner will be able to:

Describe the concept of Yoga Philosophy.

Explain the concept of Ishwara.

Illustrate the basic knowledge of various Obstacles.

Acquire basic knowledge about the Karma and Chitta

Unit - 1: Introduction to Yoga darshana of Patanjali

1.1 Introduction to Yoga Darshana and its relevance in Yoga Sadhana.

1.2 Theory of Evolution and Meta-physics of Yoga Darshana.

1.3 Brief introduction to Maharshi Patanjali and Patanjala Yoga Sutra.

1.4 Concept of Antahkarana: Mana, Buddhi, Ahankara and Chitta.

Unit - 2: Concept of Chitta: its bhoomis, vrittis and Nirodhopayas

2.1 Concept of Chitta and Chitta Bhoomis.

2.2 Concept of Chitta Vrittis and their classification, chitta Prasadnam

2.3 Chitta vritti Nirodhopaya: Abhyasa and Vairagya.

2.4 Concept of Ishwar and Ishwar pranidhana, Vikshepa

Unit - 3: Varieties of Samadhi

3.1 Concept of Yoganushasanam, Yoga Lakshanam and its results.

3.2 Concept of Samadhi

3.3 Types of Samprajnatah Samadhi & Asamprajnatah Samadhi

3.4 Concept of Samapatti, Types of Samapatti: Savitraka and Nirvitraka, Savichara and Nirvichara.

Unit-4 Ashtang yog

4.1 Concept of Kriya Yoga: Tapa, Svadhyaya, Ishwara Pranidhana,

4.2 Theory of Kleshas: Avidya, Ashmita, Raga, Dewesh, Abhinivesh.

4.3 Concept of Chaturvyuhavada Drisha-nirupanam: Prakriti and Purusha.

4.4 Concept of Yogantaraya & Ashtaang yog

Suggested Books

M.R.Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

K.D.Prithvipaul: The Yoga surta of Patanjali M.L.B.D. New Delhi

Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaem, Poona, 1970

Swami Ved Bharti: Yoga sutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

B.K.S Iyenger- Lights on yogsutras of Patanjali

Harikrishandas Goyendka- Patanjali Yog Darshan, Geeta press Gorakhpur

Core Course 2
Yogic Anatomy and Physiology 1

Course Code: 240/YOG/CC202	Credits:4
TI: 25 TE: 50	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: This course is design to know about the structure of the body and to know about the necessary functions of the body also a brief idea about the diseases related to each system

Outcomes: Following the completion of the course, students shall be able:

Identify different tissues and organs of different systems of human body. Define and explain the Organizations and the physiology of muscle contraction in co-ordination with the joints.

Explain the morphology, physiology of Digestive system.

Explain and describe the respiratory system and its significance.

Explain the anatomy and physiology and parameters related to Cardiovascular System

Explain the gross morphology, structure, and functions of various organs of human body.

Unit-1: Cells, Tissues and Muscular-Skeletal System

1.1 Cell structure & function

1.2 Classification of bones-Axial bones and appendicular bones

1.3 Types of joint –Synovial joints and Fibrous joint;

1.4 Yogic effect on Cell, joints .

Unit-2: Digestive System

2.1 Digestive system of human

2.2 Associated glands-Liver, Pancreas, salivary glands

2.3 Physiology of digestion and absorption.

2.4 Effect of yogic Practice on digestive System

Unit-3: Respiratory system

3.1 Respiratory system of human

3.2 Yogic Mechanism of breathing (Expiration and inspiration)

3.3 Transport of respiratory gases (transport of oxygen and transport of carbon dioxide);

3.4 Control Mechanism of respiration.

Unit-4: Cardiovascular system

4.1 Composition and function of blood

4.2 Blood vessels: Blood groups Classification and their importance

4.3 Structure and working mechanism of heart

4.4 Yogic effect on Blood pressure and regulation of blood pressure.

Note: Practical

Localization of Bones & Muscles using charts and models, effect of yogic practice on different system

Suggested Books –

- Khurana: Anatomy and Physiology
- Ross & Wilson: Anatomy and physiology
- A.P.Gupta: Manav Sharer Rachna aur Kriya Vigyan
- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavala, India
- Lan Peate and Murali dharan Nayar – Fundamental of Anatomy and Physiology for students nurses
- Evelyn, C. Pearce- Anatomy and Physiology

Core course -3
Yoga Practium-2

Course Code: 240/YOG/CC203	Credits:4
TI: TE:	PI: 30 PE: 70

Instruction for External Examination: Practical Exam

Objective: To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.

- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience.
- explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself.

UNIT-1: HYMNS AND SATKARMA

- 1.1 Recitation of Selected Sutras of Patanjali Yoga Prayer;
- 1.2 Recitation of Nirvan Satkama
- 1.3 Neti (Sutra),
- 1.4 Agnisar

UNIT- 2: YOGIC SURYANAMASKAR AND YOGASANA & SUKSHAM VYAYAM

1. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
2. Bhuja-bandha shakti-vikasaka
 - Bhuja-bandha shakti-vikasaka (for the upper arms)
 - Bhuja-bandha shakti-vikasaka (for the upper arms)
3. Kohani shakti-vikasaka
 - i. Kohani shakti-vikasaka (for the elbows) -(A & B)
 - ii. Kohani shakti-vikasaka (for the elbows) -(A & B)
4. Bhuja-balli shakti-vikasaka
 - (i) Bhuja-balli shakti-vikasaka (for the fore-arms) -(A & B)
 - (ii) Bhuja-balli shakti-vikasaka (for the fore-arm)
5. Purna-bhuja shakti-vikasaka (for the arms)
 - (i) Purna-bhuja shakti-vikasaka (for the hole arm) - (First) (A to D)
 - (ii) Purna-bhuja shakti-vikasaka (for the hole arm)-(Second) (E & F)
6. Mani-bandha shakti-vikasaka
 - Mani-bandha shakti-vikasaka (for the wrists) - (First) (A&B)
 - Mani-bandha shakti-vikasaka (for the wrists) - (Second) (A&B)
7. Kara-prstha shakti-vikasaka
 - Kara-prstha shakti-vikasaka (for the back of hands) - (First) (A&B)
 - Kara-prstha shakti-vikasaka (for the back of hands) - (Second) (A&B)
8. Kara-tala shakti-vikasaka
 - Kara tala shakti-vikasaka (for the palms) -(First) (A&B)
 - Kara-tala shakti-vikasaka (for the palms) - (Second) (A&B)
9. Anguli-mula shakti-vikasaka (for the root of the fingers) (A & B)
10. Anguli- shakti-vikasaka (for the fingers) (A & B)

Yogic Surya Namaskar of Bihar School of Yoga ,
Tadasana, Vrikshasana, Urdhva-Hastottanasana,
Ardha Chakrasana, Paada Hastasana,
Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,
Mandukasana, Ushtrasana, Shashankasana; Bhujangasana
Utthana-padasana, Ardha Halasana, Shavasana

UNIT-3: BANDHA, PRANAYAMA AND DHYANA

Jalandhara Bandha ,Uddiyana Bandha Mula Bandha,
Anuloma-Viloma Pranayama, Concept of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)
Nadishodhana Pranayama (Puraka+Antarkumbhaka+Rechaka) (1:1:1 & 1:2:2)
Pranav Japa and Soham Japa , Yoga Nidra (1) Antarmauna

UNIT- 4: CONTINUOUS EVALUATION BY THE TEACHERS

NOTE: Last semester Practical is also included

Suggested Books

Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga
Prakashan, 2002, Bangalore.
Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school
of Yoga publications; Munger, 2001
Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications,
New Delhi, 1966
Pran aur Pranayam by Swami Nirjanand Saraswati
Swami Swatmaram-: Hatha yoga Pradipika

Minor/ Vocational Course MIC
Biomechanics of Pranayama

Course Code: 240/YOG/MI204	Credits:2
TI: TE:	PI: 15 PE: 35

Instruction for External Examination: Practical Exam

Objectives :

- To explore the biomechanical aspects of breathing and their relevance in the practice of pranayama.
- To understand the structural and functional roles of the respiratory system, including muscles, diaphragm, and thoracic movements.
- To analyze various pranayama techniques from a biomechanical perspective.
- To assess how posture, body alignment, and movement coordination influence the efficacy of pranayama.
- To promote the application of biomechanical principles to enhance safety, precision, and benefits in pranayama practice.

Outcome: By the end of this paper, students will be able to:

- Define and explain the biomechanics involved in the process of respiration and pranayama.
- Identify key anatomical structures involved in pranayama and understand their roles.
- Analyze different types of pranayama (e.g., Nadi Shodhana, Bhastrika, Kapalabhati) in terms of muscle function, pressure changes, and movement.
- Apply biomechanical principles to improve posture and breathing techniques during pranayama.
- Recognize common biomechanical errors and suggest appropriate corrections to avoid strain or injury.
- Integrate theoretical knowledge of biomechanics with practical pranayama training for enhanced physical and mental well-being.

Unit-1: The Art of Pranayama

- 1.1 Breath, Prana, Pranayama
- 1.2 Food, Obstacle and aids in Pranayama
- 1.3 The effect of Pranayama on respiratory system
- 1.4 The Art of sitting & Preparing mind for Pranayama

Unit-2 : The techniques of Pranayama

- 2.1 Anulom/ Viloma & Nadishodhan Pranayama
- 2.2 Bhastrika, Brahmari ,Murcha & Plavani Pranayama
- 2.3 Sitali & sitkari Pranayama
- 2.4 Suryabhedhi & Ujjai Pranayama

Suggested Books

- By B.K.S Iyenger:Lights on Pranayama
 Joshi, K.S.: Yogic Pranayama,OrientalPaperback,NewDelhi.
 Swami Nirjanand Saraswati: Pran aur Pranayam
 Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2

Skill enhancement course
Method of Teaching Yoga

Course Code:240/YOG/SE204	Credits:3
TI: 15 TE: 35	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from one question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 7 marks.

Objectives: The objective of a course or module on the "Methods of Teaching Yoga" in a graduate program is to equip students with the skills, knowledge, and confidence required to effectively teach yoga to diverse populations. This includes understanding pedagogical techniques, the ethical and professional responsibilities of a yoga teacher, and the ability to create safe and inclusive learning environments.

Outcome: Following the completion of this course, students shall be able to

Understand the principles and practices of teaching methods of Yoga.

Have an in-depth understanding about session and lesson planning and classroom arrangements.

Have an idea about the different tools used in Yoga teaching

UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA

- 1.1 Teaching and Learning: Concepts and Relationship between the two
- 1.2 Meaning and scope of Teaching methods, and factors influencing them
- 1.3 Teaching aids its meaning and need in yogic practice, qualities of yoga guru
- 1.4 Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga

UNIT-2: LESSON PLANNING IN YOGA AND CLASS MANAGEMENT

- 2.1 Techniques of mass instructions; Individualized teaching and group teaching.
- 2.2 Class management in Yoga: its meaning and need
- 2.3 Lecture cum demonstration in Yoga: Its meaning, importance, and method of its presentation
- 2.4 Models of lesson Plan, Lesson plan and its practical application

UNIT-3: PRACTICE OF TEACHING IN YOGA

- 3.1 Yoga classrooms: Essentials features, Area, sitting Arrangement in Yoga class
- 3.2 Characteristics & essentials of good yoga teaching
- 3.3 Role of Educational technology in Yoga teaching, Meaning, Importance, & Types of educational technology
- 3.4 Role of yoga teacher & Teacher Training, role of timetable

Practical

Lesson Plan Practice for general fitness (Children, Adult)

Lesson plan Practice for Pranayama

Lesson Plan Practice for Meditation

Continuous evaluation by the teacher

Suggested Books

Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,

Saket Raman Tiwari& others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009