



KARNATAK UNIVERSITY, DHARWAD
ACADEMIC (S&T) SECTION
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



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NAAC Accredited
'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/RIH-285/BOS /Yoga Studies (UG) /20-21/ 1035

Date: 19 OCT 2020

NOTIFICATION

Sub: Regarding introduction of the syllabus of Yoga Studies UG under C.B.C.S.
w.e.f. the academic year 2020-21 & onwards.

- Ref: 1. UGC Letter DO No. 1-1/2016(SECY), dt. 10.08.2016.
2. Special BOS Res. No. 01, dt. 06.07.2020.
3. Special Faculty Res. No. 22, dt. 07.08.2020.
4. Special Academic Council Res. No. 31, dt. 21.08.2020.
5. Vice-Chancellor's order dated 8 OCT 2020

Adverting to the above, it is hereby notified to the Principals of all constituent and affiliated degree colleges coming under the jurisdiction of Karnatak University, Dharwad that the Yoga Studies UG syllabus for I to VI Semester which is annexed herewith in Annexure-A is introduced under C.B.C.S. from the academic year 2020-21 & onwards .

Hence, the contents of this notification may please be brought to the notice of the students and all the concerned. The prescribed C.B.C.S. syllabus may also be obtained through K.U.website (www.kud.ac.in).

(Dr. Hanumantappa K.T)
REGISTRAR

To,

1. The Chairman, BOS Yoga Studies(UG), Dept. of Yoga Studies, K.U.Dharwad.
2. The Chairman, Dept. of Yoga Studies, K.U.Dharwad.
3. The Principals of all the constituted and affiliated degree colleges under the jurisdiction of Karnatak University, Dharwad. (The same may be sent through e-mail)
4. The Registrar (Evaluation), K.U.Dharwad.

Copy fives to:

1. Dr. M.A.Jalihah, Dean, Faculty of Social Science, Dept. of Psychology, K.U.Dharwad.
2. The Director, IT Section, Examination Section, K.U.Dharwad for information and to upload on K.U.Website (www.kud.ac.in).

Copy to:

1. PS to Vice-Chancellor, K.U.Dharwad.
2. S.A. to Registrar, K.U.Dharwad.
3. O.S., Exam UG / Confl / QP / GAD Section, K.U.Dharwad.
4. The System Analyst, Computer Unit Exam Section, K.U.Dharwad.



KARNATAK UNIVERSITY, DHARWAD

B.A. Programme

SYLLABUS FOR

YOGA STUDIES (OPTIONAL)

AS DISCIPLINE SPECIFIC COURSE (DSC),

GENERIC ELECTIVE (GE) AND

SKILL ENHANCEMENT COURSE (SEC)

UNDER

CHOICE BASED CREDIT SYSTEM (CBCS)

Effective from 2020-21

Annexure: 1 B: Programme structure: B.A.

| Seme ster | *Core | | | Elective | | | | | | Ability Enhancement Course | | | | | | Total Credi |
|--------------|--------|-------|--------|----------|-------|--------|--------|-------|--------|----------------------------|-------|--------|---------------------------|-------|--------|----------------|
| | DSC | | | **DSE | | | ***GE | | | ****SEC | | | AECC | | | |
| | Course | L+T+P | Credit | Course | L+T+P | Credit | Course | L+T+P | Credit | Course | L+T+P | Credit | Course | L+T+P | Credit | |
| I | DSC-1A | 5+1+0 | 5+1=6 | | | | | | | | | | English-1 | 2+1+0 | 2+1=3 | 26 |
| | DSC-2A | 5+1+0 | 5+1=6 | | | | | | | | | | MIL-1 | 2+1+0 | 2+1=3 | |
| | DSC-3A | 5+1+0 | 5+1=6 | | | | | | | | | | ENVIRONMEN TAL SCIENCE | 2+0+0 | 2+0=2 | |
| II | DSC-1B | 5+1+0 | 5+1=6 | | | | | | | | | | English-2 | 2+1+0 | 2+1=3 | 26 |
| | DSC-2B | 5+1+0 | 5+1=6 | | | | | | | | | | MIL-2 | 2+1+0 | 2+1=3 | |
| | DSC-3B | 5+1+0 | 5+1=6 | | | | | | | | | | CONSTITUTI ON OF INDIA | 2+0+0 | 2+0=2 | |
| III | DSC-1C | 5+1+0 | 5+1=6 | | | | | | | | | | English-3 | 2+1+0 | 2+1=3 | 24 |
| | DSC-2C | 5+1+0 | 5+1=6 | | | | | | | | | | MIL-3 | 2+1+0 | 2+1=3 | |
| | DSC-3C | 5+1+0 | 5+1=6 | | | | | | | | | | | | | |
| IV | DSC-1D | 5+1+0 | 5+1=6 | | | | | | | | | | English-4 | 2+1=0 | 2+1=3 | 24 |
| | DSC-2D | 5+1+0 | 5+1=6 | | | | | | | | | | MIL-4 | 2+1=0 | 2+1=3 | |
| | DSC-3D | 5+1+0 | 5+1=6 | | | | | | | | | | | | | |
| V | | | | DSE-1E | 5+1+0 | 5+1=6 | GE-1E | 2+0+0 | 2 | SEC-1E | 2+0+0 | 2 | | | | 22 |
| | | | | DSE-2E | 5+1+0 | 5+1=6 | | | | | | | | | | |
| | | | | DSE-3E | 5+1+0 | 5+1=6 | | | | | | | | | | |
| VI | | | | DSE-1F | 5+1+0 | 5+1=6 | GE-1F | 2+0+0 | 2 | SEC-1F | 2+0+0 | 2 | | | | 22 |
| | | | | DSE-2F | 5+1+0 | 5+1=6 | | | | | | | | | | |
| | | | | DSE-3F | 5+1+0 | 5+1=6 | | | | | | | | | | |
| TOTAL | | | 72 | | | 36 | | | 4 | | | 4 | | | 28 | 144 |

L+T+P= Lecturing in Theory + Tutorial + Practical Hours per Week

*If the core course is having practical. Hence, L+T+P = 4+0+2=6 credits (no tutorial for practical subject).

** Each DSE shall have at least two papers and student shall choose any one paper from each DSE.

***GE shall be from other than the discipline.

**** SEC shall be from any one DSC and study one each in 5th and 6th semesters (SEC may be practical or theory for 2 credits only).

Note: 1. Each DSC/DSE Shall have 60hrs syllabus / semester for 100 marks in theory (80 Sem. End exam +20 IA Exam) and 52 hrs practical/sem for 50 marks (40 Sem. End exam +10 IA Exam) wherever applicable.

2. English/MIL Shall have 45 hrs syllabus / semester for 100 marks in theory (80 Sem. End exam +20 IA Exam).

3. Environmental Science/ Constitution of India / SEC /GE shall have 30 hrs syllabus / semester for 50 marks in theory/ Practical (40 Sem. End exams +10 IA Exam).

Karnatak University, Dharwad
CBCS syllabus for Under Graduate Programme in YOGA STUDIES (opt.) as **DISCIPLINE SPECIFIC COURSE (DSC)**
Effective from 2020-21

| Sem ester | Theory/ Practical | Subject Code | Title of the paper | Instruction hour per week | Total hours of Syllabus / Sem | Duration of Exam. | Internal Assessment Marks | Sem final Exam. Marks | Total Marks | Credits |
|-----------|----------------------|--------------------------------|--|---------------------------|-------------------------------|-------------------|---------------------------|-----------------------|-------------|---------|
| I | Theory | DSC (YOGT: A) | Introduction to Yoga & Yogic Practices | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSC (YOGPr: A) | Yoga Practicals-I; Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |
| II | Theory | DSC (YOGT: B) | Elementary Studies in Sanskrit & B. Geeta. | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSC (YOGPr: B) | Yoga Practicals-II, Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |
| III | Theory | DSC (YOGT: C) | Traditional Yogic Texts. | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSC (YOGPr: C) | Yoga Practicals-III, Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |
| IV | Theory | DSC (YOGT: D) | Human Anatomy & Physiologes | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSC (YOGPr: D) | Yoga Practicals-IV, Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |
| V | *Theory P-I /P- II | DSE (YOGT: P-I E YOGA: P-II E) | P- I: Yoga Philosophy OR P-II: Yoga Psychology | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSE (YOGPr: E) | Yoga Practicals-V A: Practical Training in Yoga OR Yoga Practicals-VB: Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |

| | | | | | | | | | | |
|-------|-----------------------|--------------------------------------|---|--------|----|--------|-----|-----|-----|----|
| VI | *Theory P-I /P- II | DSE (YOGT: P-I F YOGT: P-II F) | P-I:Yoga Therapy OR P-II:Yoga as Spiritual Science | 04 hrs | 60 | 03 hrs | 20 | 80 | 100 | 04 |
| | Practical | DSE (YOGPr: F) | Yoga Practicals-VIA, Practical Training in Yoga OR Yoga Practicals-VIB:;, Practical Training in Yoga | 04 hrs | 52 | 03 hrs | 10 | 40 | 50 | 02 |
| Total | | | | | | | 180 | 720 | 900 | 36 |

*Candidate shall choose either paper –I or P-II but not both in DSE theory.

SKILL ENHANCEMENT COURSE (SEC) AND GENERIC ELECTIVE (GE) for YOGA STUDIES

| Sem ester | Theory | Subject Code | Title of the paper | Instruction hour per week | Total hours of Syllabus / Sem | Duration of Exam. | Internal Assessment Marks | Sem final Exam. Marks | Total Marks | Credits |
|-----------|--------|--------------|-----------------------------------|---------------------------|-------------------------------|-------------------|---------------------------|-----------------------|-------------|---------|
| V | Theory | (SEC-YG- 1E) | SEC-1: Yoga Workshop | 02 hrs | 30 | 1.5 hrs | 10 | 40 | 50 | 02 |
| V | Theory | (GE-YG- 1E) | GE-1: Yoga and Physical Health | 02 hrs | 30 | 1.5 hrs | 10 | 40 | 50 | 02 |
| VI | Theory | (SEC-YG- 1F) | SEC-2:Yoga Therapy Skills in Yoga | 02 hrs | 30 | 1.5 hrs | 10 | 40 | 50 | 02 |
| VI | Theory | (GE-YG- 1F) | GE-2:Yoga and Mental Health | 02 hrs | 30 | 1.5 hrs | 10 | 40 | 50 | 02 |
| Total | | | | | | | 40 | 160 | 200 | 08 |

Discipline Specific Course(DSC) under CBCS

B.A. Semester - I

YOGA STUDIES: YOGT: A

| | |
|--------------------------------|--|
| Credits: I. Theory : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures |
| | 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. |
| | 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits : 06 | Total Theory marks 100 and Practical marks 50 |

Unit-I Introduction to Yoga

- 1.1 Yoga, its origin, history and development
- 1.2 Yoga , its meaning and definitions
- 1.3 Yoga, its aim and objectives
- 1.4 Misconceptions about Yoga and True nature of Yoga
- 1.5 Relevance of Yoga in modern sociological life
- 1.6 Important Schools of Yoga, Unity in diversity.

Unit-II Introduction to Yogic Texts

- 2.1 Traditional Yogic texts, Their nature, time and scope
- 2.2 Essentials of Hathyogapradeepika of Svatmarama
- 2.3 Outlines of Gheranda Samhita
- 2.4 Introduction of Patanjala Yoga Sutra and its autor
- 2.5 Yoga in the Bhagavadgeeta

Unit-III Yogic Practices for Common Man

- 3.1 Yogic Practices for common man to promote Positive health
- 3.2 Rules and regulations to be followed by yoga practitioners.
- 3.3 Differences between yogic practices and non- yogic practices
- 3.4 Meaning, characteristics, classifications, technique and utility of Asanas, pranayamas, Kriyas, Bandhas and Mudras for promotion of positive health.
- 3.5 Dhyanam, its nature and significance in healthy living.

Unit-IV Yogic concepts of Ahara and Vihar

- 4.1 Naturients, Yogic components of food and their classification
- 4.2 Yogic principles of Diet
- 4.3 Concept of Mitahar, pathya and Apathya
- 4.4 Importance of Diet in Yogic curriculum
- 4.5 Yogic Concept of Vihar
- 4.6 Yogic Principles of Healthy living

Books for Reference

- Swami Rama : Lectures on Yoga, (The Himalaya International Institute, Pennsylvania, 1979)
- Ajit Kumar : Yoga Pravesha (Kannada) Rastrothana Sahitya, Bangalore, 1990
- Swami Digambaraji : Hatha Pradipika (Kaivalyadhama, Lonavala, 1982)
- Swami Digambarji and : Gheranda Samhita, Gharote, M.L., (Kaivalyamdhama, Lonavala, 1978)
- Naikar Dr. Ds. : Ghatashthayoga (Kannada) (Meha Publishers Dharwad, 1997)
- Burley, Mikel : Hatha Yoga, Its Context Theory and Practice
- Swami Adidevananda : Patanjala Yoga Darshana (Kannada)
- Nimbalkar S. P. : Yoga for Helath and Pease (Yoga Vidya Niketana, Bombay, 1992)
- Murthy T.S.N : Shree Madbhagavadgeeta (Geeta Press, Ghorakpura, 2001)
- Nagarathana R and : Integrated approach of Yoga Therapy for Positive Health (Swami Vivekandanda Yoga Prakashana, Bangalore, 2001)

Yoga Practical: YOGPr: A

Marks : (40 Parctical + 10 Internal Assessments)Duration : 4 hrs/week

Om Recitation and chanting of Important Prayers suitable for setting an atmosphere to practice Yoga Practice of the following Yogic Pracices with brief theoretical knowledge about their important of name, the technique, salient points, precautins to be taken and advantages of each of the following YHogic Practices, e.g. Yogasanas, Pranayama, & Kriyas

YOGASANAS :Sukhasana, Padmasana, Vajrasana, Tadasana, Urdhva Hastottanasana , Kati Chakrasana, Ardha Chakrasana, Padahastanasana, Goga Mudrasana, Shashakasana, Baddha Konasan a, Ustasana, V akrasana, Janusirasana, Paschimottanasana, Uttahana Mandukasana and Shavasana

PRANAYAMA: Mechanism of correct breathing and yogic deep breathing, Concept of Puraka, Rechaka and Kumbahaka, Nadishuddi Pranayama

YOGIC KRIYA : Kapalabhati

JOURNAL: The students have to write minimum ten assignments on difference topics related to Yoga practical as prescribed by the Yoga practical teachers. The journal has to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation.

Books for Reference

1. V.K. Yogas (Ed.) : Padavali (V.K. Yoga Prakashana, Bangalore 1996)
2. Tiwarri, O.P. : Asana Why and How (Kaivalyadhama, Lonavala, Munger, 1989)
3. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Bihar School of yoga, Munger, 1989)
4. Tiruka : Yogasanagalu (Kannada) (Ananthashevashrama, Malladihalli)
5. Nagendra, H.R : The art and science of Pranayama (V.K Yogas, Bangalore, 1993)
6. Joshi, K.S : Yogic Pranayama (Orient Paperback, New Delhi, 1990)
7. Ajitkumar : Yoga Poravesh (Kannada) (Rastrothana Sahitya Parishat, Bangalore, 1984)
8. Tiruka : Shatkriyegalu (Kannada) (Ananthashevashrama, Malladihalli)
9. Nimbalkar S.P : Yoga for Health and Pease (YHoga Vidya Nikletana Bomby, 1992)

Discipline Specific Course(DSC) under CBCS

B.A. Semester - II

YOGA STUDIES: YOGT: B

| | | |
|---------------------------|-------------|--|
| Credits: I. Theory | : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures |
| | | 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical | : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. |
| | | 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits | : 06 | Total Theory marks 100 and Practical marks 50 |

Unit – I Stories and pieces of dramas of the text “Sanskrit Gadya – Padya –“ (Published by Prasarang, K.U.Dharwad) Gaydabhaga only

Unit – II

2.1 Uses of cases masculine gender only

2.2 Svava- sandhis only

Unit – III Essentials of the II and III Chapters of Bhagavadgeeta

(e.g) Samkya Yoga and Karma Yoga

Unit – IV Out lines of the V, VI, and XII Chapters of the Bhagavadgeeta (E.g Samnysa

Yoga, Dhyana Yoga and Bhakti Yoga)

Books for Reference

- Shandbhag D. N. and Others : Sanskrit Gadya – Padya (Prasaranaga, K.U. Dharwad,, 1971)
- Murthy T.S. N : Shree Madbhagavadgeeta (Geeta Press, Ghorakpura, 2001)
- Swami Adidevananda. : Sri Ramanuja Gita Bhasya (Sri Ramakrishna Matha, 1993)

Yoga Practical: YOGPr: B

Marks : (40 Parctical + 10 Internal Assessments)Duration : 4 hrs/week

- I. Repetition of previous Yoga Practices taught in the semester – I
- II. Practice of the Following Yogic practices with brief theoretical Knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following Yogic practices, e.g. Yogasanas, Pranayama, & Kriyas

A. Yogasanas

Trikonsana, Privrita Trikonasana, Parshav Konasana, Navasana Ardha Matsyendrasana, Supta Vajrasana, Gomukhasana Makarasana, Bhujanagasana, Shalabhasana, Dhanurasana and Vipareetakarani..

B. Pranayama

Nadi Shodhana Pranayama (Without Kumbhak)

Surya bedhana Pranayama (Without Kumbhak)

Chandra bedhana Pranayama (Without Kumbhak)

C. Yogic kriya Jala NBeti and Sutra Neti

- D. Journal :** The students have to write minimum ten assignments on difference topics related to Yoga practical as prescribed by the Yoga practical teachers, the journal has to be signed by the concerned practical teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for Reference

1. Swami Kuvulyanada : Asana (Kaivalyadhama, Lonavala, 1982)
2. Tiwari, O.P : Asana Why and How (Kaivalyadhama, Lonavala 1991)
3. Swami Satyananada Saraswati : Asana, Pranayama, Mudhra, Bandha (Bihar Scholl of Yogaa, Munger, 1989)
4. Tiruka : Yogasanagalu (Kannada) (Anathashevashrama, Malladihalli)

Discipline Specific Course(DSC) under CBCS

B.A. Semester - III

YOGA STUDIES: YOGT: C

| | | |
|---------------------------|-------------|--|
| Credits: I. Theory | : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures |
| | | 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical | : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. |
| | | 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits | : 06 | Total Theory marks 100 and Practical marks 50 |

Unit – I : Brief Survey of Traditions of Yoga

- 1.1 Yoga in the early vedic period and Vedic period
- 1.2 Yoga in the Braahmanas and Upanishads, specilly in Principl.e Upanishads
- 1.3 Yoga in the age of Epics and Puraanas
- 1.4 Yoga in Jainism and Buddhism.
- 1.5 Yoga in Darshans, specially in Saamkhya – yoga and Vedaanta.
- 1.6 Yoga in Mediaeval Literature, specially Hatha Yoga traditions
- 1.7 Yoga in Modern Times

Unit – II : Paatanjala yoga Sootra

- 2.1 Samadhi pad
- 2.2 Sadhana pad
- 2.3 Kinds of Samaadhi, difference between Samaapatti and Samaadhi Adhyaatma prasada.
- 2.4 Theory of Klesha, Kriya Yoga,
- 2.5 Astaanga YHoga, Yama Niyama Aasana, Praanayaama, Pratyahaara, Dhaaranaa, Dhyaana, and Samaadhi.

Unit-III : Hatha Yoga and Hatha Yoga Sadhana-I

- 3.1 The origin of Hatha Yoga, Haatha Yogic paramparaa.. Hath Yogic Literature, Hatha Yogic Practices
- 3.2 The concept of Matha, Rules and regulations to be followed by the Hatha Yoga practitioner, concept of Mitaahaara.
- 3.3 The concept of Ghata (body), Shatkriyas and importance of Shatkriyaas in Hatha Yogic curriculum, The techniques and benefits of Shatkriyaas in Hatha Yoga Pradeepikaa and Gheranda Samhitaa.
- 3.4 Aasana and its importance in Hatha Yoga Saddhanas, Aasanas in Hatha Yoga Pradeepikaa and Gherand Samhitaa, their techniques and benefits.
- 3.5 The concept of Praana, Kinds of Praana, Praanaayaama and its importance in Hatha Yoga Saadhanas, Naadishodhana Praanaayaama and its technique and importance. Praanaayaama Practices in Hatha Yoga Pradeepikaa and Gheranda Samhitaa, their techniques and benefits,
- 3.6 Bandhas and role of Bandhatrayas in Hatha Yogic Practices.

Unit-IV Hatha Yoga and Hatha Yoga Saadhana-II

- 4.1 The concept of Kundalini and, Kundalini Shakti, shatchakras, their role and importance in Hatha yoga saadhanaa
- 4.2 Mudras in H.P. and G.S, their techniques and benefits
- 4.3 The Granthis and Granthitrayas, The concept of Naada, Four stages (Avasthaa) of Naadaanusandhaana, Naadaanusandhaanam,
- 4.4 The concept of Saamaadhi in Hatha Yoga, Samaadhilakshanam, Hathasiddhilakshanam
- 4.5 The relationship between Hatha Yoga and Raaja Yoga.
- 4.6 The role of Hatha Yogic Practices in health and disease.

Book for Reference

- Swami Digambarji and : Hatha Pradeepikaa of Svaatmaaraama
- Pt: Raghunatha Shastri
- Swami Muktibodhananda : Hatha Yoga Pradeepikaa, The light of Saraswati HathaYoga,
- Swami Digambarji and : Gheranda Samhitaa
Gharate M.L.
- Paraddi. M. S. and : Hathapradeepikaa (Kannada)
Sannellappanavar L.V.
- Naikar. C. S. : Ghatasthayoga (Kannada)
- Kunjunni Raj (Editor) : Hatha Yoga Pradeepikaa with Jyotsna
- Ghosh, Shyam : The Original Yoga
- Swami Maheshanandaji : Shiva Samhitta
and Others
- Woodroffe, Sir John : The Surpent Power
- Swami Prabhavananda : Spiritual Heritage of India (English)
Bharatiya adyatmika Parampara.
- Karambelkar P. V. : Paatanjala Yoga Sootra
- Timni I. K : The Scence of Yoga
- Woods J.H : The Yoga System of Patanjali
- Swami Vivekananda : Raajayoga
- Swami Vivekananda : Paatanjala Yoga Darshana (KJannada)
- Swami Harshananda : Maharshi P)atanjaliya Yoga Sutragalu
(Kannada)
- Iyengar B.K.S : Light on Patanjali yoga
- Swami : Paaktanjala Yoga Paradeepakaa
- Sri Omanadatirktha
- Fenerstein George : The Yoga Tradition : Its History, Literature,
Philosophy and Practice, (Bhavan Books and
Prints, 2002)

Yoga Practical: YOGPr: C

Marks : (40 Practical + 10 Internal Assessments)Duration : 4 hrs/week

- I. Repetition of previous Yoga practices taught in the semester – I and II
- II. Practice of the following Yogic practices with brief theoretical knowledge about their importance of name the technique salient points precautions to be taken and advantages of each of the following Yogic practices e.g Yogaasanas Praanaayaamas Bandhas Yogic Kriyaas and Meditation.

A. YOGAASANAS:

Gaarudaasana, Vaataayaanaasana, Natarajaasana, Uttitha padmaasana, Bhadraasana, Baddha padmaasana, Aakarna Dhanuraasana Pavanamukaatasana Sarvaanagasana Halaasana, karnapeedanaasana, Sarala Matsyaasana, Matsyaasana, Shvaasana and Surya Namaskaar

B. PRAANAAYAAMA :

Nadi Shodhana Praanaayaama (with Kumbhaka)

Ujjayee Praanaayaama

Shitali praanaayaama.

C. BANDHAS:

Jalandhara Bandha

Mula Bandha

D. YOGIC KRIYAAS:

Vamana Dhauti and Vastra Dhouti

E. MEDITATION:

Om Recitation and elementary Practice of meditation

F. JOURNAL :

The students have to write minimum ten assignments on difference topics related to Yoga practicals as prescribed gby the yoga practical teachers/s the journal has to be signed by the concerned practical teacher and the chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for Reverence :

- Swami Kuvulyananda : Asana
(Kaivalyadhama Lonavala, 1982)
- Tiwari O.P : Asana Why and How
(Kaivalyadhama, Lonavala, 1991)
- Swami Satyananda : Asana, Pranayama, Mudra, Banha
(Bangalore Divya Jeevan Sangh,
Bangalore, 1989)
- Tiruka : Yogasanagalu (Kannada)

- Nagendra H R : The art and science of Pranayama
(V K Yogas Bangalore, 1993)
- Swami Kuvulytanada : Pranayama
(Kaivalyadhama Lonaval, 1983)
- Gharote, M.L : Pranayama – The Science of Breath
(The Lonavala YHoga Institute Lonavala, 2003)
- Joshi K S : Yogic Pranayama
(Orient Paperback New Delhi, 1990)
- Tiruka : Shatkriyegalu (Kannada)
(Rastrothana Sahitya Parishat. Bangalore, 1984)
- IAjikumar : Yoga Pravesha (Kannada)
(Yoga Vidya Dhama, Nasik, 2004)
- Swami Yateeshwarananda : Dhyana Jeevan Deepika (Kannada)
(Ramakrishnashrama, Bagalore, 1984)
- Nimbalkar S.P : Yoga for Health and Peace
(Yoga Vidya Niketana, Bombay 1992)

Discipline Specific Course(DSC) under CBCS

B.A. Semester - IV

YOGA STUDIES: YOGT: D

| | | |
|---------------------------|-------------|--|
| Credits: I. Theory | : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures |
| | | 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical | : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. |
| | | 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits | : 06 | Total Theory marks 100 and Practical marks 50 |

Unit – I : Introduction to Human Anatomy and Physiology

- 1.1 Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms
- 1.2 Cell : Structure and Function Tissues and Organization of human system, Concept of Homeostasis.
- 1.3 . Support System – I

The Skeletal System : Types of skeletal function of skeletal Classification of bones, study of joints.

- 1.4 Support System – II

The Muscular System : Types of Muscles in the body The Skeletal Muscles: Characteristics Structure and Function.

Unit – II : Maintenance System of Human Body :

- 2.1 The Circulatory System: Form, Structure and Function of the Heart. The Organization of systemic and Pulmonary circulation. The cardiac cycle, Blood : Composition and Functions, Blood groups and Their importance Blood Pressure,
- 2.2 The Respiratory System : Gross anatomy of the respiration passages Lungs and their function. The process of Respiration Lung Volume and capacities.
- 2.3 The Digestive System: Gross anatomy of digestive system, Alimentary canal and their functions. Vitamins and Their importance, Physiology of digestion.
- 2.4 The Urinary System : Gross anatomy of digestive system Structure and Functions of Kidney The Nephron and production of urine.
- 2.5 The Reproductive System: Gross anatomy of the male and female reproductive system Functions of Testis and Ovary The menstrual cycle.

Unit – III : Control and Defense Systems of Human Body:

- 3.1 The Endocrine System : The structure and function of the major endocrine glands. Hormones and their functions Pituitary, Thyroid, Adrenal Pancreas and Gonads.
- 3.2 The Nervous System : Gross anatomy of Nervous system : Central Nervous system peripheral Nervous system Autonomic Nervous System, The Sympathetic and Parasympathetic divisions. The Neuron.
- 3.3 Special Sense Organs : Basic Knowledge of the special senses: Vision Smell, Hearing Taste and Touch the sense organs and pathways.

Unit – IV Physiology of Yogic Practices and Health :

4.1 Physiology of Yogasanasa

4.2 Physiology of Bandhas, Mudras and Shuddhikriyas

4.3 Physiology of Pranayamas and Meditation

4.4 Health its meaning and definitions.

4.5 Yogic conceptions of health and disease Concept of Pancha kosha

4.6 General survey of preventive curative and promotive aspects Yogic Practices.

Books for Reference

- Gore M.M : Anatomy and Physiology of Yogic Practices
(Kanchana Prakashana Lonavala 2003)
- Shirley Telles : A Glimpses of the Human body
(V.K. Yogas, Bangalore, 1995)
- Nadiger A.K : Shareera Rachane mattu Gundharma Shastra (Kann)
(Shareera Shikshana Prakashana, Dharwad, 1999)
- Evelyan C. Pearce : Anatomy and Physiology for Nurses
(Faber and Faber Ltd London, 1968)
- Chatterjee C.C : Human Physionlogy (Vol I & II)
(Medical Allied Agency, Culcutta, 1992)
- Iyengar B.K.S : Arogya – Arogy – Yoga (Kannada)
(Himagiri Graphics Bangalore, 2000)
- Nagarathna R and Nagendra H.R : Integrated Approach of Yoga Therapy for
Positive Health (Swami Vivekananda Yoga
Prakashana Bangalore, 2001)
- Swami Kuvalyananda : Yogic Therapy
And Vinekar S.L (Ministry of Healthy Govt of India New Delhi, 1963)
- Shankar P.S. : Your body in Health and Sickness
(Jaico Publishing House Bombay, 1982)
- Swami Kuvalyananda : Asana Pranayama
(Kaivalyadhama Publications, Lonavala)
- Vaze D.R : Swadhyaya and Yog Therapy
(Gokul Masik Parkashan, Pune 2002)
- Nagendra H.R. : New Perspectives in Stress Management
Nagaratna R (V. K Yogas, Bangalore, 1988)

Yoga Practical: YOGPr: D

Marks : (40 Practical + 10 Internal Assessments)Duration : 4 hrs/week

- I. Repeating the previous Yoga practices taught in the Semester – I, II and III
- II. Practice of the following Yogic Practices with theoretical knowledge about their importance of name the technique, salient points precautions to be taken and advantages of each of the following Yogic practies e.g. Yogaasanas, Mudras Praanaayaama, Yogic Kriyaas, and Meditation.
 - A. **YOGASANAS:**
Kukkutaasana, Garbaasana, Mayuraasana, Padmamayooraasana, Matsyendraasana, Sirsaasana, Hanumaqnaasana, Veeraasana, Paadangusthasana, Bhujapeedaasana, Bakaasana, Kurmaasana, Ugraasana, Ekapadashirshaasana, Ekapaada Rajakapotaasana, Kapotaasana, and Yoganidraasana
 - B. **MUDRAS:**
Yogamudraa, Vipareetakaranimudra, Simhamudra and Tadaagimudra
 - C. **PRAANAAYAMAA:**
Shitkari Pranayama, Bhraamari Pranayama, (With Kumbhaka)
 - D. **YOGIC KRIYAS:**
Trataka, Nauli and Agnisaara.
 - E. **MEDITATION:** Om Recitation and elementary Practice of meditation
 - F. **JOURNAL:** The students have to write minimum Five assignments on difference topics related to Yoga Practicals as Prescribed by the Yoga Practical Teachers. The journal has to be signed by the concerned Practical Teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for Reference

- Swami kuvalyananda : Asana (kuvalyadhama, Lonavala,1982)
- Tiwari, O.P. : Asana Why and How(kuvalyadhama, Lonavala,1991)
- Swami Satyananda : Asana, Pranayama, Mudra, Bandha
Saraswati Bihar School of Yoga, Munger, 1989)
- Iyengar B.K.S. : Yoga Deepika (Kannada) (V.K. Yogas, Bangalore, 1989)
- Yogiraj Behramji : Yoggasana For Health (Himalayan Yoga Institute, 1989)
- Dhirenra : Yogasana Vijanana Brahmachari (Dhirendra Yoga Publications, New Delhi, 1989)
- Tiruka : Yogasanagalu (Kannada) (Ananthashevashrama, Malladihalli, 1989)
- Yogeshwar : The Text Book of Yoga (Yoga Center, Madras,)
- Lajapat Rai : APhysiological Approach to Yoga (C.R.I.Y., New Delhi, 1996)
- Lajapat Rai & others : Meditation: Techniques and their Scientific Evaluation (Anubhava Rai Publicationas, Guragaon 1999)

- Iyengar B.K.S. : Pranayama Deepika (Kannada)
(V.K. Y. Yogas, Bangalore, 1991)
- Swami Rama & others : Science of Breath (Himalayan
International Institute of Yoga Science,
Pennsylvania, 1979)
- Swami kuvalyananda : Pranayama (kaivalyadhama,
Lonavala,1983)
- Nagendra, H.R. : The art and Science of Pranayama
(V.K. Y. Yogas, Bangalore, 1993)
- Joshi, K. S. : Yogic Pranayama (Orient Paperback,
New Delhi, 1990)
- Gharote, M.L. : Pranayama- The Science of Breath
(The Lonavala Yoga Institute,
Lonavala, 2003)
- Ajitkumar : Yoga Pravesha (Kannada)
(Rastothana Sahitya Parishat,
Bangalore, 1984)
- Tiruka : Shatkriyegalu (Kannada)
(Ananthashevashrama, Malladihalli,)
- Swami Yateeshwarananda : Dhyana Jeevan Deepika (Kannada)
(Ramakrishnashrama, Bangalore,1984)
- Nimbalkar S.P. : Yoga for Health and Peace
(Yoga Vidya Niketana, Bombay,1992)
- Prakash Yogi : Yogamruta Deepika (Kannada)
(Patanjali Yogashrama Trust,
Bangalore, 2002)
- Kattimani R. V. : Manashantigagi Dhyana (Kannada)
(Usha Enterprises, Bangalore, 2004)
- Mandalika V. V. : Yoga Pravesha (Kannada)
(Yoga vidya Dhama, Nasik, 2004)
- Swami Satyananda : Surya Namaskar
Saraswati Bihar School of Yoga, Munger, 1983)

Discipline Specific Elective (DSE) under CBCS

B.A. Semester - V

YOGA STUDIES: Paper-I (YOGT:P-I E)

(Candidate shall choose either Paper-I or paper-II)

| | |
|-------------------------|---|
| Credits: I. Theory : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits : 06 | Total Theory marks 100 and Practical marks 50 |

YOGA PHILOSOPHY

Unit – I Introduction to Yoga Philosophy :

Yoga, its meaning definitions aims & objectives Brief introduction to Philosophy, its nature, Scope, its distinction from religion and Science.

Salient features of Indian Philosophy its distinction from western Philosophy Relationship between Yoga & Indian Philosophy Yoga and Religion.

Unit – II Yoga Philosophy, its Origin History & Development:

Yoga its origin Philosophical Pshychological & Mythological

Upanishads Puranas Smriti Gita & later development

Yoga in shad-darshanas

Yoga in Jainism & Buddhism

Yoga and Mysticism

Unit – III Schools of Yoga:

Introduction Philosophical foundation and Practices o9f different Schools of Yoga

Jnaana – Yoga

Bhakti – Yoga

Karma – Yoga

Hatha – Yoga

Raja – Yoga

Kundalini – Yoga

Unit – IV Conceptions of Yoga :

Concept of Parkriti and Purusha and evolution

Pancha Koshas

Svarodaya, nadis, Vaayus & Chakras

Satkaryavaada

Concept of Isvara in the Yoga

Concept of y Yogic Anatomy

Bondage of Liberation

YOGA PRACTICAL – VA : PRACTICAL TRAINING IN YOGA

Repetition of Previous Yoga Practices thought in the semester IV

Practice of the following Yogic Practices with brief theoretical knowledge about their importance of name his technique, salient points Precautions to be taken and advantages of each of the following Yogic Practices e.g Asanas Pranayama Mudras.

A. Asanas –

Parivratra Parshvakonasaana, Virabhadrasana, UtthitaHasttaasana, Padangustasaana, Ardhabadha – padma pascimottanasana, Dhanurasan, Garudasana, Lolasana, Karnapeedasana, Pranamaparvatasana

B. Bandhas –

Jihvabandha

C. Mudras

Jana – Mudra

Dhyana – Mudra

D. Pranayamas –

Bashrika

Ujjayee

Sheetali

E. Meditation

Object – Meditation

F. Journal

The students have to write minimum Five assignments on difference topics related to Yoga Practicals as Prescribed by the Yoga Practical Teachers. The journal has to be signed by the concerned Practical Teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for reference:

- | | | |
|--------------------------|------------------------|--------------------------------|
| 1. Swami Kuvulyananda | Asanas | Kaivalyadhama, Lonavala 1982 |
| 2. Tiaari O P | Asana Why and How | Kaivalyadhama Lonavala 1991 |
| 3. Swami Satyananda | Asana Pranayama Mudra | Bihar Schools of Yoga, Manger, |
| 4. Saraswatti | Bandha | 1989 |
| 5. Iyengar B K S | Yoga Deepika (Kannada) | V K Yogas Bangalore 1989 |

- | | | | |
|---|---|----------|--|
| 6. Prakash Yogi | Yogamrutadeepika (Kannada) | | Patanjali Yogashrama Trust Bangalore |
| 7. Inathuvagnani Vethathiri Maharishi | Simjplified Exercises | Physical | Vazhga Volamudar Erode |
| 8. Sitaram | Samanya Roogalige Yoga Chikiste | | Vasan Book Depo Bangalore 1998 |
| 9. Dr. M. L Gharote | Yogic Techniques | | The Lonaval Yoga Insitiute India Lonaval 1999 |
| 10. Geeta S Iyengar Swami Satyananda | Yoga – a gem for Women Pranayama | | Allied Publishers limited ISBN 2000 |
| 11. Swami Satyananda | Pranayama | | Kaivalyadhama, Lonavala 1983 |
| 12. Nagendra H R | The arte & Science of Pranayama | | V K Yogas Bangalore 1993 |
| 13. Swami yateeshwaranand a | Dhyana Jeevan Deepika (Kannada) | | Ramakrishnashrama Bangalore, 1984 |
| 14. Nimbalkar S P | Yoga for Health & Peace | | Yoga Vidya Niketan Bombay 1992 |
| 15. Lyengar B K S | Yoga (Asanagalu Pranayam Mudregalu Kriyegalu Kriyegalu) | | V K Yogas Bangalore – 1998 |
| 16. Lajapat Rai and Others | Meditation Techniques and there Scientific Evaluation | | Anubhava Rai Publication Gurgaon 1999 |

Discipline Specific Elective (DSE) under CBCS

B.A. Semester - V

YOGA STUDIES: Paper-II (YOGT:P-II E)

(Candidate shall choose either Paper-I or paper-II)

| | |
|-------------------------|---|
| Credits: I. Theory : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits : 06 | Total Theory marks 100 and Practical marks 50 |

YOGA PSYCHOLOGY

Unit – I Psychology & Yoga :

1. Nature of psychology
2. Definition of psychology
3. Methods of psychology
4. Yogic concept of Chitta
5. Relationship between Yoga & psychology

Unit – II Mental Processes :

1. Attention Sensation
2. Perception
3. Memory
4. Stages of Memory
5. Improving Memory

Unit – III Biological basis of behavior :

1. Nervous System
2. Peripheral nervous System
3. Central nervous System
4. Sense Organs
5. Glandular Systems

Unit – IV Personality :

1. Meaning of Personality
2. Indian approaches to Personality
3. Psychoanalytical approach
4. Humanistic approach
5. Personality assessment
6. Personality Development

Unit – V Psychopathology :

1. The concept of normal and the abnormal
2. Causes of abnormality
3. Mental disorders
4. Psychotherapy
5. Yoga Therapy
6. Spiritual Growth

Books for Reference

1. Page : abnormal Psychology
2. Dr karambelkar P V Patanjalis Yoga Sutra (English) (Pub Kaivalyadhama Lonavla, 1989)
3. Iyengar B K S : Light on the Yoga Sutras of Patanjali (Pub Harper College Pug New Dhelhi Indus 1993)
4. Chaubay : Abnormal Pshychology
5. Swami Adidevanada : Patanjali yoga Darshana (Kannada)
(Pub Sri Ramkrishnashrama, Mysore 1982)
6. Swam I Adhedananda : The Yoga Psychology (Pub Ramkrishna Vedant Math 1980)
7. Munn N L :P Introduction to Pscology (Pub Oxford & IBH Pub Co Calcutta)
8. Dharanendraiah A S Samanaya Mano Vijnana (Kannada) (Pub Mys Uni Mysore)
9. Nataraj P K : Samanya Mano Vijnana Vol I & II (Pub Mysore Uni Myosre)
10. Nataraj P K : Samanya Mano Vijnan Vol I & II (Pub Mysore Uni Mysore)
11. K L Reddy and B Krishnamuthy : Psychological Immunity

YOGA PRACTICAL VB: PRACTICAL TRAINING IN YOGA

- 1) Repetition of Previous Yoga Practices taught in the Semester - V
- 2) Practice of the following Yogic practices with brief theoretical knowledge about their importance of name the technique salient points precautions to be taken and advantages of each of the following Yogic practices e.g Asanas Pranayamas Mudra Meditation

A. Asanas –

Swastikasana Vrakshasana Parsva Dhanurasana Bhekasana purna shashakasana Niralamba Bhujaangasana Padma paschimottanasana Uttita Padmasana Ekapadahalasanana.

B. Mudras –

Vayu

Nasikmudra

C. Pranayamas –

Bhramari

D. Meditation

Mruthunjaya Mantra chanting 5 Rounds.

E. Journal

The students have to write minimum Five assignments on difference topics related to Yoga Practicals as Prescribed by the Yoga Practical Teachers. The journal has to be signed by the concerned Practical Teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for reference:

- | | | |
|-----------------------------|-------------------------------------|---|
| 1. Yogiraj Behramji | Yogasana for Health | Himalayan Yoga Institute 1989 |
| 2. Dhirendra Brahmachari | Yogasana Vijnana | Dhirendra Yoga Publications, New Delhi, 1989 |
| 3. Tiruka | Yogasanaglau (Kannada) | Ananthashevashrama Malladihalli 1989 |
| 4. Yogeshwar | The Textbook of Yoga | Yoga Center Madras |
| 5. Lajapat Rai | A Physiological Approach to Yoga | Yoga Center Madras C R I Y New Dheli 1996 |

- | | | |
|---|--|---|
| 6. Lyengar B K S | Yoga Deepika (kannada) | V K Yogas Banglore 1989 |
| 7. Gharote M L | Pranayama Science Breath | The Lonavala Yoga Instiute Lonavala 2003 |
| 8. Ajit Kumar | Yoga Pravesha (Kannada) | Rastrothana Sahitya Parisha Bangalore 1984 |
| 9. Tiruka | Shatkriyegalu (Kannada) | Anathashevashrama Malladihalli |
| 10. Kattimani R V | Manashanigagi (Kannada) | Dyana Usha Enterprises Bangalore 2004 |
| 11. Swami Satyananda Sarswati | Surya Namaksar | Bihar School of Yoga Munger 1983 |
| 12. Dr. Partrick Horay & David Harp | Hot water Therapy | Orient Paper Backs New Delhi 1997 |
| 13. Geeta S Iyenagar | Yoga – a gem for Women | Allied Publishers Limited ISBN 2000 |
| 14. Lajajpat Rai and Others | Meditation Techniques and there Scientific Evaluation | Anubhava Raj Publication Gurgaon 1999 |

Discipline Specific Elective (DSE) under CBCS

B.A. Semester - VI

YOGA STUDIES: Paper-I (YOGT:P-I F)

(Candidate shall choose either Paper-I or paper-II)

| | |
|-------------------------|---|
| Credits: I. Theory : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits : 06 | Total Theory marks 100 and Practical marks 50 |

YOGA THERAPY

Unit – I Yoga and Health

1. The Nature Scope & importance of Yoga therapy
2. Definition & Meaning of Health – WHO Concept
3. Yoga therapy as promotion of Positive Health.
4. Health concept in Ayurveda
5. Health concept in Naturopathy
6. Yoga is a way of healthy living

Unit – II Effect of Yogic Practices on different Diseases

- | | | | |
|-----------------|----------------------|-----------------|--------------|
| 1. Hypertension | 2. Diabetes Mellitus | 3. Asthma | 4. Sinusitis |
| 5. Obesity | 6. Backache | 7. Constipation | |
| 8. Acidity | 9. Arthritis | 10 Hemiplegia | |

Unit – III Yoga & Diet

1. Diet the Yogic Concept
2. Classification of Food Mordern concept
3. Concept of Triguna
4. Balanced Diet

Unit – IV Yogic concepts of Body

1. Pancha Kosha
2. Pancha Mahabhuta
3. Prana
4. Nadi
5. Chakra

Unit – V Effects of Yogic Practices on various system of Human Body

1. Effect on Musculoskeletal System
2. Excretory System
3. Effect on Cardiovascular System
4. Effect on Respiratory System
5. Effect on Digestive System

Books for reference:

| | | |
|-------------------------------|--|--------------------------------------|
| Gore M M | Anatomy & Physiology of Yogic teacher | Kanchana Prakashana Lonaval |
| Dr Phulgendra sinha | Yogic cure for common diseases | Orient Paperbacks New Dhelhi 1976 |
| Swami Satyananda Saraswati | Yogic Management of common derives | Bihar School of Yoga Manger 1986 |
| Swami Kuvalyananda | Asana | Kaivalyadhama Lonavla |
| Udupa K N | Stress and Management by yoga | ----- ” ----- |
| Swami | Pranayama | ----- ” ----- |
| Kuvalyanada Swami | S T Yogic Therapy Its Basic | ----- ” ----- |
| Kuvalyananda Dr Vinekar | Principles and Methods | ----- ” ----- |
| Vaghbhata | Astanga Hrdaya | ----- ” ----- |
| Sushruta | Sushrata Samhita | ----- ” ----- |
| Bihar School Yoga | Yoga for common diseases | ----- ” ----- |

YOGA PRACTICAL VIA: PRACTICAL TRAINING IN YOGA

1. Repetition of previous Yoga Practices taught in the semester – VI
2. Practice of the following Yogic practices with brief theoretical knowledge about their importance of name the technique salient points practices e.g Asanas Pranayamas Mudras Meditation.

A. Asanas –

Siddhasana Golavasana Gorakasana TriangaMukhaikapada Paschimottanasana
Santulanāsana Poorvattanasana Paryankasana Ubhaya Padangusthasana Setubondhasana Urdhva
Mukha Pasohimottanasana Bharadvajasana Eka Pada setubandha Skarvangasana Padangustna
Dhanurana Vistratapada halasana

B. Mudras –

Chinmudra

Shanka Mudra

C. Pranayamas –

Nadishodana 1:2:4

D. Meditation –

Om – Meditation

Journal -

The students have to write minimum Five assignments on difference topics related to Yoga Practicals as Prescribed by the Yoga Practical Teachers. The journal has to be signed by the concerned Practical Teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for reference:

| | | |
|------------------------------|-------------------------------------|--|
| Lyengar B K S | Yoga Deepika (Kannada) | V K Yogas Bangalore 1989 |
| Yogiraj Behramji | Yogasana for Health | Himalayan Yoga Institute 1989 |
| Dhirendra Brahmachari | Yogasana Vijana | Dhirendra Yoga Publications New delhi 1989 |
| Tiaari, O.P | Asana Why and How | Kaivalyadhama, Lonavala, 1991 |
| Tiruka | Yogasanaglau (Kannada) | Anathashevashrama Malladihalli, 1989 |
| Yogeshwar Swami Satyanada | The Text book of Yoga IPranayama | Yoga Center Madras Kaivalyadhama Lonavala, 1983 |
| Nagendra H R | The arte & Science of Pranayama | V K Yogas Bangalore 1993 |
| Joshi K S | Yogic Pranayama | Orient Paperback New Delhi 1993 |
| Tiruka | Shatkriyegalu (Kannada) | Ananthashevashrama Malladihalli |
| Swami Yateeshwarananda | Dhyana Jeevan Deepika (Kannada) | Ramakrishnashrama Bangalore 1984 |
| Nimbalkar S P | Yoga for Health & Peace | Yoga Vidya INiketan Bombay 1992 |
| Lyenar B K S | The Art of Yoga | V K Yogas Bangalore |
| Dr Devaki Devadas | Adhunic Yugakke Yoga | Vevadri Publications |

| | | |
|-------------------|---------------------------------------|--|
| | (Kannada) | Tamilnadu |
| C Sitaram | Samanya Roogagalige YHoga Chikiste | Vasan Book Depto Bangalore 1998 |
| Swami Abhiyananda | Yoga It Theory and Practice | Ramakrishna Vedantamath Culcutta India 1997 |
| Geeta S lyendar | Yoga – a gem for Women | Allied Publishers Limited ISBN 2000 |
| Osho | Meditation | Rajaneesh Ashrama Poona |
| Osho | Meditation First & Last freedom | ----- ” ----- |

Discipline Specific Elective (DSE) under CBCS

B.A. Semester - VI

YOGA STUDIES: Paper-II (YOGT:P-II F)

(Candidate shall choose either Paper-I or paper-II)

| | |
|--------------------------------|---|
| Credits: I. Theory : 04 | Theory class 4hrs /wk. Total theory: 60 Lectures 80 marks for Sem end Examination(3 hrs) & 20 marks IA |
| II. Practical : 02 | Practical: 4 hrs./wk. Total Practical: 52 hrs. 40 marks for Sem end Examination(3 hrs) & 10 marks IA |
| Total Credits : 06 | Total Theory marks 100 and Practical marks 50 |

YOGA AS SPIRITUAL SCIENCE

Unit – I Yoga, Spiritualism and Science

- 1) Spiritualism its meaning definitions aims & Objectives
- 2) Relationship between Yoga and Spiritualism Yoga and Science
- 3) Philosophy, Religion, Spiritualism and Yoga & their mutual dependence
- 4) Yoga therapy & Spiritualism
- 5) Yogasanas & Spiritualism

Unit – II Yoga and Consciousness

- 1) Upanisadic conception of Consciousness (Panchakoshas)
- 2) Jagrat Swapna Sushipti and Turiya

Unit – III Soul : its Bondage & Liberation

- 1) Concept of Soul in Indian Philosophy
- 2) Concept of Soul in Hinduism Jainism Buddhism & Veerasaivism
- 3) The means & paths of Liberation in Indian Philosophy
- 4) The means and the paths of Liberation in Hinduism Jainism Buddhism & Veerasaivism
- 5) Jivanmukti Videhamukti Nirvana & Kaivalya

Unit – IV Yoga Globalization & Future Mankind

- 1) The Necessity of Unity of Religions
- 2) Comparative Religious approach and Emergence of Universal Religion
- 3) Non Violence and Universal Brotherhood

Unit – V Yoga Spiritualism & Global Peace.

- 1) Peace its definitions aims and objectives
- 2) Yoga Food Health Peace within & Peace without
- 3) The concept of Renuciation as a Spiritio – Yogic Solace to Mankind
- 4) Yoga, Spiritualism & Glob al Peace

Books for reference:

| | | |
|----------------------------|---|---|
| Vethathiri Maharshi | Blue Print for world Peace | Vethathiri Publications Erode 638001 |
| Vethathiri Maharshi | Journey of Consciiousness | Brain Trust Publ Aliyr 642101 |
| Vethathiri Maharshi | Genetic Centre | Brain Trust Publ Aliyr 642101 |
| Vethathiri Maharshi | The Gravity of Gravity & Consciousness | Vethathiri Pub Erode 638001 |
| Prof B P Siddhashrama (Ed) | Problem and Perspectives of Social Philosophy Vol - 4 | Prof Girish Sharma Gauha University Guwahati |
| Prof B P Siddhashrama | Spiritual Globalization | Siddha Prakashana No. 3 Siddharoodha Nagar Srinagar Dharwad |

| | | | |
|---------------------------------|--|-----------------|---|
| ----- ” ----- | The Metaphysics of Nijagunashivayogi | Y the Shri | Siddha Prakashana No.3 Siddharoodha Nagar Srinagi Dharwad |
| Prof B P Siddhashrama (Ed) | Global Spiritualism | | Siddha Prakashana No. 3 Siddharoodha Nagar Srinagar Dharwad |
| ----- ” ----- | «zÁñA tñA fAªAEAAñDU «ªEAPAZA vÁvÁe¹ zÁvAvÀ | | Siddha Prakashana No.3 Siddharoodha Nagar Srinagar Dharwad |
| Swami Muktananda Paramhamasa | From the finite to the Infinite | | By Sydafoundation P O Box South Fallsdurg N Y 12779 |
| „A&A AñAWA±AgAEAAzA | zAÆAªAAvAAU DzAñvñA fAªAEA | | gAªAAPAEµAU D±AñA §,AªAEAAUAr ´ÉAUvÁvÁEgAA |
| S C Nadimath | Handbook of Veerasaivism | L E Association | Dharwad (1941) |

YOGA PRACTICAL – VIB : PRACTICAL TRAINING IN YOGA

1. Repetition of Previous Yoga Practices taught in the Semester – VII
2. Practice of the following Yogic Practices with brief theoretical knowledge about their importance of name, the technique, salient points Precautions to be taken and advantages of each of the following Yogic practices, e. g. Asanas, Pranayamas, Mudras, Meditation.
3. **Asanas**
Kraunchasana, Marichyasana, Vipavistha Konasana, Adho Mukha Matsyasana Niralamba sarvangasana Padma Shirshana Samakonasana eka Pada Sirsasana Parrivrta Parsvakonasana
4. **Mudras** –
Pranavamudra
Yoni Mudra
Simha – Mudra
5. **Pranayamas** –
Panchamahabhuta Pranayama
6. **Meditation**
Transcendental Meditation
7. **Journal -**

The students have to write minimum Five assignments on difference topics related to Yoga Practicals as Prescribed by the Yoga Practical Teachers. The journal has to be signed by the concerned Practical Teacher and the Chairman of the Department and shall be produced at the time of practical examination for evaluation.

Books for reference:

| | | |
|----------------------------|---|---|
| Dr M L Gharote | YHogic Techniques | The Lonaval Yoga Institute India Lonaval 1999 |
| Swami Kuvulyananda | Asanas | Kaivalyadhama Lonavala 1982 |
| Lyengar B K S Yogeshwar | Yoga Deepika (Kannada) The Text book of Yoga | V K Yogas Bangalore 1989 Yoga Centere Madras |
| Lajapat Rai | A Physiological approach to Yoga | C R I Y New Dheli 1996 |
| Lajapat Rai and Others | Meditatin: Techniques and there Scientfic Evaluation | Anubhava Rai Publication Gurgaon 1999 |
| Lyengar B K S | Pranayama Deepika (Kannada) | V K Yogas Bangalore 19991 |
| Swami Rama and Others | Science of Breath | The Himalayan International Institute of Yoga Science Pennselvenia 1979 |
| Gharote M L | Pranayama – The Science of Breath | The Lonavala Yoga Institue Lonavala 2003 |
| Ajit Kumar | Yoga Pravesha (Kannada) | Rastrothana Shitya Parishat Bangalore 1984 |

SKILL ENHANCEMENT COURSES (SEC) in YOGA STUDIES

B.A. Semester - V
YOGA STUDIES : SEC- I (SEC-YG- 1E)

Total Syllabus: 30 hrs / Sem.:

2 hrs / Week

Examination: Maximum Marks- 50 (40 Semester End exam + 10 IA Exam)

Duration of Exam: 1.5 hrs

YOGA WORKSHOP

Unit-I

a) Organization Yoga camp. (One Week Duration)

Books for Reference:

- Swami Rama : Lectures on Yoga, (The Himalaya International Institute, Pennsylvania, 1979)
- Ajit Kumar : Yoga Pravesha (Kannada) Rastrothana Sahitya, Bangalore, 1990
- Iyengar B.K.S : Light on Patanjali yoga

SKILL ENHANCEMENT COURSES (SEC) in YOGA STUDIES

B.A. Semester - VI YOGA STUDIES : SEC-2 (SEC-YG- I F)

Total Syllabus: 30 hrs / Sem.:

2 hrs / Week

Examination: Maximum Marks- 50 (40 Semester End exam + 10 IA Exam)

Duration of Exam: 1.5 hrs

YOGA THERAPY SKILLS IN YOGA

Unit-I

a) Yoga and Major Diseases.

Books for Reference:

| | | |
|-------------------------------|--|--------------------------------------|
| Gore M M | Anatomy & Physiology of Yogic teacher | Kanchana Prakashana Lonaval |
| Dr Phulgendra sinha | Yogic cure for common diseases | Orient Paperbacks New Dhelhi 1976 |
| Swami Satyananda Saraswati | Yogic Management of common derives | Bihar School of Yoga Manger 1986 |
| Swami Kuvalyananda | Asana | Kaivalyadhama Lonavla |
| Udupa K N | Stress and Management by yoga | ----- ” ----- |
| Swami | Pranayama | ----- ” ----- |
| Kuvalyanada Swami | S T Yogic Therapy Its Basic | ----- ” ----- |
| Kuvalyananda Dr Vinekar | Principles and Methods | ----- ” ----- |
| Vagbhata | Astanga Hrdaya | ----- ” ----- |
| Sushruta | Sushrata Samhita | ----- ” ----- |
| Bihar School Yoga | Yoga for common diseases | ----- ” ----- |

GENERIC ELECTIVE COURSES (GE) in YOGA STUDIES

B.A. Semester - V YOGA STUDIES : GE- I (GE-YG- 1E)

Total Syllabus: 30 hrs / Sem.:

2 hrs / Week

Examination: Maximum Marks- 50 (40 Semester End exam + 10 IA Exam)

Duration of Exam: 1.5 hrs

Paper: YOGA AND PHYSICAL HEALTH

Unit-I Physiology of Yogic Practices

- 1.1 Yogic Health & Pranayama.
- 1.2 Health its meaning and definitions and Yogic Conceptions of Health and diseases.
- 1.3 Concept of Pancha-Kosha

Unit-II Yoga and Diet

- 2.1 Classification of Food- Modern concept and concept of Trigunas
- 2.2 Concept of Tridosha
- 2.3 Balanced Diet

Unit-III Yogic Practices for common Man.

- 3.1 Rules and Regulations to be followed by yoga practitioner
- 3.2 yogic practices and Benefits
- 3.3 Meaning, Characteristics, Classifications of Asanas, and Pranayamas.

Unit-IV Body and Mind relation

- 4.1 Body and Mind relation
- 4.2 Yogic Concept of Chitta
- 4.3 Effect of Yoga with body and mind

Books for Reference:

| | | |
|----------------------------|---|--|
| Dr M L Gharote | YHogic Techniques | The Lonaval Yoga Institute India Lonaval 1999 |
| Swami Kuvulyananda | Asanas | Kaivalyadhama Lonavala 1982 |
| Lyengar B K S Yogeshwar | Yoga Deepika (Kannada) The Text book of Yoga | V K Yogas Bangalore 1989 Yoga Centere Madras |
| Lajapat Rai | A Physiological approach to Yoga | C R I Y New Dheli 1996 |
| Lajapat Rai and Others | Meditatin: Techniques and there Scientfic Evaluation | Anubhava Rai Publication Gurgaon 1999 |
| Lyengar B K S | Pranayama (Kannada) | Deepika V K Yogas Bangalore 19991 |

| | | |
|-----------------------|-----------------------------------|---|
| Swami Rama and Others | Science of Breath | The Himalayan International Institute of Yoga Science Pennselvenia 1979 |
| Gharote M L | Pranayama – The Science of Breath | The Lonavala Yoga Institue Lonavala 2003 |
| Ajit Kumar | Yoga Pravesha (Kannada) | Rastrothana Shitya Parishat Bangalore 1984 |

GENERIC ELECTIVE COURSES (GE) in YOGA STUDIES

B.A. Semester - VI YOGA STUDIES : GE- 2 (GE-YG- 1F)

Total Syllabus: 30 hrs / Sem.: **2 hrs / Week**

Examination: Maximum Marks- 50 (40 Semester End exam + 10 IA Exam)

Duration of Exam: 1.5 hrs

PAPER: YOGA AND MENTAL HEALTH

Unit-I Yoga and Consciousness.

- 1.1 Psychological Theories of Consciousness.
- 1.2 Upanishadic Conception of Consciousness.
- 1.3 Jivanmukti, Videhamukti, Nirvana and Kaivalya.

Unit-II Mental Process

- 2.1 Attention, Sensation and Perception
- 2.2 Mental disorders.
- 2.3 Stages of Memory and psycho- Therapy

Unit-III Yoga and Pranayamas.

- 3.1 Principles of Pranayama and its types.
- 3.2 Yogic Practices of Pranayamas.
- 3.3 Importance and benefits of Pranayamas.

Unit-IV Yoga and Meditation

- 4.1 Nature and significance of meditation and its types.
- 4.2 Effects of Meditations.
- 4.3 Yoga and Mysticism.

Book for Reference:

| | | |
|------------------------------|---|--|
| Vethathiri Maharshi | Blue Print for world Peace | Vethathiri Publications Erode 638001 |
| Vethathiri Maharshi | Journey of Consciiousness | Brain Trust Publ Aliyr 642101 |
| Vethathiri Maharshi | Genetic Centre | Brain Trust Publ Aliyr 642101 |
| Vethathiri Maharshi | The Gravity of Gravity & Consciousness | Vethathiri Pub Erode 638001 |
| Swami Muktananda Paramhamasa | From the finite to the Infinite | By Sydafoundation P O Box South Fallsdurg N Y 12779 |
| சுவாமி முக்தானந்த பரமஹம்சா | செயல்முறைகளில் இருந்து முடிவற்றவாறு | சுடாபௌண்டேஷன் பி.ஓ.பாக் சவுத் ஃல்ல்டர்ஜ் நியூ யார்க் 12779 |
| S C Nadimath | Handbook of Veerasaivism | L E Association Dharwad (1941) |
| Nataraj P K | Samanya Mano Vijnana Vol I & II (Pub Mysore Uni Myosre) | |

