



Department of PG Studies & Research in Yoga
Syllabus of All Programme

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P.G. DIPLOMA IN YOGA 2017-18 (Semester – I)

Paper-I Yoga Science	Paper-II Yoga Vigyan	Practical Group													
MM-50	Mm-50														
Introduction To Yoga: <ul style="list-style-type: none"> • Concept Of Yoga • Meaning • Definition • History • Tradition 	Yoga & Health: <ul style="list-style-type: none"> • Meaning & Definition • Importance In Life • Theories Of Health • Various Exercises • Benefits Of Yoga Asanas And Their Values • Other System Of Yoga 	Indoor Teaching: Kriyas: <ul style="list-style-type: none"> • Jala Neti • Sutra Neti • Kunjal Kriya • Kaphalabhati • Dhauti 													
Basic Texts Of Yoga: <ul style="list-style-type: none"> • Yoga-Sutras • Samadhi Padas • Sadhana Padas • Hathha Pradipika • Comparative Study 	Practice Of Yoga: <ul style="list-style-type: none"> • Preparation • Food • Dress • Sequence Climatic Changes • Daily Routine • Vratas For Health • Positive And Negative Factors 	Asanas: <ul style="list-style-type: none"> • Simple Asanas • Relaxation • Pro Meditative • Back Word • Forward Bending • Twisting • Balancing 													
Kinds Of Yoga: <ul style="list-style-type: none"> • Inana Yoga • Bhakti Yoga • Karma Yoga • Its Particulars 	Physiology: <ul style="list-style-type: none"> • Constitution • Various Organs • Function Of Organs 	Pranayama: <ul style="list-style-type: none"> • Nadi Shodhana (Anulom Vilom) • Bhastrika • Ujjayi • Surya Bhedana 													
Vibhritis Of Yoga: <ul style="list-style-type: none"> • Quest For Yoga • Levels In Yoga • Achievements • Synthesis 	Life-Pattern And Yoga: <ul style="list-style-type: none"> • Effects Of Yoga Upon Bodily Function • Digestion • Blood-Circulation • Respiration • Excretion • Endocrine Glands • Nerves • Brain & Mind 	Mudra: <ul style="list-style-type: none"> • Manju • Guana Chin • Yoga • Vipareta Karani Mudra Bandha : <ul style="list-style-type: none"> • Jalandhara Bandha • Moola Bandha • Uddyana Bandha 													
Contemporary Yogis: <ul style="list-style-type: none"> • Vivekananda • Kuvalayananda • Shivananda • Shri Aurobindo 	Yoga And Psychology: <ul style="list-style-type: none"> • Endocrine Glands And Health • Psychic Mechanism • Behavior And Personality • Physical Mental And Atmic Health • States Of Yoga Vijnan 	Meditation Techniques: <ul style="list-style-type: none"> • Yoga Nidra <table border="1" data-bbox="1005 1478 1484 1630"> <tr> <td>Practical Record</td> <td>MM</td> <td>25</td> </tr> <tr> <td>Self Demonstration</td> <td>MM</td> <td>50</td> </tr> <tr> <td>Viva Voce Test</td> <td>MM</td> <td>25</td> </tr> <tr> <td>Teaching</td> <td>MM</td> <td>50</td> </tr> </table>		Practical Record	MM	25	Self Demonstration	MM	50	Viva Voce Test	MM	25	Teaching	MM	50
Practical Record	MM	25													
Self Demonstration	MM	50													
Viva Voce Test	MM	25													
Teaching	MM	50													

RANI DURGAWATI VISHWAVIDYALAYA

Yogic Science (Second Semester) 2006

Unit	Paper I Yogic Science (MM-50)	Paper II Yoga Vigyan (MM-50)	Internal Assisment (75)	External Assisment(75)
I	Introduction :- <ul style="list-style-type: none"> • Origin of yoga-shastra • References of yoga in various text [Vedas-Upnishada-Gita-Jain-Buddhist] • Other System of Vedicphilosophy 	I Pranayam :- <ul style="list-style-type: none"> • Definition of Prana • Kinds of Prana • Patterns of Pranayama in Various text. • Precautions & benefits. 	<ul style="list-style-type: none"> - Out door teaching - Class Arrangement - Subject Command - Project Work 	<ul style="list-style-type: none"> - Yoga Class Test - Self Demonstration - Practical file - Viva- Voice
II	Texts of Yoga :- <ul style="list-style-type: none"> • Gherand Samhita • Astanga Yoga 	II Chakra-Bhedana :- <ul style="list-style-type: none"> Nadis Chakras Kundalini Nadas Swarodaya do's & don'ts 	Practical of following <ul style="list-style-type: none"> • Advance-Asanas (Back word, forward, bending) Twisting, balancing • Kriya- Tratak, Nauli, Basti 	
III	Kind of Yoga :- <ul style="list-style-type: none"> • Kundalini Yoga • Hatha Yoga • Mantra Yoga • Laya Yoga • Synthesys of all above 	III Shuddhi-Kriya :- <ul style="list-style-type: none"> Shat-Karma, Method & Utility of shat-karma 	Pranayam :- <ul style="list-style-type: none"> Sheetali Sheet Kari Bhramari Murccha Plavani 	
IV	Object of Yoga :- <ul style="list-style-type: none"> • Vibhutis at higher yogic states • Vibhutis Characteristic & Stages 	IV Bandha-Mudra :- <ul style="list-style-type: none"> Method and benefits of bandha & mudra 	Mudra :- <ul style="list-style-type: none"> • Ashwani • Prana • Maha • Khechari • Kaki Bandha :- <ul style="list-style-type: none"> • Jalandhar, • Uddiyan, • Moolbandh, • withAsanas/Pranayam 	
V	The subject Matter of yoga philosophy :- <ul style="list-style-type: none"> • Virittis • Abhyasa-vairagya • Prakriti purusha, soul, God Principal • Cosmology, Klesh -Karma theory • Chitta-Bhumis, Chitta prasadan 	V Life Pattern and Yoga :- <ul style="list-style-type: none"> Law of nature Harmony of Yogic life Yogic life pattern with society and culture. Practical conditioning. 	Meditation <ul style="list-style-type: none"> Technics of concentration • Pratyahar • Dharna • Dhyan 	

Rani Durgavati University, Jabalpur (M.P.)

Proposed Syllabus for Choice Based Credit System

M.A. (Yoga) Session 2016-17

Semester	Discipline Specific Core Course DSCC- 12	Ability Enhancement Skill Development AESD- 4	Discipline Specific Elective Course DSEC- 4
I	DSCC- 1 Fundamentals of Yogic Science DSCC- 2 Human Consciousness and Yogic Science DSCC- 3 Practical	AESD- 1 Skill Development	DSEC- 1 Indian Ethics
II	DSCC-4 Fundamentals of Hatha Yoga DSCC- 5 Science, Society and Yogic Science DSCC- 6 Practical	AESD- 2 Skill Development	DSEC- 2 Applied Ethics
III	DSCC- 7 Anatomy, Physiology and Health DSCC- 8 Yoga Psychology DSCC- 9 Practical	AESD- 3 Skill Development	DSEC- 3 Modern Indian Thought
IV	DSCC- 10 Yoga in Ancient Literature DSCC- 11 Research Methodology in Yogic Science DSCC- 12 Practical	AESD- 4 Skill Development	DSEC- 4 Philosophy of Religion

Discipline Specific Elective Courses (DSEC)

1. Indian Ethics
2. Applied Ethics
3. Modern Indian Thought
4. Philosophy of Religion

Marks/Credit Distribution

Semester I

Course Code	Course Title	Max Marks 500			Max Credit 28
		End Sem. Exam	CCE	Total	
DCC-1	Fundamentals of Yogic Science	60	40	100	6
DSCC-2	Human Consciousness and Yogic Science	60	40	100	6
DSCC-3	Practical	100		100	6
AESD-1	Skill Development	60	40	100	4
DSEC-1	Indian Ethics	60	40	100	6

Semester II

Course Code	Course Title	Max Marks 500			Max Credit 28
		End Sem. Exam	CCE	Total	
DCC- 4	Fundamentals of Hatha Yoga	60	40	100	6
DSCC-5	Science, Society and Yogic Science	60	40	100	6
DSCC-6	Practical	100		100	6
AESD-2	Skill Development	60	40	100	4
DSEC-2	Applied Ethics	60	40	100	6

Semester III

Course Code	Course Title	Max Marks 500			Max Credit 28
		End Sem. Exam	CCE	Total	
DCC- 7	Anatomy, Physiology and Health	60	40	100	6
DSCC- 8	Yoga Psychology	60	40	100	6
DSCC- 9	Practical	100		100	6
AESD-3	Skill Development	60	40	100	4
DSEC-3	Modern Indian Thought	60	40	100	6

Semester IV

Course Code	Course Title	Max Marks 500			Max Credit 28
		End Sem. Exam	CCE	Total	
DSCC-10	Yoga in Ancient Literature	60	40	100	6
DSCC-11	Research Methodology in Yogic Science	60	40	100	6
DSCC-12	Practical	100		100	6
AESD- 4	Skill Development	60	40	100	4
DSEC- 4	Philosophy of Religion	60	40	100	6

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

First Semester

Discipline Specific Core Course- 3

Ability Enhancement Skill Development AESD- 1

Discipline Specific Elective Course DSEC- 1

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
First Semester

Paper Title: DSCC-1 Fundamentals of Yogic Science
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Introduction to Yoga, The Concept of Yoga, Meaning, definition, Historical Traditions.

Unit-2

Kinds of Yoga with Special Reference to the Jnana, Bhakti and Karma Yoga.

Unit-3

Basic Texts of Yoga, Gita, Vasistha Samhita, Yoga Sutra (with Commentary of Vacaspati Misra, Vijnanabhikshu and Bhoja Deva).

Unit-4

Vibhutes of Yoga: Quest for Yoga and Levels, Achievements and Synthesis.

Unit-5

Subject Matter of Yoga Philosophy, Principles, God, Prakriti Purusha, Soul, Cosmology.

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
First Semester

Paper Title: DSCC- 2 Human Consciousnesses and Yogic Science
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Evolution of Human Consciousness, Globalization and Global Consciousness.

Unit-2

Nature of Consciousness in the Yoga Sutra.

Unit-3

Nature of consciousness in Vedas, Upanisad and other Systems of Vedic Philosophy.

Unit-4

Levels of consciousness and Methods of Increasing Consciousness.

Unit-5

Types of Awareness and their Relation with Consciousness.

Nature of Consciousness in Contemporary Yogis: Yogananda, Vivekananda, Aurobindo, Jai Krishna Murty, Gandhi, Mahesh Yogi, Rajneesh

Recommended Books

1. C.T. Kenghe : Yoga as Depth Psychology and Para Psychology. Vol. I
2. Gopinath Kaviraj : Bhartiya Sanskriti and Sadhana Vol. I, II
3. Gita Press : Upanishadanka
4. Geetapress : Puranaka

5. A. M. Shastri : Purananka
6. R. N. Mukarjee : Social Research Statistics
7. S. N. Das Gupta : History of Indian Philosophy
8. Winternitz : History of Indian Literature Vol. I, II, III.
9. Wonnacott : Introductory Statistics 5th ed.
10. Yogendra Purusartha : Vedon Mein Yoga Vidya

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
First Semester

Paper Title: DSCC-3 Practical
Total Marks- Main Exam -100

1. Surya Namaskar
2. Asanas: Padmasana, Siddhasana, Swastikasana, Vajrasana, viparita-
karani, Sarvangasana, halasana, Chakrasana, Salavhasana,
bhujangasana, Dhanurasna, Vatayanasana, Vrischikasana,
Ardha-kati chakrasana, Garudasana, Tadasana.
3. Sudhi Kriya:
 - a) Sutra-neti
 - b) Jala-neti
4. Mudras:
 - a) Mahamudra
 - b) Navomudra
 - c) Uddiyana Mudra
 - d) Jalandhara Mudra
 - e) Mool Bandha Mudra
5. Bandha:
 - a) Mool
 - b) Uddiyana
 - c) Jalandhar
6. Pranayams:
 - a) Anuloma-viloma
 - b) Ujjayi

7. Practical Recond
8. Viva-voce

Recommended Books:

1. C.T. Kenghe : Yoga as Depth Psychology & Parapsychology.
2. T.R. Anantharaman : Ancient Yoga and Modern Science.
3. Vimla Karnatak : Patanjali Yogadarshanam
4. R.S. Bhattacharya & Amaldhari Singh : Rajmartand Vritti
5. Vachaspati Gorrela : Indian Philosophy
6. S.N. Dasgupta : History of Indian Philosophy (vol. I,II).
7. Nalini Shukla : Comparative Study of Patanjali Yogasutra.
8. Ravi ravindra : Self Consciousness in the Yoga Sutra.
9. S.B. Chandeker : Evolution of Human Consciousness.
10. Mahesh Yogi : Celebrating Perfection in Education.
11. Ranesh : Panth Prem ko Utpato
12. M.L. Gharote : Yogic Techniques.
13. Styananda : Surya Namaskar.
14. Aurobindo : Synthesis of Yoga
15. S. Vidhyalankar : Yoga Philosophy (Vyas Bhasya)

Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

First Semester

Paper Title: AESD-1 Skill Development

Total Marks- Main Exam -60 +CCE- 40=100

Note: Classes of Skill Development will be conducted in the Department of Skill Development, Rani Durgavati University, Jabalpur

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
First Semester

Paper Title: DSEC-1 Indian Ethics

Total Marks- Main Exam -60 +CCE- 40=100

इकाई-1

भारतीय नीतिशास्त्र के सामान्य लक्षण, भारतीय नीतिशास्त्र का विकास, ऋत एवं सत्य ऋण एवं यज्ञ, योग एवं क्षेम, पुरुषार्थ

इकाई-2

भगवतगीता निष्काम कर्मयोग, स्वधर्म, लोकसंग्रह बौध चिंतन में उपायकौशल बुध्दयान तथा ब्रह्मविहार मैत्री, करुणा, मुदिता, उपेक्षा जैन परम्परा में त्रिरत्न दर्शन ज्ञान एवं चरित्र

इकाई-3

योग दर्शन के अनुसार यम तथा नियम, विदुर नीति, कौटिल्य नीति

इकाई-4

मीमांसा के अनुसार धर्म विधि-निषेध, अर्थवाद, शास्त्रोपदेश, अपूर्व, साध्य-साधन, इतिकर्तव्यता, कर्म-सिद्धान्त के नैतिक अपादन

इकाई-5

समकालीन भारतीय नीतिशास्त्र
विवेकानन्द (सद्गुण), गाँधी (एकादश-व्रत) विनोबा (भूदान एवं वैश्विक नैतिकता)

उपयोगी ग्रंथ

बी एल आत्रेय – भारतीय नीतिशास्त्र का इतिहास

शांति जोषी – नीतिशास्त्र

S.K. Maitra- The ethics of the Hindus

R. Prasad- Karma Causation and Retributive Morality

Sri Aurobindo - Essays on the Gita

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

Second Semester

Discipline Specific Core Course- 3

Ability Enhancement Skill Development AESD- 1

Discipline Specific Elective Course DSEC- 1

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Second Semester

Paper Title: DSCC- 4 Fundamentals of Hatha Yoga
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Introduction to Hatha Yoga, Concept of Hatha Yoga, Meaning, Definition & Historical Tradition.

Unit-2

Basic Texts of Hatha Yoga: Shiv Samhita, Sandilya Yogasastra, Hatha Pradipika, Astang Yoga, Gherndsamhita.

Unit-3

Types of Yoga, Kundalini, Mantra, Laya and their Synthesis

Unit-4

Hatha Yoga Sadhana in Budhist and Jain Tantrik Tradition.

Unit-5

Yogic Therapy : Basics of Yogic therapy, Interrelationship between the Systems of Yogic & Ayurvedic Therapy, Management of Diseases Through Hatha Yoga and Nature Cure.

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Second Semester

Paper Title: DSCC- 5 Science, Society and Yogic Science
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Philosophy of Science: Aims, Objectives, Method of knowledge, Sciences and Spirituality, Science and the Modern World.

Unit-2

The Concepts of Society: Aims, Objectives, Types of Society, Cultural Synthesis and Yoga.

Unit-3

Life Pattern: Ideal Life Pattern, Yogic Way of Life Pattern, Harmony of Yogic Life Pattern with Society and Culture.

Unit-4

Criteria of an Ideal Society, Tripod of Personality, Characteristics of Yogic Personality.

Unit-5

Dimensions of Peace, Social, Spiritual, Philosophical.

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Second Semester

Paper Title: DSCC- 6 Practical
Total Marks- Main Exam -100

1. Asanas: Bhadra, Mukta, Singha, Veer, Mrata, Gupta, Gorakha, Utkat, Sankat, Mayur, (or badha Padmasana)
2. Suddhi kriya:
 - a. Kunjal
 - b. Danda Dhauti
3. Mudras:
 - a. Mahamudra
 - b. Mahavedha
 - c. Ashwani
 - d. Vipritkarni
 - e. Yoni.
4. Pranayam:
 - a. Sitkari
 - b. Shitali
5. Practical Record
6. Viva-voce
7. Indoor Teaching

Recommended Books

1. Swaatmaram: Hathayoga Pradipika
2. Brahammitra Awasthi: Sandilya Yogaasastra

3. Satyananda: asna Pranayama Mudra and Bandha
4. Prhalad giri: Satchakranirupan
5. J.Pl Baidha: Kundalni Rahasya
6. Ghrand: ghrand Samhita
7. Shrikrishna: Essence of Pranayama
8. Charandas: Astanga Yoga
9. B.K.S. Ayangar : Yogadeepika
- 10.Gorakhanath: Gorakhasamhita
- 11.Charandash: Gorakhnath
- 12.H.N. Mishra: Social Political Philosophy
- 13.Jabaha Publishers: General Science
- 14.Aurobindo: Bases of Yoga
- 15.Pukraj Jain: Cultural Heritage of India
- 16.Mahindhar Sharma:Gorkha Padhati

Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

Second Semester

Paper Title: AESD-2 Skill Development

Total Marks- Main Exam -60 +CCE- 40=100

Note: Classes of Skill Development will be conducted in the Department of Skill Development, Rani Durgavati University, Jabalpur

Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Second Semester

Paper Title: DSEC- 2 Applied Ethics

Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Ethical Values, the Relation between Freedom and Responsibility in Ought
Controversy

Unit-2

Environmental Ethics

Unit-3

Social Ethics

Unit-4

Human Psychology & Ethics

Unit-5

Religious Ethics, the Relevant Philosophical Studies in Resolving Problems of
Communal Conflict, Social Injustice, Human Violation and Terrorism,

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)
Session 2016-17

Third Semester

Discipline Specific Core Course- 3

Ability Enhancement Skill Development AESD- 1

Discipline Specific Elective Course DSEC- 1

Rani Durgavati University, Jabalpur
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M.A. (Yoga)
Session 2016-17
Third Semester

Paper Title: DSCC- 7Anatomy, Physiology and Health
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Constitution of Various Organs

Unit-2

Physiology of Various body Systems, Digestive, Circulatory
Respiratory, Excretory, Endocrine Gland, nerves, Brain, and Mind.

Unit-3

Anatomy and Physiology of Ancient Yogic Systems, Relation with Ancient
and Modern Anatomy and Physiology Languages.

Unit-4

Yoga and Health, Meaning and Definition, Importance in Life, Theories of
health, Various Exercises, Benefits of Yoga Asanas and their Values Vis-à-
vis other Systems.

Unit-5

Therapeutic Effect of Yoga (for Common Diseases) Upon Bodily Functions

Rani Durgavati University, Jabalpur
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M.A. (Yoga)
Session 2016-17
Third Semester

Paper Title: DSCC- 8 Yoga Psychology

Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Indian System of Psychology, Area and Scope of Psychology

Unit-2

Mental Mechanism, Behaviour and Personality

Unit-3

Mind-body Relation, Endocrine Gland and Health, Philosophy of
Psychosomatic Disorders in Aayurveda

Unit-4

Nature of Chitt, Chitt Vratties, Theories of Illusion, Panch Klesha, Tapa
Traya

Unit-5

Valid Knowledge, Nature, Definition, Evidence of Knowledge (Pramana),
the Path of Action

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Third Semester

Paper Title: DSCC- 9 Practical
Total Marks- Main Exam -100

1. Asanas:

Kukuta, Kurma, Uttan Kurma, Manduka, Uttan Munuduka, Brasha,
Makar, Ustra, Yogasana, Bakasana

2. Suddhi kriya:

1. Nauli
2. Vastra Dhauti

3. Mudras

1. Saktichalni
2. Tadagi
3. Manduki
4. Samvavi

4. Pranayama

1. Bhramari
2. Bhastrika

5. Practical Record

6. Viva-voce

7. Outdoor Teaching

Recommended Books

1. S.P. Atreya : Yoga Manovigyana
2. R.K. Jain : Yoga and Ayurveda
3. Ramharsh Singh : Ayurvedic Manas Vigyana
4. Kuvalayananda : Yogic Therapy
5. Ranharsh Sing : Science and Philosophy of Indian Medicine
6. Ruch Floud L. : Psychology and Life
7. Jadunath Sinha : Indian Psychology Vol, I,II
8. Yogi Vithal Das : Yoga Psychotherapy
9. Hans Jacog's : Western Psychotherapy
- 10.N.K. Devraj : Introduction to Sankara's Theory of Knowledge
- 11.B.D Chaurasias : Human Anatomy Vol. I,II,III
- 12.M.M. Gore : Anatomy and Physiology of Yogic Practices
- 13.Tatrinov : Human Anatomy and Physiology
- 14.M.S. Verma : Manavsharira Dipeeka
- 15.P.V. Sharma : Sarir-kriya-vigyana

Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

Third Semester

Paper Title: AESD-3 Skill Development

Total Marks- Main Exam -60 +CCE- 40=100

Note: Classes of Skill Development will be conducted in the Department of Skill Development, Rani Durgavati University, Jabalpur

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System
M.A. (Yoga)
Session 2016-17
Third Semester

Paper Title: DSAC-3 Modern Indian Thought

Total Marks- Main Exam -60 +CCE- 40=100

Particulars

Unit-1	Background of Modern Indian Philosophy, Main Characteristics
इकाई-1	दर्शन की पृष्ठभूमि, मुख्य विशेषताएँ
Unit-2	Swami Ramkrishna Paramhansa – Self Realization, <i>Serva Dharma Samanvaya</i>
इकाई-2	स्वामी रामकृष्ण परमहंस – आत्म साक्षात्कार, सर्वधर्म समन्वय
Unit-3	Swami Vivekanand, Universal Religion , four Kinds of Yoga
इकाई-3	स्वामी विवेकानन्द, सार्वभौम धर्म, योग के चार प्रकार
Unit-4	Ravindra Nath Tagore, Man and God , Religion of Man.
इकाई-4	रविन्द्रनाथ टैगोर – मानव एवं ईश्वर, मानव धर्म
Unit-5	M.K. Gandhi, Truth & God, Non Violence, Satyagraha
इकाई-5	एम. के. गाँधी – सत्य और ईश्वर, अहिंसा, सत्याग्रह

Recommended Books	English	<ol style="list-style-type: none"> 1. D.M. Dutta – The Chief Currents of Contemporary Philosophy 2. T.M. P. Mahadevan and C.V. Saroja- Contemporary Indian Philosophy, Madras - 1985 3. V.S. Narvane- Modern Indian Thought, Bombay – 1964 4. M. Chattarjee – Contemporary Indian Philosophy 5. Basant Kumar Lal- Contemporary Indian Philosophy- 1985 6. R.S. Shrivastav- Contemporary Indian Philosophy –
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		<p>7. Complete Works of Swami Vivekanand- Calcutta, Advaita Ashrama, 1990</p> <p>8. Tagore- The religion of Man</p> <p>9. M.K. Gandhi – Hind Swaraj</p> <p>10.D.M. Dutta- The Philosophy of M.K. Gandhi</p> <p>11.Dr. S. Radhakrishnan- An Idealist View of Life</p> <p>12.Dr. S. Radhakrishnan – Hindu View of Life</p>
	Hindi	<p>डॉ. राधाकृष्णन – एक आध्यात्मिक दृष्टि, षान्ति जोषी</p> <p>प्रो. भरत कुमार तिवारी, विवेकानन्द का दर्शनिक चिन्तन</p>

Rani Durgavati University, Jabalpur
Proposed Syllabus for Choice Based Credit System

M.A. (Yoga)

Session 2016-17

Fourth Semester

Discipline Specific Core Course- 3

Ability Enhancement Skill Development AESD- 1

Discipline Specific Elective Course DSEC- 1

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Session 2016-17
Fourth Semester

Paper Title: DSCC- 10 Yoga in Ancient Literature
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Yoga in the Early Vedic Period and Indus Valley Civilization

Unit-2

Yoga in the Brahmanas and Upanisads

Unit-3

Foundation of Classical Yoga, Hairanyagarbha Yogasastra and Problem of the Original Yoga

Unit-4

Yoga in the Epics and Puranas

Unit-5

Yoga Philosophy and other Systems of Vedic Philosophy

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Fourth Semester

Paper Title: DSCC- 11 Research Methodology in Yogic Science
Total Marks- Main Exam -60 +CCE- 40=100

Unit-1

Qualities of a Yogic Investigator or a Research Worker

Unit-2

Basis of Enquiry: Historical, Logical and Scientific Aspects

Unit-3

Hypothesis and Research Designs

Unit-4

Methods or Techniques of data Collection

Unit-5

Area and Scope of Research in Yogic Science

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Fourth Semester

Paper Title: DSCC-12 Practical
Total Marks- Main Exam -100

1. Asanas:

Karnapeed, Garva, purna-chakra, Purna-salava, Purna-dhanura, Purna-bhujangasana, hanumanasana, Shirshasana, Vrishika, Bhadra, Bramhacharya, Ekapada Sirasana, Padangust, Ugrasana

2. Sudhi Kriya:

1. Kapal-bhati
2. Trataka

3. Mudras:

Adhodarna, Aamvasidarna, Vaishawanaridarna, Vayavidhrna, Novodharna, Khechari, Pasani, Kaki, Matangi, Bhujangi

4. Pranayama:

1. Suryabhedana
2. Murcha

5. Practical Record

6. Viva-voce

Recommended Books

1. C.T. Kenghe : Yoga as Depth Psychology and Para Psychology. Vol. I

2. Gopinath Kaviraj : Bhartiya Sanskriti and Sadhana Vol. I, II
3. Gita Press : Upanishadanka
4. Geetapress : Puranaka
5. A. M. Shastri : Purananka
6. R. N. Mukarjee : Social Research Statistics
7. S. N. Das Gupta : History of Indian Philosophy
8. Winternitz : History of Indian Literature Vol. I, II, III.
9. Wonnacott : Introductory Statistics 5th ed.
10. Yogendra Purusartha : Vedon Mein Yoga Vidya

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Fourth Semester

Paper Title: AESD-4 Skill Development

Total Marks- Main Exam -60 +CCE- 40=100

Note: Classes of Skill Development will be conducted in the Department of Skill Development, Rani Durgavati University, Jabalpur

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Fourth Semester

Paper Title: DSEC-4 Philosophy of Religion

Total Marks- Main Exam -60 +CCE- 40=100

Particulars

Unit-1	Nature of Religion, Science, Philosophy and Religion
इकाई-1	धर्म का स्वरूप, विज्ञान, दर्शन और धर्म
Unit-2	Theories of the Origin of Religion, Concept of God in Indian Philosophy
इकाई-2	धर्म की उत्पत्ति के सिद्धांत, भारतीय दर्शन में ईश्वर की अवधारणा
Unit-3	Religious Experience and Religious Consciousness, Arguments for the Existence of God
इकाई-3	धार्मिक अनुभव और धार्मिक चेतना, ईश्वर के अस्तित्व के प्रमाण
Unit-4	Arguments Against the Existence of God, Theism, Pantheism Panentheism
इकाई-4	ईश्वर के अस्तित्व के विपक्ष में तर्क, ईश्वरवाद, सर्वेश्वरवाद, पुरुषोत्तमवाद
Unit-5	God, Men and World Interrelationship, Secularism
इकाई-5	ईश्वर, मनुष्य और जगत अन्तर सम्बन्ध, धर्म निरपेक्षतावाद

Recommended Books	English	<ol style="list-style-type: none"> 1. John Hick- Philosophy of Religion 2. R.Otto Idea of the Holy 3. W.C. Smith- Meaning and end of Religion 4. S.P. Dubey – On Religion 5. W. James – Varieties of Religious Experiences
	Hindi	6. डॉ. लक्ष्मी निधि शर्मा—धर्म दर्शन