

SCHEME OF EXAMINATION
BACHELOR OF ARTS (YOGA)
THREE YEAR PROGRAMME (ANNUAL SYSTEM)
2011

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks the theory marks secured by the candidate shall be proportionately enhanced.

First Year

Paper	Nomenclature	Theory	Practical	Total Marks
DEBAY-101	Fundamentals of Yoga	70	30	100
DEBAY-102	Principles and practice of Hath Yoga	70	30	100
DEBAY-103	Indian Philosophy	70	30	100
DEBAY-104	Human Biology	70	30	100
DEBAY-105	Yoga Practical		100	100

Second Year

Paper	Nomenclature	Theory	Practical	Total Marks
DEBAY-201	Patanjali Yoga Sutra	70	30	100
DEBAY-202	Naturopathy	70	30	100
DEBAY-203	Human Consciousness	70	30	100
DEBAY-204	Yoga and Health	70	30	100
DEBAY-205	Yoga Practical		100	100

Third Year

Paper	Nomenclature	Theory	Practical	Total Marks
DEBAY-301	Yoga & Human Excellence	70	30	100
DEBAY-302	Yoga and Mental Health	70	30	100
DEBAY-303	Yoga in Geeta & Upanishad	70	30	100
DEBAY-304	Alternative Therapies	70	30	100
DEBAY-305	Practical Yoga		100	100

BACHELOR OF ARTS (YOGA)**First Year****FUNDAMENTALS OF YOGA****PAPER CODE: DEBAY-101****External: 70****Internal: 30****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I Introduction:

- Yoga it's Definition & Objectives.
- Historic background of Yoga
- Characteristics of a Yogi
- Relevance of Yoga in Modern age

Unit-II Yoga in different Texts:

- Veda
- Upanishads
- Geeta
- Sankhya
- Vedanta
- Tantra

Unit-III Types of Yoga: its brief introduction

- Hatha Yoga
- Raja Yoga
- Karma Yoga
- Gyana Yoga
- Bhakti Yoga
- Dhyana Yoga
- Mantra Yoga

Unit-IV Ancient and Contemporary Yogies of India:

- Maharshi Patanjali
- Gorakhnath
- Swami Vivekananda
- Sri Aurobindo
- Swami Dayanand Sarshwati
- Maa Sharada
- Mata Bhagwati Devi

Reference Books

1. Yoga Mahavigyan- Dr. Kamakhya Kumar
2. Yog Vjyan – Vijnananand Saraswati
3. Vedon mein yog vidya – Yogendra Purusharthi
4. Yoga Sara Samgraha – Gangadhar Jha
5. Chetana Ki Sikhar Yatra – Dr. Pranav Pandya.
6. Bharat Ke Sant Mahatma – Ramlaal
7. Bharat Ki Mahan Yogi – Vishwanath Mukharjee
8. Siddha, Sant and Yogi – Shambhurat Tripathy
9. Bharat ki mahaan Saadhikayen – Vishwanath Mukharjee
10. Kalyan(Bhakt Ank) – Gita press Gorakhpur
11. Kalyan(Sant Ank) – Gita press Gorakhpur
12. Kalyan(Yogank) – Gita press Gorakhpur
13. Kalyan(Yoga Tatwank) – Gita press Gorakhpur
14. Super Science of Yoga- Dr. Kamakhya Kumar
15. Ancient Yoga and Modern Science – T.N. Anatharaman
16. The Yoga Book – Stephen Sturgess
17. The Supreme Yoga – Swami Vinkateshananda
18. Sure Ways of Success – Swami Sivananda
19. Yoga Philosophy – S.N. Dasgupta
20. Asana Prayama ka yiganik vavachan, Dr. devvart acharya
21. Ashatang yoge, Dr. jagwanti deshwal

PRINCIPLES & PRACTICE OF HATH YOGAHA

PAPER CODE: DEBAY-102

External: 70

Internal: 30

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

(Based on Hatha Yoga Pradipika and Gheranda Samhita)

Unit-I Introduction:

- Hatha Yoga – its Definition & Objectives.
- Origin & Tradition of Hatha Yoga.
- Importance of Place, Environment & Season for *Hatha Sadhana*.
- Aids & Obstructions to *Hatha Sadhana*.
- Prohibited & Conductive food in *Hatha Sadhana*.

Unit-II Physical Purification, Stabilization & inner control disciplines –

- *Shatkarma*: Techniques, Benefits and Cautions.

- *Asanas*- their benefits and cautions
- *Pranayama* –their benefits and cautions
- *Mudra & Bandhas*: their benefits and cautions

Unit-III Inner Yoga (*Antarang Yoga*) –

- *Pratyahara*
- *Dhyana*: Techniques, Process & Benefits.
- Types of *Samadhi*. & their Process
- State of *Siddhi*.

Unit-IV Spiritual Energy:

- *Kundalini Shakti*
- *Chakras*
- Technique of awakening *Kundalini Shakti*.

Reference Books

1. Sadhana Paddhation Ka Jnan Aur Vinjan – Pt. Shriram Sharma Acharya Sampurna Bangmaya Khand-4
2. Hatha Yoga Pradipika –Swami Muktibodhananda ,Yoga Publication trust , Munger
3. Gheranda Samhita- Swami Niranjananda, Yoga Publication trust , Munger
4. Hatha Pradipika - Kaivalyadham Lonawala
5. Hatha Yoga Pradipika – Swatmaram Krut Swami Digamberji Pt. Raghunath Shastri Kokaje
6. Patanjali yog Pradeep- Swami Omananda Teerth, Geetepress
7. Yoga Rahashya – Dr Kamakhya Kumar
8. Yogapradipika- B.K.S. Iyengar
9. Gorakh Samhita- Gorakhnath Mandeer, Gorakhpur
10. Bhakti Sagar- Swami Charandas
11. Gheranda Samhita- Kaivalyadham, Lonawala
12. Vashistha Samhita(Yogakand)- Kaivalyadham, Lonawala
13. Textbook of Yoga- Yogeshwar
14. Mysterious Kundalini- Dr. Vasant Rele
15. Asan, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati
16. Hatha Yoga Pradipika of Swatmaram- Theosophical Society, Ady

INDIAN PHILOSOPHY

PAPER CODE: DEBAY-103

External: 70

Internal: 30

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I

- **Introduction:** Meaning and definition of Philosophy; General Introduction of Indian Philosophies.
- **The Charvaka Philosophy:** General Introduction & Metaphysics
- **Buddhist Philosophy:** General Introduction & Metaphysics (The Four Noble Truths)
- **The Jain Philosophy:** General Introduction & Metaphysics (Anekantvad, Syadvad, Theory of Jiva, Bondage and Liberation)

Unit-II

- **The Nyaya Philosophy:** General Introduction & Theology, Proof's for the Existence of God)
- **The Vaisheshika Philosophy:** General Introduction & The Theory of Atomism
- **The Mimansa Philosophy:** General Introduction & Law of Karma.

Unit-III

- **The Sankhya Philosophy:** General Introduction, Theory of Causation - Satkaryavada, Prakriti and Purusha, Theory of Evolution, Bandage and Liberation.
- **The Yoga Philosophy:** General Introduction, Chitta, Chitta-Bhumi & The Eight fold path of Yoga, Samadhi, Vibhutiyan & Existence of God.

Unit-IV

- **The Philosophy of Vedant:** General Introduction
- **The Advaita Vedant of Shankaracharya:** General Introduction & Metaphysics. (Shankara's theory of World, Maya, Brahma, God, Soul, Bondage & Liberation-Gyana Yoga)

Reference Books

1. Bhartiya Darshan ki Roop rekha – H.P.Sinha
2. Outline of Indian Philosophy – H.P.Sinha
3. A Critical Survey of Indian Philosophy – C.D.Sharma
4. Indian Philosophy - Datta & Chartarjee.
5. History of Indian Philosophy (1-5 VOl) - S.N.Dasgupta

HUMAN BIOLOGY**PAPER CODE: DEBAY-104****External: 70****Internal: 30****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I Introduction:

- Definition of Anatomy and Physiology.
- Cell: Structure & Function
- Tissues: Types, Structure & Function.

Musculo-skeletal System:

- *Skeletal System:* General information, Different type of bone, its structure and function.
- *Muscular System:* General information, Different type of Muscle, its structure and function.

Unit-II Digestive and excretory System:

- *Digestive system:* General information, Different parts, structure and function.
- *Excretory system:* General information, Different parts, structure and function.

Unit-III Respiratory & Cardio- Vascular System:

- *Respiratory System:* General information, Different parts, structure and function.
- *Circulatory system:* General information, Different parts, its structure and function.

Unit-IV Nervous System & Endocrinal System:

- *Nervous System:* General information, Different parts, its structure and function.
- *Endocrinal system:* General information, Different Glands of Endocrinal system, its structure and function.

Reference Books

- | | |
|---------------------------------|---------------------------------|
| 1. 'kjhj fØ; k foKku | – fiz or 'kekZ |
| 2. 'kjhj j puk foKku | – epltn Lo: i oekZ |
| 3. vk; pñh; fØ; k 'kjhj | – jat hr l gk; nš kkbZ |
| 4. vk; pñh; 'kjhj j puk foKku | – rkjkplnz 'kekZ |
| 5. ekuo 'kjhjnhfi dk | – epltn Lo: i oekZ |
| 6. 'kjhj j puk fØ; k foKku | – ts ih- cni l |
| 7. Anatomy and Physiology | – J. P. Brothers |
| 8. A Glimpses of the Human Body | – Teles Shirley |
| 9. Basic Physiology | – E.D. Amour Fred |
| 10. Human Physiology | – Chakrabarti, Ghosh and Sahana |
| 11. Human Anatomy | – M. Lyse Prives |

YOGA PRACTICAL**PAPER CODE: DEBAY-105****Practical: 100****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Practical Marks: 100**A. ASANS****40 Marks**

1. Pawan Muktasana
2. Tadasana
3. Triyak Tadasana

4. Katichakrasana
5. Vajrasana
6. Marjarasana
7. Uttanapad Asana
8. Swastik Asana
9. Vatayan Asana
10. Shava Asana
11. Ardhasalbha Asana
12. Surya Namaskar Asana
13. Detubandha Sarvang Asana
14. Variksha Asana
15. Side Chakrasana
16. Gomukha Asana
17. Janushira Asana
18. Manduka Asana
19. Ushtra Asana
20. Bhujanga
21. Ardha Halasana
22. Sarvang Asana
23. Ardha Halasana
24. Titibha Asana
25. Vrichika Asana
26. Hanumanasana
27. Nauka Asana
28. Baka Asana

B. BANDHA, MUDRAS**10 Marks**

1. Mulabandha
2. Uddyan Bandha
3. Gyan Mudra
4. Prana Mudra
5. Apana Mudra
6. Jaladhar Bandh

C. SHAT KARMA**10 Marks**

1. Kapal Bhati
2. Jal Neti
3. Rubbar Neti
4. Jala Kapalbhathi

D. PRANAYAM**10 Marks**

1. Yogic Breathing
2. Nadi Shodhan
3. Aulom Vilom

E. PRAYER

1. 'OM' CHANTING

F. PRACTICAL NOTE BOOK & VIVA**30 Marks**

- नोट:-
1. आसन – 5 x 8 = 40 Marks (कोई पांच करवाये जायेंगे)
 2. षट्कर्म – 2 x 5 = 10 Marks (कोई दो करवाये जायेंगे)
 3. बंध एवं मुद्रा – 2 x 5 = 10 Marks (कोई दो करवाये जायेंगे)
 4. प्राणायाम – 2 x 5 = 10 Marks (कोई दो करवाये जायेंगे)
 5. प्रेक्टीकल कापी और वायवा – 30 Marks

प्रेक्टीकल नोट बुक में – कोई पांच आसन, कोई दो षट्कर्म, कोई दो बंध एवं मुद्राएँ एवं दो प्राणायाम (जिसमें नामकरण, विधि, लाभ एवं सावधानी।) लिखें। (प्रेक्टीकल नोट बुक विद्यार्थी द्वारा स्वयं की लिखाई में लिखी होनी चाहिए।)

Second Year**PATANJALI YOGA SUTRA****PAPER CODE: DEBAY-201****External: 70****Internal: 30****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
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Unit-I

- Definition of Yoga according to Patanjali Yoga Sutra
- Chitta & Chitta Vrittis
- Panch Klesh & Dukha
- Yoga Antaraya

Unit-II

- Abhyasa & Vairagya
- Steps of Astanga Yoga
- Yama & Benefits of Yama siddhi
- Niyama & Benefits of Niyama siddhi
- Pranayama & its benefits

Unit-III

- Pratyahara
- Dharana
- Dhyan: Types & Benefits
- Samadhi & its types
- Kaivalya

Unit-IV

- Types of Vibhuti
- Five kinds of Siddhis
- Kinds of Karma
- Swaroop Pratisthan.

Reference Books

1. Sadhana Paddhatiyon Ka Gyan Aur Vigyan – Sri Ram Sharma Acharya
2. Patanjali Yoga Pradeep – Geeta Press Gorakhpur
3. Four Chapters on Freedom – Swami Satyananda Saraswati
4. Patanjali Yoga Sutra – H R Nagendra
5. Sankhya Darshan aur Yoga Darshan – Sri Ram Sharma Acharya

NATUROPATHY

PAPER CODE: DEBAY-202

External: 70

Internal: 30

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I Introduction:

- Brief history of Naturopathy.
- Meaning & Definition of Naturopathy.
- Principles of Naturopathy.
- Basic elements of Naturopathy.

Unit-II Hydrotherapy:

- General Principles of Hydrotherapy
- Importance of water
- Properties of water
- Different uses of water in therapy.

Unit-III Mud Therapy & Other Therapies:

- Mud Therapy: Properties of mud, Types of mud, Preparation of mud for therapy & Different uses of mud for therapy.
- Air Therapy: Air & its importance, Properties of air & Uses of air.
- Sun therapy: Importance of sun rays & Different uses of sun rays.

Unit-IV Diet & Fasting:

- Role of Diet for health
- Meaning & Importance of Fasting
- Rules for fasting
- Types of fasting and their benefits

Reference Books

- | | | |
|--|---|-------------------------|
| 1. History and philosophy of Naturopathy | – | Dr. S.J. Singh |
| 2. Philosophy of Nature Cure | – | Dr. Henry Lindlhai |
| 3. The practice of Nature Cure | – | Dr. Henry Lindlhai |
| 4. Diet and Nutrition | – | Dr. Rudolf |
| 5. New Horizon in Chromo Therapy | – | Dr. S.J. Singh |
| 6. Art of Massage | – | J.H. Kellog |
| 7. Stri Rogon Ki Grih Chikitsa | – | Dr. Kulranjan Mukherjee |
| 8. Nature Cure | – | H K Bakhru |
| 9. Prakritik Ayurvigyan | – | Dr. Rakesh Jindal |

HUMAN CONSCIOUSNESS

PAPER CODE: DEBAY-203

External: 70

Internal: 30

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I

- Meaning & Definition of Consciousness.
- Stages of Consciousness: Unconscious, Sub-Conscious, Conscious & Super-Conscious.
- Crisis of Human Consciousness
- The Yogic way of evolution of Human Consciousness.

Unit-II

- Human Consciousness in Vedic literature & Upanishad (Isha, Ken & Mandukya Upanishad)
- Human Consciousness in Buddhism & Jainism

Unit-III

- Sankhya & Human Consciousness
- Advaita Vedanta & Human Consciousness
- Astrology & Human Consciousness.
- Scientific & Psychological views of Human Consciousness

Unit-IV

- Factors affecting the Human Consciousness.
- Birth & Life
- *Bhagya & Purushartha*
- *Karmaphala Vidhana*
- *Sanskara & Punarjanam*

Reference

- | | |
|----------------------------------|-------------------------|
| 1. Hkkj rh; n'kū eapruk dk Lo: i | & MKW JhN".k I DI suk |
| 2. Hkkj rh; n'kū | & vkpk; /cyno mi k/; k; |
| 3. i Kki q " k dk l exz n'kū | & MKW enkfduh Jtekyh |
| 4. ekuo pruk , oa; kx foKku | & MKW dkek [; k dēkj |
| 5. A Study in Consciousness | – Annie Besant |
| 6. Ayurveda and Mind | – Dr. David Frawley |
| 7. Seven States of Consciousness | |

YOGA & HEALTH

PAPER CODE: DEBAY-204

External: 70

Internal: 30

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I

- Meaning of definition of Health
- Importance of Health in Human life
- Components of Health
- Yoga & Health
- General causes of disease.

Unit-II

- General introduction of Hygiene
- Components of Hygiene
- Meaning & definition of diet
- Importance and role of diet
- Components of diet: Carbohydrate, Protein, Fat, Minerals, Vitamins & Water

Unit-III

Yogic management of following diseases:

- Indigestion
- Hyper acidity
- Constipation
- Colitis
- High & low Blood Pressure.

Unit-IV

Yogic management of following diseases:

- Arthritis
- Spondylitis
- Diabetes
- Asthma
- Obesity

Reference Books

1. Sadhana Paddhatiyon Ka Gyan Aur Vigyan – Sri Ram Sharma Acharya
2. Asan Pranayama se Adhi Vyadhi Nivaran – Sri Ram Sharma Acharya
3. Roga Aur Yoga – Sw. Satyananda Saraswati
4. Yogic Management of Common Diseases – Sw. Satyananda Saraswati
5. Yoga Therapy – Dr Kamakhya Kumar

YOGA PRACTICAL
PAPER CODE: DEBAY-205

Practical: 100

Note:

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
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A. ASANS

40 Marks

1. Garuda Asana
2. Vatayana Asana
3. Pawan Mukta Asana
4. Natraj Asana
5. Parsva Chakrasana
6. Trikona Asana
7. Parvatasana
8. Gomukhasana
9. Ushtra Asana
10. Manduka Asana
11. Surya Namaskar – With Mantra
12. Yognidra Asana
13. Vakra Asana
14. Ardhamatsendra Asana
15. Sidha Asana
16. Badha Padama Asana
17. Akaran Dhanur Asana

18. Bhunama Asana
19. Paschimottan Asana
20. Sarvang Asana
21. Matsya Asana
22. Halasana
23. Bhujang/Sarpa Asana
24. Chakra Asana
25. Makra Asana
26. Sirsh Asana
27. Salbha Asana
28. Dhanur Asana
29. Kurma Asana

B. BANDHA MUDRAS

10 Marks

1. Jalandhar Bandh
2. Maha Bandh
3. Ashwani Mudra
4. Sambhi Mudra
5. Shanmukhi Mudra

C. SHAT KRAMA

10 Marks

1. Nauli
2. Tratak
3. Vaman Dhauti
4. Vastra Dhauti

D. PRANAYAMA

10 Marks

1. Surya Bhedan

2. Chandra Bhedan

3. Sheeti

4. Shitkari

5. Bhramari

E. PRAYER

1. 'GAYATRI' MANTRA

F. PRACTICAL NOTE BOOK & VIVA

30 Marks

- नोट:-
1. आसन – $5 \times 8 = 40$ Marks (कोई पांच करवाये जायेंगे)
 2. षट्कर्म – $2 \times 5 = 10$ Marks (कोई दो करवाये जायेंगे)
 3. बंध एवं मुद्रा – $2 \times 5 = 10$ Marks (कोई दो करवाये जायेंगे)
 4. प्राणायाम – $2 \times 5 = 10$ Marks (कोई दो करवाये जायेंगे)
 5. प्रेक्टीकल कापी और वायवा – 30 Marks

प्रेक्टीकल नोट बुक में – कोई पांच आसन, कोई दो षट्कर्म, कोई दो बंध एवं मुद्राएँ एवं दो प्राणायाम (जिसमें नामकरण, विधि, लाभ एवं सावधानी।) लिखें। (प्रेक्टीकल नोट बुक विद्यार्थी द्वारा स्वयं की लिखाई में लिखी होनी चाहिए।)

Third Year**YOGA & HUMAN EXCELLENCE****PAPER CODE: DEBAY-301****External: 70****Internal: 30****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I Introduction:

- Concept of Human excellence
- Self – its meaning, importance and evaluation
- Factors of Human excellence
- Human excellence in Yogic Texts

Unit-II Factors of Human Excellence & Yoga -I

- Will Power
- Creativity
- Emotional Intelligence
- Memory

Unit-III Human Excellence & Yoga -II

- Self esteem and Self - confidence
- Decision making
- Adjustment and Social Excellence
- Leadership

Unit-IV Human Excellence & Yoga -III

- ESP
- SQ
- Perfection

Reference Books

1. Asana Pranayama Mudra Bandha – Sw. Satyananda Saraswati
2. Anatomy of Hatha Yoga
3. Yogic Exercises
4. Anatomy & Physiology of Yoga – M M Gore

YOGA & MENTAL HEALTH**PAPER CODE: DEBAY-302****External: 70****Internal: 30****Note:**

1. There will be 70 multiple choice questions (MCQ's) in the question paper consisting of one mark each. Students are required to attempt all the questions.
2. Internal assessment marks shall be given on the basis of marks secured by the candidate in the Descriptive Examination to be conducted by the respective study centre. Study centres are required to keep the record of the descriptive examination with them for inspection by the University. The marks of Internal Assessment must be submitted to the University before the termination of the University Examination in the concerned subjects. In the event of non receipt of the Internal Assessment Marks, the theory marks secured by the candidate shall be proportionately enhanced.

Unit-I Introduction

- Meaning & definition of Mental Health
- Importance of Mental Health
- Components of Mental Health
- Mental Health crisis
- Role of Yoga in Mental Health

Unit-II Mind & Consciousness

- Mind – Its Meaning , definition and Functions
- Stages of Mind- Unconscious , Sub-Conscious, Conscious and Super-Conscious
- Mind – Body Relation

Unit-III Psychological Approach to Mental Health

- Behavioural approach to Mental Health
- Cognitive approach to Mental Health
- Psychodynamic approach to Mental Health

Unit-IV Yogic Approach to Mental Health

- Maharshi Patanjali's Approach to Mental Health
- Hath Yogic Approach to Mental Health
- Vedantic Approach to Mental Health
- Geeta's Approach to Mental Health

Reference Books

- | | |
|---|--|
| 1. Modern Abnormal Psychology | – Arun Kumar Singh |
| 2. Fundamentals of Abnormal Psychology (4 th Edi.): by | – Ronald J. Comer (2005), Pub: Worth Publications, New York. |
| 3. Hand Book of Mental Health & Aging (2 nd Edi.): by | – James E. Birren, R. Bruce Slocene, Gene D. Cohen (1992): Pub: Academic Press, Inc, New York. |
| 4. Essential of Psychology (6 TH Edi.) | – Spencer A Rathus (2001) Pub: Harcourt College Publications, USA. |
| 5. Asana, Pranayama, Mudra, Bandha | – Swami Satyananda Saraswati |
| 6. Patanjali yog Pradeep | – Swami Omananda Teerth, Geetepress |
| 7. Hatha Yoga Pradipika | – Kaivalyadham Lonawala |
| 8. Patanjali Yog Sutras | – Woods |
| 9. A Study in Consciousness | – Annie Besant |
| 10. Ayurveda and Mind | – Dr. David Frawley |
| 11. Seven States of Consciousness | – Anthony Campbell |

YOGA IN GEETA & UPANISHAD

PAPER CODE: DEBAY-303

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Unit-I

- Introduction of Geeta
- Geeta as a yogic text
- Concept of yoga in Geeta
- Obstructing & Helping element to Yoga sadhana
- Characteristics of a Yogi.

Unit-II

- Meaning & importance of Yagna
- Karma Yoga, Jyan Yoga & Bhakti Yoga in Geeta
- *Ishwar & Its Vibhuties*
- *Triguna & Path to be Gunateeth.*

Unit-III

- Introduction to Upanishad
- Importance of Upanishad
- Impact of Upanishad on Western thinkers*

Unit-IV

Yogic facts in-

- Nad-bindu (types of nada & Nadanusandhana)
- Dhyana-bindu (Importance of Dhyana & its Nature)
- Yoga- Tattwopanishad
- Yoga- Shikhopnishad
- Yoga- Kundalyepanishad

Reference

- | | |
|---------------------------------------|---------------------------|
| 1. Shri Mad Bhagwat Geeta | – Geeta Press, Gorakhpur. |
| 2. Outline of Indian Philosophy | – H.P.Sinha |
| 3. Indian Philosophy | – Datta & Chartarjee. |
| 4. 108 Upanishada- (Vol. I, II, III) | – Sri Ram Sharma Acharya |

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Unit-I

- Meaning of Alternative Therapies & its importance.
- General introduction to following alternative Therapies-
 - o Naturopathy Unani
 - o Acupuncture Acupressure
 - o SujokSiddha
 - o Pranic healing Reiky
 - o Aroma

Unit-II

- Meaning & Definition of acupressure.
- Important elements of acupressure Jimi, Roller, Magic ball.
- Acupressure therapy of following Ailments: Diabetes, Constipation, Blood Pressure, Backache, Arthritis & Asthma.

Unit-III

- Pranic Healing and its importance
- Basic Chakras
- Principle of Pranic Healing
- Process of Pranic Healing.

Unit-IV

Pranic Healing of following diseases:

- Digestive disorder
- Cardiac disorders
- Urinary disorders
- Nervous disorders
- Endocrinal disorders.

References

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1. D;wizs'kj – MkW- vRrj flag
2. ,D;wizs'kj – MkW- ,y- ,u- dksBkjh
3. ,D;wizs'kj ds }kjk vki gh vius MkDVj&MkW- /khjsu xkyk
4. lqtksd fpdfRlk&MkW- vk'kk egs'ojh
5. ,D;wizs'kj – MkW- Mh- lkh- cksjk
4. Miracles Through Pranic Healing – Master Choa Kok Sui
5. Advanced Pranic Healing – Master Choa Kok Sui
6. Pranic Psychotherapy – Master Chos Kok Su

A. ASANAS

40 Marks

1. Surya Namaskar
2. Pada Hasta Asana
3. Vir Bhadra Asana
4. Ardaha Chandri Asana
5. Vir Bhadra Asana
6. Ardhbadha Padmottana Asana
7. Sirsh Pada Angushtha Asana
8. Paschimottana Asana
9. Ardha Matsendar Asana
10. Puran Asana
11. Shashank Asana
12. Padambakasana
13. Mayura Asana
14. Uthit Padama Asana
15. Ekpada Sikand Asana
16. Kapot Asana
17. Badha Padmasana
18. Halasana
19. Karan Pida Asana
20. Dwi Pada Pitham Asana
21. Titibha Asana
22. Setu Bandh-Sarvang Asana
23. Supta Vajra Asana
24. Puran Dhanur Asana
25. Salbha Asana
26. Omkara Asana

27. Angushtha Asana

28. Vrishchika Asana

B. BANDH- MUDRAS

10 Marks

1. Maha Bandha

2. Yog Mudra

3. Shankh Mudra

4. Viprit Karni Mudra

C. SHAT KARMA

10 Marks

1. Agnisar

2. Nauli

3. Gajkarni

4. Dand Dhauti

5. Vastra Dhauti

D. PRANAYAMA

10 Marks

1. Ujjai

2. Bhastrika

3. Bhramari

4. Aulom- Vilom

E. PRAYER

1. Shanti Path

F. PRACTICAL NOTE BOOK & VIVA

30 Marks

- नोट:- 1. आसन – 5 x 8 = 40 Marks (कोई पाचं करवाये जायेगें)
2. षट्कर्म – 2 x 5 = 10 Marks (कोई दो करवाये जायेगें)
3. बंध एवं मुद्रा – 2 x 5 = 10 Marks (कोई दो करवाये जायेगें)
4. प्राणायाम – 2 x 5 = 10 Marks (कोई दो करवाये जायेगें)
5. प्रेक्टीकल कापी और वायवा – 30 Marks

प्रेक्टीकल नोट बुक में – कोई पांच आसन, कोई दो षट्कर्म, कोई दो बंध एवं मुद्राएँ एवं दो प्राणायाम (जिसमें नामकरण, विधि, लाभ एवं सावधानी) लिखें। (प्रेक्टीकल नोट बुक विद्यार्थी द्वारा स्वयं की लिखाई में लिखी होनी चाहिए।)