J.S. UNIVERSITY, SHIKOHABAD

B.A. IN YOGA
SCHEME
&
SYLLABUS

[Effective from the session 2018-19]
# Study and Evaluation Scheme for Three Year Graduate Course in B.A. (Yoga)

## First Year

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<td>Patanjali Yoga Sutra</td>
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<td>BAYE-102</td>
<td>Principles of Hath Yoga</td>
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## Third Year

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Total: 150
PAPER-I
Patanjali Yoga Sutra

Patanjala Yoga Sutra

Introduction: Yoga, it’s meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes.

Samadhi Pada: Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi; Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Sadhana Pada: Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in ChittavrittinirodhopayaH.

Vibhuti & Kaivalya Pada: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana.
**Principles of Hath Yoga Paper –II**

**Hatha Yoga texts**

Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

- **Asanas in Hatha Texts**: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and contraindications of different Asanas;

- **Pranayama in Hatha Texts**: - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.

- **Bandha, Mudra and other practices**: Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.
YOGA PSYCHOLOGY paper – V

General Psychology
• INTRODUCTION:
  Brief History of modern Psychology
  Major Perspectives in Modern Psychology
  Key data collection methods in Psychology
• Introduction to Altered States of Consciousness
  Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders;
  Dreams: The Content of Dreams; Hypnosis, Biofeedback
• Behavioral Psychology: Psychology as a Science of Behavior;
  Definition of Behavior; Psychic forces and human behavior,
  behavior and Consciousness, Psychological basis of behavior;
• Personality: Nature and Types of Personality; Determinants of
  Personality: Heredity and Environment; Facets and Stages of
  Personality Development; Personality Theories of Sigmund
  Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of
  Personality:
• Cognitive Psychology: Sensation, Perception, Attention, Memory,
  Learning, Feeling etc.; Their definitions and types, Intelligence
  and its’ measurements; Emotional Intelligence and Social
  Intelligence.
• Mental Health; Means of mental health; Positive Mental Health;
  Causes and Consequences of Conflicts and Frustrations;
  Introduction to Common mental disorders; Depressive disorders;
  Anxiety disorders; Serious mental disorders; Sleep disorders;
  Mental retardation; Alcohol and drug abuse; Suicide, attempted
  suicide and suicide prevention.
Human Anatomy & Physiology Paper -III

Introduction to Human Anatomy and Physiology

- Introduction to cell, tissue, organs and systems; Basic cell physiology-Cell- Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.

- Musculoskeletal systems: Skeleton - names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions; Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle- mechanism of contraction

- Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system- General

  Preparation and Nutritive Value; Vegetables and Fruits-Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

- Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement- BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.
Principles of Naturopathy Paper- VI

Yoga and Health

- Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual;
- Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy
- Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions,
- Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing;
- Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya
- Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.
  - Concepts of Diet Pathya and Apathya according to Gheranda Samhita,Hatha Pradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.
- Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being
Yoga Therapy Paper-IV

Therapeutic Yoga – Disease Wise and Evidence based

Yogic Practice*- Management of the disease through suitable yogic practices - Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.

- Integrated approach of Yoga Therapy in the treatment of diseases ** Systemic anatomy, physiology of the related System; Pathophysiology, Stress and disease; Medical Management; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psychoneuroimmunological aspect of the disease model; Disease specific parameter; what, why and how of each Yogic practice*; Prevention. Evidence research done on the particular disease;

- General Parameters and questionnaires to evaluate Health status - GHQ, Prakriti, Guna, PSS, STAI.

** Integrated Approach of Yoga therapy for the following Common Ailments:

- Respiratory disorders - Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease

- Cardiovascular disorders: Hypertension:; Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma:

- Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome


- Gastrointestinal disorders APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

- Cancer: types, clinical features, Side effects of Chemotherapy, radiotherapy


- Neurological Disorders: Headaches: Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic dysfunctions; Parkinson’s disease