

**ShriRawatpura Sarkar University,  
Raipur (C.G.), India**



**Examination Scheme & Syllabus**

**For**

**Bachelor of Arts**

**in**

**Yoga Studies**

(Effective from the session: 2022-23)

# Bachelor of Arts in Yoga Studies



## Faculty of Arts

### Shri Rawatpura Sarkar University, Raipur

#### Bachelor of Arts in Yoga Studies

(Effective from the session: 2022-23)

#### Examination Scheme

#### Semester- I

S. N	Course Code	Th/Pr	Subject	Type of Course	Teaching hours per week			TC	Examination Scheme				Total Marks
					L	T	P		Theory		Practical		
									EX	IN	EX	IN	
1	AAH01-101	Th	Foundation of Yoga	Core	3	1	-	4	70	30	-	-	100
2	AAH01-102	Th	Principle and Practices of Hatha Yoga	Core	3	1	-	4	70	30	-	-	100
3	AAH01-103	Th	Human Anatomy and Physiology of Yogic Practices	Core	4	-	-	4	70	30	-	-	100
4	AAH01-111	Th	Communication English	AECC-1	2	-	-	2	35	15	-	-	50
5	AAH01-151	Th	GE-1	GE-1	5	1	-	6	70	30	-	-	100
6	AAH01-181	Th	Yoga Practical -I	Core Pr	-	-	8	4	-	-	70	30	100
7	AAH01-182	Pr	Human Anatomy and Physiology Practical	Core Pr	-	-	4	2	-	-	35	15	50
<b>Total Contact hr per week: 32</b>			<b>Total Credit: 26</b>					<b>Total Marks:</b>				<b>600</b>	

## Bachelor of Arts in Yoga Studies

<b>Course Title</b>	<b>Foundation of Yoga</b>				
<b>Course Code</b>	AAH01-101				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	<b>Basic knowledge of Yoga and Philosophy.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Give an introduction of Yoga and its important streams,</li> <li>• Give a brief introduction of Yogies.</li> <li>• Give a brief history and the basis different types of Yoga.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Yoga it's Definition &amp; Objectives, Historic background of Yoga Characteristics of a Yogi, Relevance of Yoga in Modern age. Introduction of Shadadarshana and Purushartha chatusthaya.</p> <p><b>UNIT-II</b>  <b>Yoga in different Texts:</b>Veda, Upanishads, Geeta, Yoga Vashistha. Patanjali Yoga Sutra,</p> <p><b>UNIT-III</b>  <b>Types of Yoga:</b> Brief introduction on Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Kriya Yoga.</p> <p><b>UNIT-IV</b>  <b>Types of Yoga:</b> Brief introduction on Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga.</p> <p><b>UNIT-V</b>  <b>Ancient and Contemporary Yogies of India:</b> Maharshi Patanjali, Gorakhnath, Swami Vivekananda, Sri Aurobindo, Pt. Shree Ram Sharrma Acharya, Maharshai Mahesh Yogi, Swami Dayanand Sarswati.</p>				
<b>Course Outcomes</b>	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				

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<b>Text Books</b>	<ol style="list-style-type: none"><li>1. Yoga Mahavijnana- Dr. Kamakhya Kumar</li><li>2. योग विज्ञान– स्वामी विज्ञानानंद सरस्वती</li><li>3. योग और योगी– डॉ. अनुजा रावत</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Dasgupta S. N: History of Indian Philosophy, MotilalBanarsidas, Delhi,2012</li><li>2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. MotilalBanarasidas, Delhi,2013.</li><li>3. Agarwal M M :Six systems of Indian Philosophy, ChowkhambhaVidyaBhawan, varanai, 2010</li></ol>

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<b>Course Title</b>	<b>Principle and Practices of Hatha Yoga</b>				
<b>Course Code</b>	AAH01-102				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	<b>Basic knowledge of hatha Yogic Texts.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• To give an introduction of Hathayoga</li> <li>• To give an understanding of the prerequisites of HathaYoga</li> <li>• To introduce the principles of HathaYoga</li> <li>• To introduce essential Hatha Yogatext</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Hatha Yoga – its Definition &amp; Objectives, Origin &amp; Tradition of Hatha Yoga. Introduction to different Hatha Yogic texts. Importance of Place, Environment &amp; Season for HathaSadhana.Sadhak &amp; Badhaktatwa to Hatha Sadhana, Prohibited &amp; Conducive food in HathaSadhana.</p> <p><b>UNIT-II</b>  <b>Physical Purification, Stabilization &amp; inner control disciplines</b> Shatkarma: Techniques, Benefits and Cautions.Asanas- Techniques, benefits and cautions.</p> <p><b>UNIT-III</b>  <b>Pranayama, Mudra and bandha:</b> Nadishodhan Pranayama – Techniques, benefits and cautions, Pranayama (AsthaKumbhaka)– Techniques, benefits and cautions, Mudra &amp; Bandhas: Techniques, benefits and cautions Hatha siddhi Lakshanam.</p> <p><b>UNIT-IV</b>  <b>Higher Yoga Yogic Practices:</b> Pratyahara, Dhyana: Techniques, Processes &amp; Benefits.Samadhi: Types &amp; their Processes. Nadanushandhana.</p> <p><b>UNIT-V</b>  <b>Spiritual Concept:</b> Kundalini Shakti, Chakras, Naadi, Technique of awakening Kundalini Shakti.</p>				

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<b>Course Outcomes</b>	Hath yoga is dedicated to Kaayashuddhi, e.i physical purification with the scientific techniques of Hath Yoga based on classical text. The students will able to practice and teach the secrete technique of hath Yoga and will be prepared for the practice of Raaja Yoga.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. हठप्रदीपिका – स्वामी मुक्ताबोधानंद</li><li>2. घेरण्ड संहिता– स्वामी निरंजनानंद</li><li>3. आसन प्राणायाम एवं मुद्रा बंध– स्वामी सत्यानंद सरस्वती</li><li>4. Hatha Yoga Pradipika – KaivalyadhamLonawala</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Hatha Yoga Pradipika – Swatmaram, Swami Digamberji Pt. RaghunathShastriKokaje</li><li>2. GherandaSamhita- Kaivalyadham, Lonawala</li><li>3. Asan, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati</li><li>4. Hatha Yoga Pradipika of Swatmaram- Theosophical Society.</li></ol>

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<b>Course Title</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES</b>				
<b>Course Code</b>	AAH01-103				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>4</b>	<b>-</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	Basic knowledge of Human Body and System.				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.</li> <li>• Discuss anatomical &amp; physiological effects of selected yoga practices on aforesaid contents of human body in evidence basedway.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Definition of Anatomy and Physiology. Cell: Structure &amp; Function, Tissues: Types, Structure &amp; Function.</p> <p><b>UNIT- II</b>  <b>Muscular-skeletal System:</b> Skeletal System: General information, Different type of bone, its structure and function. Muscular System: General information, Different type of Muscle, its structure and function. Effects of Yogic Practices on Muscular-skeletal System.</p> <p><b>UNIT-III</b>  <b>Digestive and excretory System:</b> Digestive system: General information, Different parts, structure and function. Excretory system: General information, Different parts, structure and function. Effects of Yogic Practices on Digestive and excretory System.</p> <p><b>UNIT-IV</b>  <b>Respiratory &amp; Cardio- Vascular System:</b> Respiratory System: General information, Different parts, structure and function. Circulatory system: General information, Different parts, its structure and function. Effects of Yogic Practices on Respiratory &amp; Cardio- Vascular System.</p> <p><b>UNIT-V</b>  <b>Nervous System &amp; Endocrinal System:</b> Nervous System: General information, Different parts, its structure and function. Endocrinal system: General information, Different Glands of Endocrinal system, its structure and function. Effects of Yogic Practices on Nervous &amp; Endocrinal System.</p>				

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<b>Course Outcomes</b>	Human anatomy and physiology provides a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.
<b>Text Books</b>	1. मानव शरीररचना एवं क्रियाविज्ञान—अनन्त प्रकाश गुप्ता 2. आयुर्वेदीय शरीर रचना विज्ञान —ताराचन्द्र शर्मा 3. मानव शरीरदीपिका—मुकुन्दस्वरूप वर्मा
<b>Reference Books</b>	4. शरीर रचना क्रियाविज्ञान —जे. पी. ब्रदर्स 5. Anatomy and Physiology - J. P. Brothers



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<b>Course Title</b>	<b>Communication English</b>				
<b>Course Code</b>	AAH01-111				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	2	-	-	2	
<b>Prerequisites</b>	<b>Basic knowledge of English Grammar and Language.</b>				
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• Introduction to the grammar and basics of communication skill.</li> <li>• How useful is the grammar and communication to groom a person's skill.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT – I</b></p> <p><b>Key Concepts</b></p> <p>Process and Elements of Communication: context of communication; the speaker/writer and the listener/reader; Medium of communication; Principles of communication (7 C's of communication); Barriers in communication, effective communication; Communication in organization.</p> <p><b>UNIT – II</b></p> <p><b>Writing</b></p> <p>Selecting material for expository, descriptive, and argumentative pieces; Resume; covering letter, Elements of letter writing and style of writing, business letters: Quotation and Tenders; Basics of Informal and Formal Reports-technical report writing, lab report; Précis writing.</p> <p><b>UNIT – III</b></p> <p><b>Reading</b></p> <p>Effective Reading; reading different kinds of texts for different purposes; reading between the lines. Comprehension of Unseen Passages.</p> <p>Grammar in use: Errors of Accidence and syntax with reference to Parts of Speech; Agreement of Subject and Verb; Tense and Concord; Use of connectives, Question tags. Voice and Narration. Indianism in English: Punctuation and Vocabulary, Building (Antonym, Synonym, Verbal Analogy and One Word Substitution).</p> <p><b>UNIT – IV</b></p> <p><b>Speaking</b></p> <p>Achieving desired clarity and fluency; effective speaking; task-oriented, inter-personal, informal and semi-formal speaking. Meetings, Seminar, Conferences, Interviews, Presentation, Audio-visual communication.</p> <p><b>UNIT – V</b></p> <p><b>Listening</b></p>				

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	Achieving ability to comprehend material delivered at relatively fast speed; comprehending spoken material in Standard Indian English, British English and American English; Intelligent listening in situations. Advantages of listening. Hearing and Listening; Essentials of Good Listening. Use of Modern Communication Devices; Telephonic Conversation.
<b>Course Outcomes</b>	After completion of this course student will be able to understand the language for presenting the real extract of the subject to the society.
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. Sharma RC &amp; Mohan K – "Business Corresponding and Report Writing", Tata McGraw Hill, New Delhi, 1994.</li> <li>2. Alok Jain, P S Bhatia &amp; A M Shiekh – "Professional Communication Skills; S. Chand &amp; Company Ltd. 2005.</li> <li>3. Rajendra Pal and JS Korlahalli – "Essentials of Business Communication", Sultan Chand &amp; Sons, 1997</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. A guide to Correct English – Oxford University Press, Ely House, London W.I., Latest Edition. (For UNITIII)</li> <li>2. Fiske, John – "Introduction to Communication Studies", Rotledge London, 1990.</li> <li>3. Geoffrey Leech &amp; Jan Svartvik – "A Communicative Grammar of English", ELBS Longman, England. Bill Scott – "The Skills of Communicating", Jaico Publishing House, Mumbai, 2004.</li> <li>4. Gartside L- "Model Business Letters", Pitman, London, 1992.</li> <li>5. Krishna Mohan &amp; N. P. Singh – "Speaking English Effectively"; MacMillan India, New Delhi; 2001.</li> <li>6. 100 Tests in VOCABULARY; Indian Institute of Publishing, Chennai.</li> </ol>

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<b>Course Title</b>	<b>GE-1 (FOUNDATION OF YOGA)</b>				
<b>Course Code</b>	AAH01-151				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	5	1	-	6	
<b>Prerequisites</b>	<b>Basic knowledge of Yoga Philosophy.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Give an introduction of Yoga and its important streams,</li> <li>• Give a brief introduction of Yogies.</li> <li>• Give a brief history and the basis different types of Yoga.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Yoga- its Definition &amp; Objectives. Historic background of Yoga, Characteristics of a Yogi, Relevance of Yoga in Modern age, Introduction of Shada darshana and Purushartha chatusthaya.</p> <p><b>UNIT-II</b>  <b>Yoga in different Texts:</b> Veda, Upanishads, Geeta, Yoga Vashistha. Patanjali Yoga Sutra.</p> <p><b>UNIT-III</b>  <b>Types of Yoga:</b> Brief introduction on Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Kriya Yoga.</p> <p><b>UNIT-IV</b>  <b>Types of Yoga:</b> Brief introduction on Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga.</p> <p><b>UNIT-V</b>  <b>Ancient and Contemporary Yogies of India:</b> Maharshi Patanjali, Gorakhnath, Swami Vivekananda, Sri Aurobindo, Pt. Shree Ram Sharrma Acharya, Maharshai Mahesh Yogi, Swami Dayanand Sarswati.</p>				
<b>Course Outcomes</b>	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				

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<b>Text Books</b>	<ol style="list-style-type: none"><li>1. Yoga Mahavijnana- Dr.Kamakhya Kumar</li><li>2. योग विज्ञान-स्वामी विज्ञानानंद सरस्वती</li><li>3. योग और योगी-डॉ. अनुजा रावत</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi,2012</li><li>2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi,2013.</li><li>3. Agarwal M M :Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010</li></ol>

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<b>Course Title</b>	<b>YOGA PRACTICAL- I</b>				
<b>Course Code</b>	ABA01-181				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	8	4	
<b>Prerequisites</b>	Basic knowledge of different limbs of Yoga.				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices</li> <li>• To demonstrate and instruct under mentioned yogic practices.</li> </ul>				
<b>Course Contents</b>	<p><b>Preliminary Asana Practices:</b>  SukshmaVyayam - (Buddhi-Dhriti, Netra, Karna, Griva, Shaktivikasak) –  DheerendraBrahmachari</p> <ol style="list-style-type: none"> <li>1. PawanMuktasana part-1 (Gh.S.)</li> <li>2. PawanMuktasana part-2 (A.P.M.B.)</li> <li>3. Tadasana (Asana - W &amp; H)</li> <li>4. TiryakTadasana (A.P.M.B.)</li> <li>5. Kati Charasana (A.P.M.B.)</li> <li>6. Dandasana (A.P.M.B.)</li> <li>7. Vajrasana (Asana-W &amp; H)</li> <li>8. Shashanka-Bhujangasana (A.P.)</li> <li>9. Druta-Halasanana (A.P.)</li> <li>10. Marjariasana (A.P.M.B.)</li> <li>11. Shavasana (Gh.S.)</li> <li>12. Uttanpadasana (Asana-W &amp; H)</li> <li>13. Swastikasana (H.P.)</li> <li>14. Ardha Shalabhasana (Asana-W &amp; H)</li> <li>15. Butterfly Asana (A.P.M.B.)</li> <li>16. PawanMuktasana part-2 (A.P.M.B.)</li> <li>17. Vrikshasana (Asana-W &amp; H)</li> <li>18. Side-Bend Chakrasana (Asana-W &amp; H)</li> </ol>				

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	<p>19. Gomukhasana (Asana-W &amp; H)</p> <p>20. Janu-Shirasana (A.P.M.B.)</p> <p>21. Surya Namaskar (B.Y.S. Munger)</p> <p><b>Shatkarma:</b></p> <ul style="list-style-type: none"> <li>• Jala-Neti (Gh.S.)</li> <li>• Rubber-Neti (Gh.S.)</li> <li>• KapalbhathiVatkram -15 -30 stocks (Gh.S.)</li> <li>• <b>Mantra:</b></li> <li>• Swasti mantra (Dev Yajan), Om-Mantra &amp; Chanting, Gayatri Mantra, Mahamrityunjay Mantra</li> </ul>
<p><b>Course Outcomes</b></p>	<p>A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide the talent to students to explore the science beauty and Philosophy of Yoga.</p>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.</li> <li>2. आसन प्राणायाम एवं मुद्रा बंध- स्वामी सत्यानंद सरस्वती</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. योगाभ्यासों की अध्यापनविधि – कैवल्य धाम लोनावला</li> <li>2. सभी के लिए योग – आयंगर</li> <li>3. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.</li> <li>4. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.Pt. Shri Ram Sharma- PragyaAbhiyanka Yoga Vyayam, BrahmvarchasshodhSanshan, Shantikunj,Haridwar, 1998.</li> <li>5. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.</li> </ol>

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<b>Course Title</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY PRACTICAL</b>				
<b>Course Code</b>	AAH01-182				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	4	2	
<b>Prerequisites</b>	Basic knowledge of anatomy and Physiology.				
<b>Course Objectives</b>	<p>The objectives behind teaching Human Anatomy and Physiology is to</p> <ul style="list-style-type: none"> <li>• Make students familiar with the systems of the body.</li> <li>• Give a hand on experience about the human body using models, charts and pictures.</li> <li>• Make students understand the organization of the body with respect to structural components.</li> </ul>				
<b>Course Contents</b>	<ol style="list-style-type: none"> <li>1. Recording of systemic Arterial Blood Pressure</li> <li>2. Recording of body temperature and effect of exposure to cold &amp; hot environment.</li> <li>3. Eyes Test: Vision testing &amp; Color vision</li> <li>4. Determination of Blood Groups (A, B, AB &amp; O and Rh system)</li> <li>5. Estimation of Haemoglobin (Hb) and Blood sugar.</li> <li>6. Demonstration of Osteology &amp; Myology.</li> </ol>				
<b>Course Outcomes</b>	Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. मानवशरीरसंरचनाऔरक्रियाविज्ञान- वी. कुमार</li> <li>2. मानवशरीररचनाऔरक्रियाविज्ञान- डॉ. अनंतप्रकाशगुप्ता</li> <li>3. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly</li> <li>4. M.M. Gore: Anatomy and Physiology of Yogic Practices,</li> <li>5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas</li> </ol>				
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. योगासनऔरशरीरविज्ञान- डॉ. राधेश्यामशर्मा</li> <li>2. Gore, M.M.: Anatomy and Physiology of Yogic practices (KanchanPrakshan, Lonavala, 2003)</li> <li>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</li> <li>4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of</li> </ol>				

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Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)

### WORD KEY

<b>BOOKS NAME</b>	<b>WRITER</b>
1. A.P.M.B.=Asana Pranayam Mudra Bandh -	Swami Niranjananand
2. Asana-W & H=Asana Why & How -	Dr. O.P. Tiwari
3. Y.K=Yoga Kuvalyanand -	Swami Kuvalyanand
4. H.P=Hath Pradipika (Kaivalyadham) -	Swami Swatmaram Suri
5. Y.D.= Yoga Dipika -	B.K.S. Ayanger
6. B.Y.=Bahirang Yoga -	Paramhans Yogeshwaranand
7. Gh.S.=Gherand Samhita -	Maharshi Gherand
8. M.V.=Mudra Vigyan -	Shri Kapil Dev Shastri
9. K.Bh.- Karmakand Bhaskar -	Pt. Shri Ram Sharma Acharya
10. G.M. =Gayatri Mahavigyan -	Pt. Shri Ram Sharma Acharya
11. A.P.= Asana Pranayam -	Swami Atmabindu
12. H.Y.V. = Hath Yoga Vidya -	Swami Vigyananand Saraswati
13. P.Y.P.= Patanjali Yoga Pradip -	Swami Omanand Tirth
14. T.K. & Y.V.= Tantra Kriya &Yoga Vidya -	Swami Satyanand Saraswati
15. P.Y.S. = Patanjali Yoga Sutra -	Maharshi Patanjali (Gita Press)
16. Dev Yajan -	Swami Shivanand Saraswati
17. Dharana & Dhyan -	Swami Satyanand Saraswati
18. Yoga Pratibha -	Pratibha Rani Dwivedi
19. Rudrabhishek -	Pt. Shri Ram Sharma Acharya