

**Shri Rawatpura Sarkar University
Raipur (C.G.), India**



Examination Scheme & Syllabus

For

Bachelor of Arts in

Yoga Studies

Semester- III

(Effective from the session: 2022-23)

Faculty of Arts
Shri Rawatpura Sarkar University, Raipur

Bachelor of Arts in Yoga Studies
(Effective from the session: 2022-23)

Examination Scheme
Semester- III

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	ABA01-301	Th	Patanjal Yoga Sutra	Core	4	-	-	4	70	30	-	-	100
2	ABA01-302	Th	Yoga & Holistic Health	Core	4	-	-	4	70	30	-	-	100
3	ABA01-303	Th	Methods of Teaching Yoga	Core	4	-	-	4	70	30	-	-	100
4	ABA01-321	Th	Advance English- I	SEC-3	3	1	-	4	70	30			100
6	ABA01-381	Pr	Yoga Practical -IV	Core	-	-	8	4	-	-	70	30	100
7	ABA01-382	Pr	Yoga Practical –V (Teaching Practices)	Core	-	-	4	2	-	-	35	15	50
8	ABA01-383	Pr	Fild Work	Core	-	-	4	2	-	-	35	15	50
Total Contact hr per week: 32			Total Credit: 24					Total Marks:				700	

Course Title	PATANJAL YOGA SUTRA				
Course Code	ABA01-301				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of yogic Text and Yogis.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Give an introduction of Patanjali Yoga Sutra and its important. • Give a brief introduction of Maharshi Patanjali • Give a brief introduction of Elements of Patanjali Yoga Sutra Elements. 				
Course Contents	<p>UNIT-I Brief Introduction of Maharshi Patanjali, Introduction of Patanjali Yoga Sutra, Sage Patanjali and Annotators of the Yoga Sutras with their Annotations, Definition of Yoga according to Patanjali Yoga Sutra, Nature of Yoga according to Maharshi Patanjali,</p> <p>UNIT-II Chitta & Chitta Vrittis. Chitta Bhumi, Yoga Antaraya, Panch Klesh & Dukha, Nature of Kriya Yoga, Ishwar and their qualities. Drishta and drishya (Purusha and Prakriti).</p> <p>UNIT-III Abhyasa & Vairagya, Steps of Astanga Yoga, Yama & Benefits of Yama siddhi, Niyama & Benefits of Niyama siddhi, Pranayama & its benefits. Citta-prasadanam and its' associates.</p> <p>UNIT-IV Pratyahara, Dharana, Dhyana: Types & Benefits, Samadhi & its types, Sanyam, Kaivalya, Ritambhara prajna. Importance of Astanga Yoga in modern life.</p> <p>UNIT-V Types of Vibhuti, Five kinds of Siddhis, Kinds of Karma, Swaroop Pratisthan. Vivek Khyati and Dharmamedha Samadhi.</p>				
Course Outcomes	The students will have deep understanding about the secret practices and experiences of yoga sadhana.				
Text Books	<ol style="list-style-type: none"> 1. पतंजल योग दर्शन- प्रेस गोरखपुर। 2. मुक्ति के चार सोपान – स्वामी सत्यानंद सरस्वती, कैवल्य धाम लोनावला। 3. Sadhana Paddhatiyon Ka Gyan Aur Vigyan - Sri Ram Sharma Acharya 4. Four Chapters on Freedom- Swami Satyananda Saraswati 5. Patanjali Yoga Sutra –H R Nagendra 				

Reference Books	<ol style="list-style-type: none">1. पातंजल योग प्रदीप – गीता प्रेस गोरखपुर।2. Swami SatyanandaSaraswati : Hatha Yoga, Pub: BSY Mungher3. Sadhana Paddhation Ka Jnan Aur Vijan – Pt. Shriram Sharma Acharya Bangmaya Khand-44. Patanjali Yog Pradeep- Swami Omananda Teerth, Geetepress5. Yogapradipika- B.K.S. Iyengar6. Bhakti Sagar - Swami Charandas7. Textbook of Yoga- Yogeshwar8. Mysterious Kundalini - Dr. Vasant Rele9. Asana, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati10. Hatha Yoga Pradipika of Swatmaram- Theosophical Society, Ady
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Course Title	Yoga and Holistic Health				
Course Code	ABA01-302				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of yoga and philosophy.				
Course Objectives	<p>Following the completion of this course, students shall be able to</p> <ul style="list-style-type: none"> • Understand the concept of health and disease. • Have understanding about yogic concepts of health and healing. • Yogic principle and practices for healthy living. • Understand the concept of Ahara its role in healthy living. 				
Course Contents	<p>Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE</p> <p>Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing</p> <p>Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI</p> <p>Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)</p> <p>Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I</p> <p>Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to</p>				

	<p>personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas</p> <p>Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II</p> <p>Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.</p>
Course Outcomes	
Text Books	<ol style="list-style-type: none"> 1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999) 2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai 3. Hatha Ratnavali: Tirumala Tirupathi Devasthanana, Andhra Pradesh.
Reference Books	<ol style="list-style-type: none"> 1. Gheranda Samhita: Shri Sadguru Publication, New Delhi. 2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002 3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore 4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Course Title	METHODS OF TEACHING YOGA				
Course Code	ABA01-303				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of yogic Text and Yogis.				
Course Objectives	<p>Following the completion of this course, students shall be able to</p> <ul style="list-style-type: none"> • Understand the principles and practices of teaching methods of Yoga. • Have an indepth understanding about session and lesson planning and class room arrangements. • Have an idea about the different tools used in Yoga teaching. 				
Course Contents	<p>Unit-1: Principles and methods of teaching yoga, Concepts of Teaching, , Principles of Teaching: Levels and Phases of Teaching, Concepts of Learning, Relationship between concept & Teaching, Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods;</p> <p>Unit-2: Quality of perfect Yoga Guru, Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Guru-Shisya Parampara, Role of Yoga Teachers and Teacher training, Charateristics and essentials of good Yoga teaching; Practice of Yoga at different levels (Beginners, Advanced)</p> <p>Unit-3: Basics of yoga class management, Techniques of mass instructions; (School Children, Youth, Women and Special attention group); Techniques of Individualised teaching; Techniques of group teaching; Organizational teaching (Time Management, Discipline etc.), eight step methods of instruction as developed in Kaivalya Dham</p> <p>Unit-4: Lesson planning in yoga ,Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications</p> <p>Unit-5: Educational tools of yoga teaching ,Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room Management problems: Types and Solutions, Time table: Need, Types, Principles of Time table construction; Time Table</p>				

	for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga
Course Outcomes	The students will have deep understanding about the practices and experiences of yoga teaching.
Text Books	1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
Reference Books	1. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007 2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi, 3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Course Title	ADVANCE ENGLISH- I				
Course Code	ABA01-321				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of English Grammar and Language.				
Course Objectives	<ul style="list-style-type: none"> • Introduction to the grammar and basics of communication skill. • How useful is the grammar and communication to groom a person's skill. 				
Course Contents	<p>UNIT – I Communication : Its Interpretation; Basics of Communication - Process, Components, and Factors of Communication; Non-Verbal Communication-Personal appearance, Facial expression, Movement, Posture, Gestures, Eye contact, Vocal Communication Techniques.</p> <p>UNIT – II Business Communication at Workplace: Letter Components and Layout- Planning a letter, Process of letter Writing, Letterhead, Inside Address, Forms of Layout of Letter; Email; Popularity of E-mails, Problems in E-mail Communication, E-mail Etiquette, Memo- Usefulness of Memos, Structure for Memos, Meeting- Notice, Agenda, Minutes and Delivery of Meeting.</p> <p>UNIT – III Report Writing: Effective Writing in Report, Introduction, Diction, Effective Sentences, Effective Paragraphs, Features of a Report, Process of Writing Reports, Importance of Report, Types of Reports: Structure of Reports-Front matter, Main Body, Back Matter, Writing Abstracts and Summaries-Abstract, Summary, Difference Between Abstract and Summary.</p> <p>UNIT – IV Required Skills: Reading Skills- Introduction, Mechanics, Undesirable of Reading Habits, Guidelines for improving. Types of Reading, Reading Speed, and Techniques for Comprehension, Listening Skill- Introduction, Purpose of Listening, Cognitive Process of Listening , Barriers to Listening, Guideline for Improving Listening Skill; Précis Writing- Introduction, Principles of a Good Précis, Steps for Writing a Good Précis, Methods of Abridging Sentences; Oral Communication- Introduction, Preparation, Structure, Planning, Rehearsing of Presentation, Impromptu Speaking, Guidelines for Final Speech, Handling Question and Answer Session.</p> <p>UNIT – V 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;</p>				

	<p>Telephonic Conversation.</p> <p>Mechanics of Writing: Spelling Rules- Introduction, Compound Words with Hyphens, Use Hyphens with numbers, Use Hyphens with Prefixes, Compound words Without Hyphens, Prefixes without Hyphens, Abbreviating Technical and Non-Technical Terms- Introduction: Proofreading- Introduction, purpose, and importance.</p>
Course Outcomes	After completion of this course student will be able to understand the language for presenting the real extract of the subject to the society.
Text Books	<ol style="list-style-type: none"> 1. Sen Leena: Communication Skills, Prentice Hall Inc., New Delhi. 2. Rizvi M. Ashraf: Effective Technical Communication, Tata McGraw Hill Education, New Delhi. 3. Chandra V & Taylor Shirley: Communication for Business, Pearson India Education, New Delhi.
Reference Books	<ol style="list-style-type: none"> 1. Koneru Aruna: Professional Communication, Tata McGraw Hill Education, New Delhi' 2. Magan Sangeeta: Business Communication, International Book House, New Delhi. 3. Ghanekar Anjali: Business Communication Skills, Everest Publishing House. Pune.

Course Title	YOGA PRACTICAL - IV																				
Course Code	ABA01-381																				
Course Credits	L	T	P	TC																	
	-	-	8	4																	
Prerequisites	Basic practice of Yoga and exercise.																				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices. • To demonstrate and instruct under mentioned yogic practices. 																				
Course Contents	<p>Asana Practices: Sukshma Vyayam - (Katichakra, Jangha, Janu, Padmul Shaktivikasak) – Dheerendra Brahmachari</p> <table border="1"> <tr> <td>1. Pragma Yoga Vyayama (P.Y.V.-Guruji)</td> <td>2. Karna Pidasana (Asana-W & H)</td> </tr> <tr> <td>3. Pawan Muktasana part-3 (A.P.M.B.)</td> <td>4. Kapotasana (A.P.V.Y.)</td> </tr> <tr> <td>5. Utkatasana (Asana-W & H)</td> <td>6. Padagunshthasana (A.P.M.B.)</td> </tr> <tr> <td>7. Supta-Vajarasana (Asana-W & H)</td> <td>8. Ardhalasana (A.P.M.B.)</td> </tr> <tr> <td>9. Simhagarjanasana (H.P.)</td> <td>10. Dhanurasana (Gh.S.)</td> </tr> <tr> <td>11. Sashankasana (A.P.M.B.)</td> <td>12. Matsyasana (Gh.S.)</td> </tr> <tr> <td>13. Sashankasana (A.P.M.B.)</td> <td>14. Pawan-Muktasana (H.Y.V.)</td> </tr> <tr> <td>15. Murdhasana (A.P.M.B.)</td> <td>16. Pragma Yoga Vyayama (P.Y.V.-Guruji)</td> </tr> </table>					1. Pragma Yoga Vyayama (P.Y.V.-Guruji)	2. Karna Pidasana (Asana-W & H)	3. Pawan Muktasana part-3 (A.P.M.B.)	4. Kapotasana (A.P.V.Y.)	5. Utkatasana (Asana-W & H)	6. Padagunshthasana (A.P.M.B.)	7. Supta-Vajarasana (Asana-W & H)	8. Ardhalasana (A.P.M.B.)	9. Simhagarjanasana (H.P.)	10. Dhanurasana (Gh.S.)	11. Sashankasana (A.P.M.B.)	12. Matsyasana (Gh.S.)	13. Sashankasana (A.P.M.B.)	14. Pawan-Muktasana (H.Y.V.)	15. Murdhasana (A.P.M.B.)	16. Pragma Yoga Vyayama (P.Y.V.-Guruji)
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	5. Utkatasana (Asana-W & H)	6. Padagunshthasana (A.P.M.B.)																			
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	<p>Pranayama Practice: Surya-Bhedi (H.P.)</p> <ul style="list-style-type: none"> • Bhramari (Gh.S.) 																				
<p>Meditations: Jyoti Awataran Sadhana (Guruji)</p>																					
<p>Mudra / Bandha: Tadagi (Gh.S.)</p> <ul style="list-style-type: none"> • Yoga-Mudra (A.P.M.B.) • Agnisar (Gh.S.) 																					

	<ul style="list-style-type: none"> • Shankh Mudra (Mudra Vigyan) • Kamajayi Mudra (Mudra Vigyan) <p>Shatkarma: Gajkarani (A.P.M.B.)</p> <ul style="list-style-type: none"> • Bahaya-Tratak (Gh.S.) • Kapalbhathi Vatkram -40-50stocks (Gh.S.) <p>Mantra: Om-stavan (Dev Yajan)</p> <ul style="list-style-type: none"> • Yoga Stuti (Yoga Pratibha) <p>Viva-Voce:</p>
Course Outcomes	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide healthy life and philosophy of yoga.
Text Books	<ol style="list-style-type: none"> 1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012. 2. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla. 3. स्वामी सत्यानंद सरस्वती - आसन, प्राणायाम, मुद्रा, बंध, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2007.
Reference Books	<ol style="list-style-type: none"> 1. पं. श्री राम शर्मा- प्रज्ञा अभियान का योग व्ययाम, ब्रह्मवर्चस शोध संस्थान , शांतिकुंज, हरिद्वार, 1998. 2. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006. 3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012. 4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012. 5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993

Course Title	Yoga Practical – V (Teaching Practices)				
Course Code	ABA01-382				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites					
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • 				
Course Contents	<p>Unit-1: Bandha Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha</p> <p>Unit-2: Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama</p> <p>Unit-3: Practices leading to Meditation Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation</p> <p>Unit-4: Continuous evaluation by the Teachers</p>				
Course Outcomes	<p>Following the completion of this course, students shall be able to</p> <ul style="list-style-type: none"> • Understand the principles and practices of teaching methods of Yoga. • Have an in-depth understanding about session and lesson planning and class room arrangements. • Have an idea about the different tools used in Yoga teaching. 				
Text Books	<ol style="list-style-type: none"> 1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012 2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009 				
Reference Books	<ol style="list-style-type: none"> 1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005 2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore 				

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| | <ol style="list-style-type: none">3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 19964. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 20046. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 20037. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 20058. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998 |
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Course Title	Field Work				
Course Code	ABA01-383				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of Teaching methodology of Yoga Practices and different limbs of Yoga.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • 				
Course Contents	During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages.				
Course Outcomes					
Text Books	<ol style="list-style-type: none"> 1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012 2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009 				
Reference Books	<ol style="list-style-type: none"> 1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005 2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore 3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996 4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon 5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004 6. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003 7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005 8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998 				

