

पतञ्जलि विश्वविद्यालय, ( हरिद्वार )

पाठ्यक्रम - B.A. - दर्शन ( ऑनर्स )

वर्ष- 2019-20



# पतञ्जलि विश्वविद्यालय, हरिद्वार

## पाठ्यक्रम - B.A. - दर्शन प्रथम, द्वितीय एवं तृतीय वर्ष के कुछ सामान्य नियम

- ❖ परीक्षा में 50% अंक प्राप्त करने वाले छात्र को ही उत्तीर्ण माना जायेगा।
- ❖ प्रस्तुत पाठ्यक्रम तीन वर्ष का होगा।
- ❖ प्रत्येक वर्ष 2 सत्र (Semester) में, 2 बार परीक्षाएं होंगी।
- ❖ प्रत्येक परीक्षा में छः प्रश्न-पत्र होंगे।
- ❖ दो प्रश्नपत्र दर्शनों से सम्बन्धित, तृतीय व चतुर्थ संस्कृत व्याकरण तथा पञ्चम पत्र संस्कृत साहित्य व छठा अंग्रेजी भाषा का होगा।
- ❖ अन्तिम सत्र में पर्यावरण विज्ञान विषय अनिवार्य होगा।
- ❖ सभी प्रश्न-पत्र 100-100 अंक के होंगे।
- ❖ प्रत्येक प्रश्न-पत्र में 30 अंकों की आन्तरिक परीक्षा एवं 70 अंकों की बाह्य परीक्षा होगी।
- ❖ कुल अंक प्रत्येक सत्र में 600, एक वर्ष में 1200 तथा तीनों वर्ष के मिलाकर - 3600 अंक होंगे।
- ❖ परीक्षा का माध्यम English Paper को छोड़कर शेष सभी पत्रों में हिन्दी या संस्कृत होगा।
- ❖ प्रत्येक परीक्षा का निर्धारित समय 3 घण्टे होगा।

### **Subject: Modern Indian Language – English**

Note: The subject shall be taught in all the six semesters. In each semester the paper shall be of 100 marks – 70 marks for semester-end examination and 30 marks for sessional examination. The Paper is divided into five units. In semesters V and VI there shall not be any written examination for 70 marks in semester-end examination. There shall be a Practical examination in these semesters in place of theory papers.



**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, प्रथम वर्ष**  
**Semester -I**

**प्रश्नपत्र- ( 1 ) योगदर्शन**

**Paper Code - BD-101**

**( 70+30=100 )**

- उद्देश्य-** 1. समाधिपाद-अभ्यास व वैराग्य से प्राप्त होने वाली समाधि का बोध  
2. साधनाभूत-अष्टांगयोग का ज्ञान।  
3. विभूतिपाद- धारणा-ध्यान-समाधि एवं विभिन्न सिद्धियों का बोध।  
4. कैवल्यपाद- धर्ममेघ समाधि तथा कैवल्य का ज्ञान।

पातञ्जल योगसूत्र

(कण्ठस्थीकरण, सूत्रार्थ एवं विषय परिचय)

- परिणाम-** 1. समाधिपाद :- अभ्यास एवं वैराग्य पूर्वक समाधि का परिचय।  
2. साधन पाद :- अष्टांग योग का परिचय।  
3. विभूति पाद :- धारणा - ध्यान - समाधि एवं विभिन्न सिद्धियों का परिचय।  
4. कैवल्य पाद :- धर्ममेघ समाधि का फल एवं कैवल्य स्वरूप का परिचय।  
**निर्धारित पाठ्यपुस्तक-** योगदर्शन- स्वामीरामदेव जी

**प्रश्नपत्र- ( 2 ) सांख्यदर्शन**

**Paper Code - BD-102**

**( 70+30=100 )**

- उद्देश्य-** 1. दुःखत्रय का स्वरूप एवं मुक्ति का ज्ञान।  
2. सृष्टि प्रक्रिया एवं महादादि के स्वरूप का बोध।  
3. विशेषों की उत्पत्ति एवं सूक्ष्म शरीर का ज्ञान।  
4. बुद्धिसर्ग एवं मुक्ति का बोध।

सांख्यसूत्र-(1-3 अध्याय)

(कण्ठस्थीकरण, सूत्रार्थ एवं विषय परिचय)

- परिणाम-** 1. दुःखत्रय का स्वरूप एवं मुक्ति परिचय।  
2. सृष्टि प्रक्रिया एवं महादादि का स्वरूप।  
3. विशेषों की उत्पत्ति एवं सूक्ष्म शरीर परिचय।  
4. बुद्धिसर्ग एवं मुक्ति की युक्ति।

**निर्धारित पाठ्यपुस्तक-** सांख्यदर्शनम्- दिव्य प्रकाशन, पतञ्जलि योगपीठ, हरिद्वार।

**सहायक ग्रन्थ-** आचार्य आनन्दप्रकाश जी, विद्योदयभाष्य सहित, सांख्यदर्शन (आचार्य उदयवीर शास्त्री जी)

प्रकाशक-विजयकुमार, गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली- 110006

**प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I**

**Paper Code - BD-103**

**( 70+30=100 )**

- उद्देश्य-** 1. वर्णों के स्थानों का बोध।  
2. संज्ञा-संज्ञी का ज्ञान।  
3. सामान्य (अच्-संधि) का बोध।  
4. शब्दरूप एवं धातु-रूप का ज्ञान।

प्रथम इकाई- वर्णोच्चारण शिक्षासूत्राणि,	- 14 अंक
द्वितीय इकाई- संज्ञाप्रकरणम्,	- 14 अंक
तृतीय इकाई- सन्धिप्रकरणम्,	- 14 अंक
चतुर्थ इकाई- शब्दरूप, धातुरूप (1-15 अभ्यास पर्यन्त)	- 14 अंक
पञ्चम इकाई- अनुवाद, संख्याएँ (1-100)	- 14 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** वर्णों के स्थानों का परिचय।

2. संज्ञा - संज्ञी परिचय।
3. सामान्य (अच-संधि) परिचय।
4. शब्द रूप - धातुरूप परिचय।

**निर्धारित पाठ्यपुस्तक-** व्याकरण प्रवेश, प्रारम्भिक रचनानुवाद कौमुदी।

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001

### प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II

Paper Code - BD-104

( 70+30=100 )

**उद्देश्य-** 1. अभ्यान्तर एवं बाह्य प्रयत्नों का बोध।

2. विशिष्ट संज्ञाओं का ज्ञान।
3. परिभाषाओं का सामान्य बोध।
4. पूर्व-पर रूप संधि का ज्ञान।

प्रथम इकाई- शिक्षा प्रकरणम्	- 14 अंक
द्वितीय इकाई- संज्ञाप्रकरणम्	- 14 अंक
तृतीय इकाई- 1-15 परिभाषायें	- 14 अंक
चतुर्थ इकाई- संहिता (सन्धि) प्रकरणम्- अच् सन्धि	- 14 अंक
पञ्चम इकाई- संहिता (सन्धि) प्रकरणम्- हल् सन्धि	- 14 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** आभ्यान्तर एवं बाह्यान्तर प्रयत्नों का परिचय।

2. विशिष्ट संज्ञाओं का परिचय।
3. परिभाषाओं का सामान्य ज्ञान।
4. पूर्व - पर रूप संधि परिचय।

**निर्धारित पाठ्यपुस्तक-** व्याकरण चन्द्रोदय-पञ्चम खण्ड (श्री चारुदेव शास्त्री)

प्रकाशक- मोतीलाल बनारसीदास, बंगलो रोड, जवाहर नगर, दिल्ली-7, चौक,  
वाराणसी (उ. प्र.) एवं अशोक राजपथ, पटना, बिहार।

### प्रश्नपत्र- ( 5 ) संस्कृत साहित्य

Paper Code - BD-105

( 70+30=100 )

**उद्देश्य-** 1. उपनिषदों का सामान्य बोध।

2. केनोपनिषद् का सामान्य बोध।
3. कठोपनिषद् -नचिकेता के द्वारा पूछे गये तीन प्रश्नों की जानकारी।
4. गीता-द्वितीय अध्याय सांख्य सिद्धान्तों का ज्ञान।

प्रथम इकाई- ईशोपनिषद्,	-15 अंक
द्वितीय इकाई- केनोपनिषद्,	-15 अंक
तृतीय इकाई- कठोपनिषद् प्रथम वल्ली	-15 अंक
चतुर्थ इकाई- गीता-द्वितीय अध्याय	-15 अंक
पञ्चम इकाई- गीता-तृतीय अध्याय	-10 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** उपनिषदों का समान्य परिचय।

2. केनोपनिषद् का समान्य परिचय।
3. कठोपनिषद् (नचिकेता के यम से पूछे गए तीन प्रश्नों)
4. गीता द्वितीय अध्याय सांख्य सिद्धान्तों का परिचय।

**निर्धारित पाठ्य ग्रन्थ-** उपनिषद्- एकादशोपनिषद् - डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत- स्वामी रामदेव जी, दिव्य प्रकाश, पतंजलि योगपीठ, हरिद्वार

**सहायक ग्रन्थ -** उपनिषद् रहस्य- पण्डित भीमसेन शर्मा

**प्रश्नपत्र- ( 6 ) ENGLISH LITERATURE -1**

**Paper Code - BD-106**

**( 70+30=100 )**

### **Programme Objectives**

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

### **1. Reading and Communication Skills:**

- 1.1 An Introduction to the International Phonetic Alphabet for English  
(Phonetic Symbols, Phonemes, Monophthongs, Diphthongs, Accent, Intonation, Stress etc.)
- 1.2 Use of Punctuations in Reading
- 1.3 Theory of Communication
- 1.4 Types and Modes of Communication

### **Suggested Reading & Resources for Practice:**

#### **➤ Dictionaries—**

- Oxford Advanced Learner's Dictionary of Current English (Oxford University Press)
- Oxford English-Hindi Dictionary (Oxford University Press)

- Some Useful Mobile Dictionaries Applications (Can be

Downloaded from Google Play Store)

- Communication Skills —Sanjay Kumar & Pushpa Lata (Oxford University Press, New Delhi)
- High School English Grammar and Composition — P.C. Wren & H. Martin (S. Chand & Company Ltd., Ram Nagar, New Delhi-110055, ISBN: 81-219-0009-3)
- Useful You Tube Channels and Other Helpful Mobile Applications

## 2. Listening Skills:

2.1 To Listen to the Good Speakers of English Language Having Good Contents

### Resources for Practice:

- Useful You Tube Channels and Other Helpful Mobile Applications—
  - Sadhguru
  - BK Shivani

## 3. Grammar Skills:

3.1 Parts of Speech

3.2 Articles

3.3 Vocabulary (Synonyms & Antonyms)

3.4 The Sentence—Parts, Types, Forms, Question Tags and Sentence

Chart (Based on Structures)

3.6 Punctuations

3.5 Simple Present, Past and Future Tenses (Without Main Verbs—SHO i.e. *is*,

*am, are, was, were, will/shall be; has/have/had/will/shall have* Type

Sentences), Imperative Sentences

3.6 Simple Translation (Hindi to English and Vice-Versa)

### Suggested Reading & Resources for Practice:

- Aao Saral Angrezi Seekhein Volume-1—Swami Prem Vivekanand Ji, (Seekers Trust, Sadhana Kendra Ashram, Domet, Dehradun, Uttarakhand-248125)
- High School English Grammar and Composition — P.C. Wren & H. Martin (S. Chand & Company Ltd., Ram Nagar, New Delhi-110055)
- How to Write Correct English (Anglo-Hindi) —R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002)
- How to Translate into English—R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002— ISBN: 9788177091083, 8177091085)
- Useful You Tube Channels and Other Helpful Mobile Applications

## 4. Writing Skills:

#### 4.1 Short and Simple Messages

##### **Suggested Reading & Resources for Practice:**

- Advanced Writing Skills—D.S. Paul (Goodwill Publishing House, ISBN: 9788172455385, 8172455380)
- Useful You Tube Channels and Other Helpful Mobile Applications

#### **5. Speaking Skills:**

##### 5.1 General Conversation & Expressions used in Day-to-Day Life

##### **Suggested Reading & Resources for Practice:**

- Conversation Skills—S.C. Gupta (Arihant Publications Pvt. Ltd., Meerut, ISBN: 978-81-8348-135-9)
- Useful You Tube Channels and Other Helpful Mobile Applications

#### **Course Specific Outcomes**

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.
- Ability to speak and write clearly in standard, academic English

#### **वैकल्पिक प्रश्न-पत्र**

**विषय :** मनोविज्ञान,  
भारतीय ज्ञान परम्परा,  
धर्मशास्त्र,  
प्राचीन भारतीय इतिहास,  
अर्थशास्त्र,  
राजनीतिशास्त्र।

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, प्रथम वर्ष**  
**Semester -II**

**प्रश्नपत्र- ( 1 ) सांख्यकारिका**

**Paper Code - BD-201**

**(70+30=100)**

- उद्देश्य-** 1. दुःखत्रय की आत्यन्तिक निवृत्ति का बोध।  
2. व्यक्त-अव्यक्त एवं पुरुष के परस्पर में साधर्म्य -वैधर्म्य का बोध।  
3. 50 प्रकार के बुद्धिसर्ग का ज्ञान।  
4. जीवमुक्ति के बाद भी प्रारब्ध कर्माशय के भोग का ज्ञान।  
**सम्पूर्ण सांख्यकारिका**  
(कण्ठस्थीकरण, कारिकार्थ एवं विषय परिचय)

- परिणाम-**1. दुःख त्रय की आत्यन्तिक निवृत्ति का उपाय।  
2. व्यक्त अव्यक्त एवं पुरुष के परस्पर में साधर्म्य - वैधर्म्य का परिचय।  
3. 50 प्रकार के बुद्धि सर्ग का परिचय।  
4. जीवनमुक्त भी शरीर धारण कैसे रखते हैं? का परिचय।

**निर्धारित पाठ्यपुस्तक -** सांख्यकारिका- गौडपादभाष्य सहित - आचार्य जगन्नाथशास्त्री।

**प्रकाशक-** 41 यू.ए. बंगलो रोड, जवाहर नगर, दिल्ली-110007

**प्रश्नपत्र- ( 2 ) सांख्यदर्शन**

**Paper Code - BD-202**

**(70+30=100)**

- उद्देश्य-** 1. विवेकज्ञान हेतु विभिन्न आख्यापिकाओं का बोध।  
2. देहातिरिक्त चैतन्यवाद का ज्ञान।  
3. धर्माधर्म की सिद्धि का बोध।  
4. प्रकृति की प्रवृत्ति व पुरुष की मुक्ति का ज्ञान।  
**सांख्यसूत्र (4-6 अध्याय)**  
(कण्ठस्थीकरण, सूत्रार्थ एवं विषय परिचय)

- परिणाम-**1. विवेक-ज्ञान के साधन हेतु विभिन्न आख्यामायिकाएँ।  
2. देहातिरिक्त चैतन्यवाद का परिचय।  
3. धर्माधर्म की सिद्धि का परिचय।  
4. प्रकृति की प्रवृत्ति एवं पुरुष की निवृत्ति का कारण।

**निर्धारित पाठ्य ग्रन्थ -** सांख्यदर्शनम्, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

**सहायक ग्रन्थ -** सांख्यदर्शन- आचार्य उदयवीर शास्त्री जी।

**प्रकाशक-**विजयकुमार, गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली- 110006

### प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I

Paper Code - BD-203

(70+30=100)

उद्देश्य- 1. वाक्यरचना का ज्ञान।

2. अच्-हल व विसर्ग संधि का बोध।

3. अनुवाद का ज्ञान।

4. कारक का सामान्य एवं विशेष बोध।

प्रथम इकाई- रचनानुवादकौमुदी (अध्याय 1-30 अभ्यास),

- 14 अंक

द्वितीय इकाई- सन्धि प्रकरण,

- 14 अंक

तृतीय इकाई- अनुवाद,

- 14 अंक

चतुर्थ इकाई- शब्दरूप, धातुरूप (1-30 अभ्यास पर्यन्त),

- 14 अंक

पञ्चम इकाई- कारक परिचय,

- 14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

निर्धारित पाठ्यपुस्तक - रचनानुवादकौमुदी (डॉ. कपिल द्विवेदी)

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001

परिणाम-1. वाक्य रचना का परिचय।

2. अच् - हल् - विसर्ग सन्धि का परिचय।

3. अनुवाद का स्वरूप।

4. कारक का सामान्य एवं विशेष परिचय

### प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II

Paper Code - BD-204

(70+30=100)

उद्देश्य- 1. प्रथमा एवं द्वितीया विभक्ति का बोध।

2. तृतीया, चतुर्थी एवं पचमी विभक्ति का ज्ञान।

3. षष्ठी, सप्तमी तथा उपपद का बोध।

4. समास का सामान्य ज्ञान।

प्रथम इकाई- विभक्ति प्रकरण (पृष्ठ 1-26 पर्यन्त),

- 14 अंक

द्वितीय इकाई- विभक्ति प्रकरण (पृष्ठ 27-53 पर्यन्त),

- 14 अंक

तृतीय इकाई- विभक्ति प्रकरण (पृष्ठ 54-78 पर्यन्त),

- 14 अंक

चतुर्थ इकाई- समास प्रकरण (अव्ययीभाव समास, तत्पुरुष समास)

- 14 अंक

पञ्चम इकाई- समास प्रकरण (बहुब्रीहि समास, द्वन्द्व समास)

- 14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

परिणाम-1. प्रथमा, द्वितीय, विभक्ति परिचय।

2. तृतीया चतुर्थी, पञ्चमी विभक्ति परिचय।

3. षष्ठी, सप्तमी, उपपद विभक्ति परिचय।

4. समास का सामान्य परिचय।

निर्धारित पाठ्यपुस्तक - व्याकरण चन्द्रोदय-प्रथम खण्ड (श्री चारुदेव शास्त्री)

प्रकाशक- मोतीलाल बनारसीदास, बंगलो रोड, जवाहर नगर, दिल्ली-7, चौक,

वाराणसी (उ. प्र.) एवं अशोक राजपथ, पटना, बिहार।

उद्देश्य- 1. श्रेय-प्रेय तथा विद्या-अविद्या का बोध।

2. रथ एवं रथी के रूपक से परमात्मा की प्राप्ति का ज्ञान।

3. इंद्रियों की बहिर्मुखता का बोध तथा योगी इंद्रियों को रोककर आत्मज्ञान प्राप्त कराना है।

4. जीवमुक्ति एवं विदेहमुक्ति का ज्ञान

प्रथम इकाई- उपनिषद् - कठोपनिषद् (2-3 वल्ली)

-14 अंक

द्वितीय इकाई- उपनिषद् - कठोपनिषद् (तृतीय वल्ली)

-14 अंक

तृतीय इकाई- कठोपनिषद् (चतुर्थ वल्ली)

-14 अंक

चतुर्थ इकाई- कठोपनिषद् (पञ्चम, षष्ठ वल्ली)

-14 अंक

पञ्चम इकाई- गीता - चतुर्थ अध्याय (ज्ञानकर्मसंन्यासयोग), पञ्चम अध्याय (कर्मसंन्यासयोग)-14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

-30 अंक

परिणाम-1. श्रेय-प्रेय, विद्या-अविद्या का ज्ञान।

2. रथ एवं रथी के रूपक से परमात्मा प्राप्ति उपाय कथन।

3. इंद्रियों की बहिर्मुखता का विवरण।

4. जीवनमुक्ति एवं विदेहमुक्ति निरूपण।

निर्धारित पाठ्य ग्रन्थ - उपनिषद्- एकादशोपनिषद् - डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत - स्वामी रामदेव जी, दिव्य प्रकाश, पतंजलि योगपीठ, हरिद्वार

सहायक ग्रन्थ- उपनिषद् रहस्य- पण्डित भीमसेन शर्मा

### Programme Objectives

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

#### 1. Reading and Comprehension Skills:

1.1 Transliteration

1.2 Word Formation by Adding Prefixes & Suffixes with their Correct Pronunciation

1.3 Reading Strategies & Abilities (Intensive, Extensive, Skimming and Scanning etc.)

1.4 Comprehension

#### Suggested Reading & Resources for Practice:

➤ Glossaries—



- The Practical Approach to Divinity—Pujya Chandra Swami Udasin ji (Seekers Trust, Sadhana Kendra Ashram, Domet, Dehradun, Uttarakhand-248125)
- Bhagavad-gita As It Is (The Bhaktivedanta Book Trust, Hare Krishna Land, Juhu, Mumbai 400049, India)
- Dictionaries—
  - Oxford Advanced Learner's Dictionary of Current English (Oxford University Press)
  - Oxford English-Hindi Dictionary (Oxford University Press)
- Communication Skills —Sanjay Kumar & Pushpa Lata (Oxford University Press, New Delhi)
- Effective Strategies for Teaching Reading—Allyn and Bacon
- Proficiency in Reading Comprehension—Ajay Singh (Arihant Publications, Plot No. 181, 1st Floor, Patparganj, Industrial Area, New Delhi-110092. ISBN: 9789312145746)
- Some Useful Mobile Dictionaries Applications (Can be Downloaded from Google Play Store)

## **2. Listening Skills:**

2.1 To Listen to the Good Speakers of English Language Having Good Contents

### **Resources for Practice:**

- Useful You Tube Channels and Other Helpful Mobile Applications—
  - Sadhguru
  - BK Shivani

## **3. Grammar Skills:**

- 3.1 Non-finites (Infinitives, Gerunds & Participles)
- 3.2 Modals (will, shall, can, could, may, must, might, would, ought to, should, dare, need)—Active Voice
- 3.3 Tenses—Active Voice
- 3.4 Passive Voice of Tenses & Modals
- 3.5 Vocabulary (Synonyms & Antonyms)
- 3.6 One Word Substitution
- 3.7 Translation (Hindi to English and Vice-Versa)

### **Suggested Reading & Resources for Practice:**

- Aao Saral Angrezi Seekhein Volume-I & II—Swami Prem Vivekanand Ji, (Seekers Trust, Sadhana Kendra Ashram, Domet, Dehradun, Uttarakhand-248125, ISBN: 978-81-89764-25-8)
- High School English Grammar and Composition — P.C. Wren & H. Martin (S. Chand & Company Ltd., Ram Nagar, New Delhi-110055, ISBN: 81-219-0009-3)
- How to Write Correct English (Anglo-Hindi) —R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002, ISBN: 978-81-7709-107-6)
- How to Translate into English—R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002— ISBN: 9788177091083, 8177091085)
- Useful You Tube Channels and Other Helpful Mobile Applications

## **4. Writing Skills:**

#### 4.1 Short Paragraph/Story Writing

#### 4.2 E-mail Writing

#### 4.3 Letter & Application Writing

#### 4.4 Notice Writing

#### **Suggested Reading & Resources for Practice:**

- Advanced Writing Skills—D.S. Paul (Goodwill Publishing House, ISBN: 9788172455385, 8172455380)
- Useful You Tube Channels and Other Helpful Mobile Applications

### **5. Speaking Skills:**

5.1 Conversations in Various Situations (e.g. Conversation between saint and his disciple, Conversation at Railway Station, Bank, Post Office etc.)

#### 5.2 Telephonic Conversation

#### **Suggested Reading & Resources for Practice:**

- Conversation Skills—S.C. Gupta (Arihant Publications Pvt. Ltd., Meerut, ISBN: 978-81-8348-135-9)
- Useful You Tube Channels and Other Helpful Mobile Applications

### **6. Literature:**

#### **(Prose)**

6.1 The Last Lesson—*Alphonse Daudet*

6.2 A Truly Beautiful Mind—*Albert Einstein*

#### **(Rishis, Mystics and Heroes of Ancient Bharat)**

6.3 Maharishi Patanjali

6.4 Aryabhatta

#### **(Poetry)**

6.5 Mercy—*William Shakespeare*

6.6 Where the Mind is Without Fear—*Rabindra Nath Tagore.*

#### **Suggested Reading & Resources for Practice:**

- Rishis, Mystics and Heroes of India, Volume I—Sadhu Mukundcharandas ( *Swaminarayan Asharpith, Shahibaug, Amdavad-4, India*)
- Selected Works of William Shakespeare (*Mundus Media, ISBN 978-1587260179, 1587260174*)
- Rabindra Nath Tagore Selected Poems (*Penguin India, ISBN 0140183663, 978-0140183665*)
- Collected Works of Alphonse Daudet (*Scholar's Choice, ISBN 1297056477, 978-1297056475*)
- Albert Einstein—the story of a genius (*Viva Books, ISBN 9789386243973, 978-9386243973*)

## Course Specific Outcomes

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.
- Ability to speak and write clearly in standard, academic English

## वैकल्पिक प्रश्न-पत्र

विषय : मनोविज्ञान,  
भारतीय ज्ञान परम्परा,  
धर्मशास्त्र,  
प्राचीन भारतीय इतिहास,  
अर्थशास्त्र,  
राजनीतिशास्त्र।

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, द्वितीय वर्ष**  
**Semester -III**

**प्रश्नपत्र- ( 1 ) न्याय दर्शन-1**

**Paper Code - BD-301**

**(70+30=100)**

- उद्देश्य-** 1. प्रमाणादि षोडश पदार्थों का ज्ञान।  
2. संशय एवं शब्द शक्ति का बोध।  
3. शब्द परिमाण प्रकरण का ज्ञान।  
4. जाति एवं निग्रह स्थान का बोध।  
न्याय सूत्र (प्रथम व द्वितीय अध्याय)  
(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

- परिणाम-**1. प्रमाण - प्रमेयादि षोडश पदार्थ विवरण।  
2. संशय एवं शब्द शक्ति परीक्षा।  
3. शब्द परिणाम प्रकरण।  
4. जाति एवं निग्रह स्थान के स्वरूप एवं प्रभेद।

**निर्धारित पाठ्यपुस्तक** - न्यायदर्शनम्- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।  
**सहायक ग्रन्थ** - विद्योदय भाष्य सहित न्यायदर्शन (आचार्य उदयवीर शास्त्री जी)  
प्रकाशक-विजयकुमार, गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली- 110006

**प्रश्नपत्र- ( 2 ) वैशेषिक दर्शन-1**

**Paper Code - BD-302**

**(70+30=100)**

- उद्देश्य-** 1. निःश्रेयस के साधनों का बोध।  
2. पञ्चमहाभूतों का ज्ञान।  
3. आत्मा एवं मन का बोध।  
4. नित्य एवं अनित्य पदार्थों का ज्ञान।  
वैशेषिक सूत्र- (1-5 अध्याय)  
(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

- परिणाम-**1. निःश्रेयस् के साधनों का विवरण।  
2. पञ्चमहाभूतों की परीक्षा।  
3. आत्मा एवं मन का परिचय।  
4. नित्य एवं अनित्य पदार्थ स्वरूप

**निर्धारित पाठ्य ग्रन्थ** - वैशेषिक दर्शनम्- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।  
**सहायक ग्रन्थ** - वैशेषिक दर्शन - आचार्य उदयवीर शास्त्री।  
प्रकाशक-विजयकुमार, गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली- 110006

**प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I**

Paper Code - BD-303

(70+30=100)

**उद्देश्य-** 1. विशेष वाक्य रचना का बोध।

2. समास का विशिष्ट का ज्ञान।

3. शब्दरूप एवं धातुरूप का बोध।

4. जटिल अनुवाद का ज्ञान।

प्रथम इकाई- रचनानुवादकौमुदी (अध्याय 31-60 अभ्यास),

- 20 अंक

द्वितीय इकाई- समास परिचय,

- 20 अंक

तृतीय इकाई- शब्दरूप (31-64 अभ्यास), धातुरूप (36-60 अभ्यास)

- 20 अंक

चतुर्थ इकाई- अनुवाद,

- 10 अंक

पञ्चम इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

**परिणाम-**1. विशेष वाक्य रचना परिचय।

2. समास का विशिष्ट विवरण।

3. शब्दरूप एवं धातु का विशेष विवरण।

4. जटिल अनुवाद का परिचय।

**निर्धारित पाठ्यपुस्तक-** रचनानुवादकौमुदी (डॉ. कपिल द्विवेदी)

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001

**प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II**

Paper Code - BD-304

(70+30=100)

**उद्देश्य-** 1. पाणिनीय लिङ्गानुशासन में स्त्रीलिङ्ग सूत्रों का बोध।

2. पाणिनीय लिङ्गानुशासन में पुल्लिङ्गाधिकार का ज्ञान।

3. पाणिनीय लिङ्गानुशासन में नपुंसकलिङ्गाधिकार का बोध।

4. स्त्रीपुंसाधिकार एवं पुंनपुंसाधिकार का ज्ञान।

प्रथम इकाई- पाणिनीय लिङ्गानुशासनं स्त्रीलिङ्गाधिकारः

- 14 अंक

द्वितीय इकाई- पाणिनीय लिङ्गानुशासनं पुल्लिङ्गाधिकारः

- 14 अंक

तृतीय इकाई- पाणिनीय लिङ्गानुशासनं नपुंसकलिङ्गाधिकारः

- 14 अंक

चतुर्थ इकाई- स्त्रीपुंसाधिकारः एवं पुंनपुंसाधिकारः

- 14 अंक

पञ्चम इकाई- रामो हरिःकरी भूभृद् भानुःकर्ता च चन्द्रमाः।

- 14 अंक

तस्थिवान् भगवानात्मा दशैते पुंसि नायकाः॥ (शब्दरूप)

- 14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

**निर्धारित पाठ्यपुस्तक-** व्याकरण चन्द्रोदय-पञ्चम खण्ड (श्री चारुदेव शास्त्री)

प्रकाशक- मोतीलाल बनारसीदास, बंगलो रोड, जवाहर नगर, दिल्ली-7, चौक,

वाराणसी (उ. प्र.) एवं अशोक राजपथ, पटना, बिहार।

**परिणाम-**1. पाणिनीय लिङ्गानुशासन में स्त्रीलिङ्ग सूत्र परिचय।

2. पाणिनीय लिङ्गानुशासन में पुल्लिङ्गाधिकार सूत्र परिचय।

3. पाणिनीय लिङ्गानुशासन में नपुंसकलिङ्गाधिकार सूत्र परिचय।

4. स्त्रीपुंसाधिकार एवं पुंनपुंसाधिकार विवरण।

उद्देश्य- 1. कबन्धी आदि ऋषियों के छः प्रश्नों का बोध।

2. परा एवं अपरा विद्या का ज्ञान।

3. आत्मसंयमयोग का बोध।

4. भक्तियोग का ज्ञान।

प्रथम इकाई- प्रश्नोपनिषद् - 20 अंक

द्वितीय इकाई- मुण्डकोपनिषद् - 20 अंक

तृतीय इकाई- गीता - षष्ठोऽध्याय (आत्मसंयमयोग) - 20 अंक

चतुर्थ इकाई- द्वादश अध्याय (भक्तियोग) - 10 अंक

पञ्चम इकाई- शास्त्र स्मरण एवं लेखन - 30 अंक

परिणाम-1. कबन्धी आदि ऋषियों के छः प्रश्नों का विवरण।

2. परा-अपरा विद्या का उपदेश।

3. आत्मसंयमयोग का परिचय।

4. भक्तियोग का परिचय।

निर्धारित पाठ्यपुस्तक- उपनिषद्- एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत - दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

सहायक ग्रन्थ- उपनिषद् रहस्य- पण्डित भीमसेन शर्मा

### Programme Objectives

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

### 1. Reading and Comprehension Skills:

1.1 Words Which Commonly Confuse (Homophones, Homonyms)

1.2 Words that are Pronounced Differently than Spelled (e.g. bouquet, lieutenant, knife, knowledge, doubt, tough etc.)

1.3 Comprehension

### Suggested Reading & Resources for Practice:

➤ Dictionaries—

- Oxford Advanced Learner's Dictionary of Current English (Oxford University Press)
  - Oxford English-Hindi Dictionary (Oxford University Press)
  - Some Useful Mobile Dictionaries Applications (Can be Downloaded from Google Play Store)
- General English for All Classes—U.R. Mediratta (Jiwan Publishing House Pvt Ltd India, F-227, Mansarover Garden, Main Market, New Delhi-110015)
  - Proficiency in Reading Comprehension—Ajay Singh (Arihant Publications, Plot No. 181, 1st Floor, Patparganj, Industrial Area, New Delhi-110092. ISBN: 9789312145746)
  - Useful You Tube Channels and Other Helpful Mobile Applications

## **2. Listening Skills:**

2.1 To Listen to the Good Speakers of English Language Having Good Contents

### **Resources for Practice:**

- Useful You Tube Channels and Other Helpful Mobile Applications—
  - Sadhguru
  - BK Shivani

## **3. Grammar Skills:**

3.1 Modals Perfect—Active Voice & Passive Voice

3.2 Clauses

3.3 Narration

3.4 Syntax

3.5 Synthesis

3.6 Vocabulary (Synonyms & Antonyms)

3.7 One Word Substitution

3.8 Translation (Hindi to English and Vice-Versa)

### **Suggested Reading & Resources for Practice:**

- Aao Saral Angrezi Seekhein Volume-II—Swami Prem Vivekanand Ji, (Seekers Trust, Sadhana Kendra Ashram, Domet, Dehradun, Uttarakhand-248125)
- High School English Grammar and Composition—P.C. Wren & H. Martin (S. Chand & Company Ltd., Ram Nagar, New Delhi-110055)
- How to Write Correct English (Anglo-Hindi)—R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002)
- How to Translate into English—R P Sinha (Bharti Bhawan Publication, Ansari Road, Daryaganj, New Delhi 110002— ISBN: 9788177091083, 8177091085)
- Useful You Tube Channels and Other Helpful Mobile Applications

#### **4. Writing Skills:**

- 4.1 Advertisements
- 4.2 Reports
- 4.3 Articles
- 4.4 Posters

##### **Suggested Reading & Resources for Practice:**

- Advanced Writing Skills—D.S. Paul (Goodwill Publishing House, ISBN: 9788172455385, 8172455380)
- Useful You Tube Channels and Other Helpful Mobile Applications

#### **5. Speaking Skills:**

- 5.1 Monologue/Extempore
- 5.2 Group Discussion
- 5.3 Public Speech

##### **Suggested Reading & Resources for Practice:**

- Conversation Skills—S.C. Gupta (Arihant Publications Pvt. Ltd., Meerut, ISBN: 978-81-8348-135-9)
- Useful You Tube Channels and Other Helpful Mobile Applications

#### **6. Literature:**

##### **(Prose)**

- 5.1 The Last Leaf—O. Henry
- 5.2 The Blue Umbrella—Ruskin Bond

##### **(Rishis, Mystics and Heroes of Ancient Bharat)**

- 5.3 Panini
- 5.4 Sushrut

##### **(Poetry)**

- 5.5 Brahma—*R.W. Emerson*
- 5.6

##### **Suggested Reading & Resources for Practice:**

- Rishis, Mystics and Heroes of India, Volume I—Sadhu Mukundcharandas (Swaminarayan Asharpith, Shahibaug, Amdavad-4, India)
- Selected Works of O. Henry
- Selected Works of R.W. Emerson
- Selected Short Stories by Ruskin Bond
- Albert Einstein—the story of a genius (Viva Books, ISBN 9789386243973, 978-9386243973)



## Course Specific Outcomes

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.
- Ability to speak and write clearly in standard, academic English

## वैकल्पिक प्रश्न-पत्र

विषय : मनोविज्ञान,  
भारतीय ज्ञान परम्परा,  
धर्मशास्त्र,  
प्राचीन भारतीय इतिहास,  
अर्थशास्त्र,  
राजनीतिशास्त्र।

## परिणाम-

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, द्वितीय वर्ष**  
**Semester -IV**

**प्रश्नपत्र- ( 1 ) न्याय दर्शन-2**

**Paper Code - BD-401**

**(70+30=100)**

**उद्देश्य-** 1. शरीरादि व्यतिरिक्त आत्मवाद का बोध।

2. शून्यवाद आदि मतों की जानकारी।

3. फल, दुःख एवं अपवर्ग की परीक्षा से उनके स्वरूप का बोध।

4. तत्त्वज्ञान की प्राप्ति के साधनों का ज्ञान।

न्याय सूत्र- तृतीय, चतुर्थ एवं पञ्चम अध्याय-

(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

**निर्धारित पाठ्य ग्रन्थ** - न्यायदर्शनम्- दिव्य प्रकाशन, दिव्ययोग मंदिर (ट्रस्ट)

**सहायक ग्रन्थ** - विद्योदयभाष्य सहित न्यायदर्शन (आचार्य आनन्दप्रकाश जी)

**परिणाम-**1. शरीरव्यतिरिक्त आत्मवाद का परिचय।

2. शून्यवाद आदि मतों का निराकरण।

3. फल-दुःख अपवर्ग की परीक्षा।

4. तत्त्वज्ञान प्राप्ति के साधन।

**प्रश्नपत्र- ( 2 ) वैशेषिक दर्शन-2**

**Paper Code - BD-402**

**(70+30=100)**

**उद्देश्य-** 1. वेद की पौरुषेयता का बोध।

2. 24 गुणों की जानकारी।

3. अभाव के स्वरूप एवं उसके भेदों का ज्ञान।

4. समवायिकारण, असम्वायी एवं निमित्त कारण का बोध।

वैशेषिक सूत्र -(6-10 अध्याय)-

(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

**परिणाम-**1. वेद की पौरुषेयता का परिचय।

2. 24 गुणों की परीक्षा।

3. अभाव के स्वरूप एवं भेद विवरण।

4. समवायी-असमवायी निमित्त कारण परिचय।

**निर्धारित पाठ्य ग्रन्थ** - वैशेषिक दर्शनम्- दिव्य प्रकाशन, पतञ्जलि योगपीठ, हरिद्वार।

**सहायक ग्रन्थ** - वैशेषिक दर्शन- आचार्य उदयवीर शास्त्री।

**प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I**

**Paper Code - BD-403**

**(70+30=100)**

**उद्देश्य-** 1. शतादि प्रत्ययों का बोध।

2. 65 धातुओं का ज्ञान।

3. निबंध के रूपों का ज्ञान।

4. अलंकार के रूपों का ज्ञान।

प्रथम इकाई- प्रत्यय परिचय	- 14 अंक
द्वितीय इकाई- 65 धातुएं	- 14 अंक
तृतीय इकाई- पत्रलेखन	- 14 अंक
चतुर्थ इकाई- निबन्धलेखन	- 14 अंक
पञ्चम इकाई- काव्यदीपिका, अष्टमशिखा-I (अलंकार स्वरूपम्-व्यतिरेक अलंकार पर्यन्त)	- 14 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** सनादि प्रत्ययों का विवरण।

2. 65 धातुओं का परिचय।
3. निबन्ध लेखन परिचय।
4. अलंकार स्वरूप परिचय।

**निर्धारित पाठ्यपुस्तक - रचनानुवादकौमुदी (डॉ. कपिल द्विवेदी)**

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001

काव्यदीपिका (श्रीकान्तिचन्द्रभट्टाचार्यसङ्कलिता)-

प्रकाशक- चौखम्बा, सुरभारती प्रकाशन, के. 37/117, गोपालमन्दिर लेन,

पो. बाक्स नं.- 1129, वाराणसी-221001

**प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II**

**Paper Code - BD-404**

(70+30=100)

**उद्देश्य-** 1. कारक संबंध का सामान्य ज्ञान।

2. कारक संबंध विशेष बोध।
3. कारक संबंध की वाक्य रचना का ज्ञान।
4. कारक संबंध का सम्पूर्ण ज्ञान।

प्रथम इकाई- कारकसम्बन्धोद्घोतःकारिका - (1-3)	- 14 अंक
द्वितीय इकाई- कारकसम्बन्धोद्घोतःकारिका - (4-6)	- 14 अंक
तृतीय इकाई- कारकसम्बन्धोद्घोतःकारिका - (7-9)	- 14 अंक
चतुर्थ इकाई- कारकसम्बन्धोद्घोतःकारिका - (10-12)	- 14 अंक
पञ्चम इकाई- कारकसम्बन्धोद्घोतःकारिका - (13-15)	- 14 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-** 1. कारक सम्बन्ध सामान्य परिचय।

2. कारक सम्बन्ध विशेष परिचय।
3. कारक सम्बन्ध वाक्य रचना परिचय।
4. कारक सम्बन्ध सूत्र परिचय।

**निर्धारित पाठ्यपुस्तक-** कारकसम्बन्धोद्घोतःकारिका (रभसनन्दि)

प्रकाशक- राजस्थानी ग्रन्थागार, सोजती गेट, जोधपुर (राजस्थान)।

उद्देश्य- 1. शिक्षावल्ली का बोध।

2. सृष्टि रचना क्रम का ज्ञान।

3. गुणत्रय विभाग योग का बोध।

4. पुरुषोत्तम योग का ज्ञान।

प्रथम इकाई	- तैत्तिरीयोपनिषद्,	- 20 अंक
द्वितीय इकाई	- ऐतरेय उपनिषद्	- 20 अंक
तृतीय इकाई	- गीता- चतुर्दशोऽध्याय (गुणत्रयविभागयोगः)	- 20 अंक
चतुर्थ इकाई	- गीता- पञ्चदशोऽध्याय (पुरुषोत्तमयोग)	- 10 अंक
पञ्चम इकाई	- शास्त्र स्मरण एवं लेखन	- 30 अंक

परिणाम-1. शिक्षा वल्ली का परिचय।

2. सृष्टि रचना क्रम का विवरण।

3. गुणत्रयविभाग योग का परिचय।

4. पुरुषोत्तम योग का परिचय।

निर्धारित पाठ्यपुस्तक- उपनिषद्- एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत - दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

सहायक ग्रन्थ- उपनिषद् रहस्य - पण्डित भीमसेन शर्मा

### Programme Objectives

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

### 1. Reading and Communication Skills:

1.1 Words Which Commonly Confuse (Homographs, Heteronyms)

1.2 Word Formation by Adding Prefixes & Suffixes with their Correct Pronunciation

1.3 Newspaper and Magazine Reading

1.4 Comprehension

### Suggested Reading & Resources for Practice:

- Dictionaries—

- Oxford Advanced Learner's Dictionary of Current English (Oxford University Press)
- Oxford English-Hindi Dictionary (Oxford University Press)
- Some Useful Mobile Dictionaries Applications (Can be Downloaded from Google Play Store)
- General English for All Classes—U.R. Mediratta (Jiwan Publishing House Pvt Ltd India, F-227, Mansarovar Garden, Main Market, New Delhi-110015)
- Proficiency in Reading Comprehension—Ajay Singh (Arihant Publications, Plot No. 181, 1st Floor, Patparganj, Industrial Area, New Delhi-110092. ISBN: 9789312145746)
- Useful You Tube Channels and Other Helpful Mobile Applications

## **2. Listening Skills:**

2.1 To Listen to the Good Speakers of English Language Having Good Contents

### **Resources for Practice:**

- Useful You Tube Channels and Other Helpful Mobile Applications—
  - Sadhguru
  - BK Shivani

## **3. Grammar Skills:**

- 3.1 Transformation
- 3.2 Idioms & Phrasal Verbs
- 3.3 Figures of Speech
- 3.4 Proverbs/Sayings/Famous Quotes
- 3.5 Vocabulary (Synonyms & Antonyms)
- 3.6 One Word Substitution
- 3.7 Translation (Hindi to English and Vice-Versa)

## **4. Speaking Skills:**

- 4.1 Anchoring
- 4.2 Telling Good Jokes
- 4.3 Telling Recipes
- 4.4 Singing English Songs

### **Course Specific Outcomes**

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.

Ability to speak and write clearly in standard, academic English

## वैकल्पिक प्रश्न-पत्र

विषय : मनोविज्ञान,  
भारतीय ज्ञान परम्परा,  
धर्मशास्त्र,  
प्राचीन भारतीय इतिहास,  
अर्थशास्त्र,  
राजनीतिशास्त्र।

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, तृतीय वर्ष**  
**Semester -V**

**प्रश्नपत्र- ( 1 ) वेदान्त दर्शन-1**

**Paper Code - BD-501**

**(70+30=100)**

- उद्देश्य-** 1. ब्रह्म के निमित्त कारणत्व का ज्ञान।  
2. जगत्-उत्पत्ति में प्रकृति का उपादान कारणत्व का बोध।  
3. स्मृतिग्रंथों में उभयकारणवाद का ज्ञान।  
4. प्राणों की उत्पत्ति एवं स्वरूप का बोध।  
वेदान्त सूत्र (प्रथम व द्वितीय अध्याय)  
(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

- परिणाम-**1. ब्रह्म के निमित्त कारणत्व का विवरण।  
2. जगत्-उत्पत्ति के प्रकृति का उपादान कारणत्व विवरण।  
3. स्मृति ग्रंथों में प्रतिपादित उभयकारणवाद का समन्वय।  
4. प्राणों की उत्पत्ति एवं स्वरूप परिचय।

**निर्धारित पाठ्यपुस्तक -** ब्रह्मसूत्रम्- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।  
**सहायक ग्रन्थ-** वैदिक मुनिभाष्य

**प्रश्नपत्र- ( 2 ) मीमांसा दर्शन-1**

**Paper Code - BD-502**

**(70+30=100)**

- उद्देश्य-** 1. तर्कवाद एवं अर्थवाद प्रकरण का बोध।  
2. धर्म के स्वरूप का ज्ञान।  
3. धर्म के साधक प्रमाणों का बोध।  
4. वेद अपौरुषेय एवं अर्थवाद प्रकरण का ज्ञान।

**मीमांसा सूत्र-**

चतुस्सूत्री + 46 सूत्र, (कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

- परिणाम-**1. तर्कवाद एवं अर्थवाद प्रकरण परिचय।  
2. धर्म स्वरूप का विवरण।  
3. धर्म के साधक प्रमाणों का परिचय।  
4. वेद अपौरुषेय एवं अर्थवाद प्रकरण परिचय।

**निर्धारित पाठ्यपुस्तक -** मीमांसा दर्शन (शाबरभाष्य)

**प्रकाशक-** युधिष्ठिर मीमांसक, बहालगढ़, जिला- सोनीपत, हरियाणा।

**प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I**

**Paper Code - BD-503**

**(70+30=100)**

- उद्देश्य-** 1. अकारान्त शब्दरूपरूप की सिद्धि का बोध।  
2. इकारान्त उकारान्त रूप की सिद्धि का ज्ञान।  
3. ऋकारान्त शब्दरूप की सिद्धि का बोध।  
4. हलन्त शब्दरूप की सिद्धि का ज्ञान।

प्रथम इकाई- नामिक-I (अजन्त शब्दरूप)	- 35 अंक
द्वितीय इकाई- काव्यदीपिका, अष्टमशिखा-II, (प्रतिवस्तूपमा अलंकार से व्याजस्तुति अलंकार पर्यन्त)	- 35 अंक
तृतीय इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** अकारन्त शब्दरूप सिद्धि विवरण।

2. इकारन्त-उकारन्त आदि विवरण।
3. ऋकारान्त- उकारन्त आदि विवरण।
4. हलन्त- उकारन्त आदि विवरण।

**निर्धारित पाठ्यपुस्तक - नामिकम् (महर्षि दयानन्द सरस्वतीकृत)**

प्रकाशक- वैदिक पुस्तकालय, केसरगंज, अजमेर-305001, राजस्थान।

काव्यदीपिका (श्रीकान्तिचन्द्रभट्टाचार्यसङ्कलिता)

प्रकाशक- चौखम्बा, सुरभारती प्रकाशन, के. 37/117, गोपालमन्दिर लेन,

पो. बाक्स नं.- 1129, वाराणसी-221001

**प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II**

**Paper Code - BD-504**

(70+30=100)

- उद्देश्य-**
1. कृदन्त सामान्य का बोध।
  2. कृदन्त सिद्धि का ज्ञान।
  3. कृत प्रत्ययों की जानकारी।
  4. कृदन्त शब्दों की सिद्धि का बोध।

**व्याकरण चन्द्रोदय**

प्रथम इकाई- कृदन्त प्रकरण (पृष्ठ संख्या-1-30)	- 14 अंक
द्वितीय इकाई- कृदन्त प्रकरण (पृष्ठ संख्या-31-60)	- 14 अंक
तृतीय इकाई- कृदन्त प्रकरण (पृष्ठ संख्या-61-90)	- 14 अंक
चतुर्थ इकाई- कृदन्त प्रकरण (पृष्ठ संख्या-91-120)	- 14 अंक
पञ्चम इकाई- कृदन्त प्रकरण (पृष्ठ संख्या-215-249)	- 14 अंक
षष्ठ इकाई- शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-1.** कृदन्त सामान्य का परिचय।

2. कृदन्त सिद्धि विवरण।
3. कृत प्रत्ययों का परिचय।
4. कृत् प्रत्ययों से बनने वाले शब्दों की सिद्धि।

**निर्धारित पाठ्यपुस्तक - व्याकरण चन्द्रोदय-द्वितीय खण्ड (श्री चारुदेव शास्त्री)**

प्रकाशक

**प्रश्नपत्र- ( 5 ) संस्कृत साहित्य**

**Paper Code - BD-505**

(70+30=100)

- उद्देश्य-**
1. ओंकार उपासना का बोध।
  2. रैक्वऋषि एवं राजा जानश्रुति संवाद का ज्ञान।
  3. जाबालि ऋषिसे श्वेतकेतु के 5 प्रश्नों का ज्ञान।
  4. नारद-सनत्कुमार संवाद का बोध।



प्रथम इकाई-	छान्दोग्योपनिषद्- प्रथम प्रपाठक (1-5 खण्ड), तृतीय प्रपाठक (खण्ड-13,16) - 15 अंक
द्वितीय इकाई-	तृतीय प्रपाठक (खण्ड-18,19), चतुर्थ प्रपाठक (खण्ड-1-9, 16,17), - 15 अंक
तृतीय इकाई-	पञ्चम प्रपाठक (खण्ड-1, 11-14), षष्ठ प्रपाठक (1-16 खण्ड) - 15 अंक
चतुर्थ इकाई-	सप्तम प्रपाठक (1-26 खण्ड), अष्टम प्रपाठक (1-2 खण्ड) - 15 अंक
पञ्चम इकाई-	गीता- षोडश अध्याय (दैवासुरसम्पद् विभागयोग)सप्तदश अध्याय (श्रद्धात्रयविभागयोग) - 10 अंक
षष्ठ इकाई-	शास्त्र स्मरण एवं लेखन - 30 अंक

**परिणाम-1. ओंकार उपासना विवरण।**

2. रेक्व ऋषि एवं राजा जनश्रुति संवाद।
3. श्वेतकेतु के जाबालि से 5 प्रश्नों का विवरण।
4. नारद को सनत्कुमार का उपदेश।

**निर्धारित पाठ्यपुस्तक-** उपनिषद्- एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत - दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

**सहायक ग्रन्थ-** उपनिषद् रहस्य - पण्डित भीमसेन शर्मा।

**प्रश्नपत्र- ( 6 ) ENGLISH LITERATURE-5**

**Paper Code - BD-506**

**( 70+30=100 )**

### **Programme Objectives**

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

S.NO.	Story Name	English Literature	Page No.
1	My Mother	Prose	1-3
2	PP Acharya Balkrishan ji	Prose	4-20
3	The Doctors Word	Prose	21-24
4	The Spell	Prose	25-32
5	Helen Keller	Prose	33-35
6	Major Dhyan Chand	Prose	36-38
7	Aryabhatt	Prose	39-42
8	The Last Lesson	Prose	43-47

## Course Specific Outcomes

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.
- Ability to speak and write clearly in standard, academic English

## वैकल्पिक प्रश्न-पत्र

विषय : मनोविज्ञान, भारतीय ज्ञान परम्परा,  
धर्मशास्त्र, प्राचीन भारतीय इतिहास,  
अर्थशास्त्र, राजनीतिशास्त्र।

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - B.A. - दर्शन, तृतीय वर्ष**  
**Semester -VI**

**प्रश्नपत्र- ( 1 ) वेदान्त दर्शन-2**

**Paper Code - BD-601**

**(70+30=100)**

- उद्देश्य-** 1. जीवात्मा का सूक्ष्मशरीर द्वारा गमनागमन का ज्ञान।  
2. जीवात्मा एवं परमात्मा के संबंध का बोध।  
3. प्रतिकोपासना के प्रतिषेध का ज्ञान।  
4. देवयान मार्ग की जानकारी।  
**वेदान्त सूत्र-** (तृतीय व चतुर्थ अध्याय)  
(कण्ठस्थीकरण, सूत्रार्थ एवं अध्यायगत विषय परिचय)

- परिणाम-**1. जीवात्मा का सूक्ष्म शरीर द्वारा गमन-आगमन परिचय।  
2. जीवात्मा एवं परमात्मा के मध्य संबंध विवरण  
3. प्रतिकोपासना का प्रतिषेध।  
4. देवयान मार्ग परिचय।

**निर्धारित पाठ्यपुस्तक-** ब्रह्मसूत्रम्- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।  
**सहायक ग्रन्थ -** वैदिक मुनि भाष्य

**प्रश्नपत्र- ( 2 ) निघण्टु**

**Paper Code - BD-602**

**(70+30=100)**

- उद्देश्य-** 1. आचार्य वाव्ययिणी के षड्भाव विकारों का बोध।  
2. औदुम्बरामण के शब्द अनित्यत्व के मत को बोध।  
3. कुत्स आचार्य मन्त्र अनर्थकत्व खण्डन का ज्ञान।  
4. आचार्य गार्ग्य के उपसर्गों की सार्थकता का बोध।  
**प्रथम इकाई -** निघण्टु- प्रथम व द्वितीय अध्याय (कण्ठस्थीकरण)  
**द्वितीय इकाई -** निरुक्त-यास्क-भूमिका

- 70 अंक

- 30 अंक

- परिणाम-**1. आचार्य वाव्ययिणी के षड् भाव विकार का परिचय।  
2. औदुम्बरायण का शब्द अनित्यत्व मत खण्डन।  
3. कुत्स आचार्य का मन्त्र अनर्थकत्व खण्डन।  
4. आचार्य गार्ग्य का उपसर्गों का सार्थक बताना।

**निर्धारित पाठ्य ग्रन्थ-** निरुक्त (चन्द्रमणि-व्याख्यायुक्त संस्करण)  
**प्रकाशक-**हरयाणा साहित्य संस्थान, गुरुकुल झज्जर (हरयाणा)

**प्रश्नपत्र- ( 3 ) संस्कृत व्याकरण-I**

**Paper Code - BD-603**

(70+30=100)

**उद्देश्य-** 1. हलन्त शब्द रूप का बोध।

2. हलन्त शब्दरूप सिद्धि का ज्ञान।

3. अर्थापत्ति आदि अलंकारों का बोध।

4. वाचन एवं लेखन का ज्ञान।

प्रथम इकाई- नामिक-II (हलन्त शब्दरूप)

- 35 अंक

द्वितीय इकाई- काव्यदीपिका, अष्टमशिखा-III,

- 35 अंक

(प्रतिपमलंकार अलंकार से अर्थापत्ति अलंकार पर्यन्त)

तृतीय इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

**परिणाम-**1. हलन्त शब्दरूप परिचय।

2. हलन्त शब्दरूप गूढ़ सिद्धि।

3. प्रतिपमलंकार से अर्थापत्ति अलंकार पर्यन्त परिचय।

4. वाचन एवं लेखन परिचय।

**निर्धारित पाठ्यपुस्तक-** नामिकम् (महर्षि दयानन्द सरस्वतीकृत)

प्रकाशक- वैदिक पुस्तकालय, केसरगंज, अजमेर-305001, राजस्थान।

काव्यदीपिका (श्रीकान्तिचन्द्रभट्टाचार्यसङ्कलिता)

प्रकाशक- चौखम्बा, सुरभारती प्रकाशन, के. 37/117, गोपालमन्दिर लेन,

पो. बाक्स नं.- 1129, वाराणसी-221001

**प्रश्नपत्र- ( 4 ) संस्कृत व्याकरण-II**

**Paper Code - BD-604**

(70+30=100)

**उद्देश्य-** 1. अपत्य प्रकरण का बोध।

2. चातुरार्थिक प्रत्ययों का ज्ञान।

3. समासान्त प्रत्ययों का बोध।

4. मत्वर्थाय प्रकरण का ज्ञान।

**व्याकरण चन्द्रोदय- तद्धित प्रकरण**

प्रथम इकाई- (पृष्ठ संख्या-251 से 273)

- 14 अंक

द्वितीय इकाई- (पृष्ठ संख्या-274 से 295)

- 14 अंक

तृतीय इकाई- (पृष्ठ संख्या-296 से 317)

- 14 अंक

चतुर्थ इकाई- (पृष्ठ संख्या-318 से 339)

- 14 अंक

पञ्चम इकाई- (पृष्ठ संख्या-340 से 364)

- 14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

**परिणाम-**1. अपत्य प्रकरण बोध का विवरण।

2. चातुरार्थिक प्रत्यय परिचय।

3. सामासान्त परिचय।

4. मत्वर्थाय प्रकरण।

**निर्धारित पाठ्यपुस्तक-** व्याकरण चन्द्रोदय-द्वितीय खण्ड (श्री चारुदेव शास्त्री)

प्रकाशक- मोतीलाल बनारसीदास, बंगलो रोड, जवाहर नगर, दिल्ली-7, चौक,  
वाराणसी (उ. प्र.) एवं अशोक राजपथ, पटना, बिहार।

**प्रश्नपत्र- ( 5 ) संस्कृत साहित्य**

**Paper Code - BD-605**

(70+30=100)

**उद्देश्य-** 1. प्राण संबंधी देवासुर कथा का बोध।

2. 'अहं ब्रह्मास्मि' महा वाक्य का बोध।

3. याज्ञवल्क्य- मैत्रेयी संवाद का बोध।

4. जगत करणत्व एवं त्रैतवाद तथा शरीर रूपी नगरी का बोध।

**बृहदारण्यकोपनिषद्**

प्रथम इकाई- प्रथम अध्याय- प्राण सम्बन्धी देवासुर कथा, अहं ब्रह्मास्मि - 14 अंक

द्वितीय इकाई- द्वितीय अध्याय- याज्ञवल्क्य-मैत्रेयी संवाद - 14 अंक

तृतीय इकाई- पञ्चम अध्याय- सम्पूर्ण - 14 अंक

चतुर्थ इकाई- श्वेताश्वतर- 1-4 अध्याय - 14 अंक

पञ्चम इकाई- गीता- अष्टादशोऽध्याय (मोक्षसंन्यासयोग) - 14 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन - 30 अंक

**परिणाम-**1. प्राण संबंधी देवासुर कथा विवरण।

2. अहं ब्रह्मास्मि, वाक्य स्वरूप ज्ञान।

3. याज्ञवल्क्य मैत्रेयी संवाद।

4. नौ द्वार रूपी शरीर का वर्णन।

**निर्धारित पाठ्यपुस्तक-** उपनिषद्- एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार जी,

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता- श्रीमद्भगवद्गीता गीतामृत - दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

**सहायक ग्रन्थ-** उपनिषद् रहस्य- पण्डित भीमसेन शर्मा

**प्रश्नपत्र- ( 6 ) ENGLISH LITERATURE-6**

**Paper Code - BD-606**

(70+30=100)

### **Programme Objectives**

- Develop the students' abilities in grammar, oral skills, reading, writing and study skills
- Students will heighten their awareness of correct usage of English grammar in writing and speaking
- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students will give oral presentations and receive feedback on their performance
- Students will increase their reading speed and comprehension of academic articles
- Students will improve their reading fluency skills through extensive reading
- Students will enlarge their vocabulary by keeping a vocabulary journal
- Students will strengthen their ability to write academic papers, essays and summaries using the process approach.

S.NO.	Story Name	English Literature	Page No.
1	The Solitary Reaper	Poetry	1-3
2	Mercy (Poem)	Poetry	4-20
3	Sardar Ballabh-Bhai Patel	Prose	21-24
4	The Last Leaf	Poetry	25-32
5	P.P.Swami RamDev Ji	Prose	33-35
6	The Exemplary Characters of Mahabharat	Need to Added	36-38
7	The Exemplary Characters of Ramayan	Need to Added	39-42

### Course Specific Outcomes

- Produce words with right pronunciation
- Develop vocabulary and improve the accuracy in grammar
- Develop the confidence to speak in public
- Demonstrate positive group communication exchanges.
- Ability to speak and write clearly in standard, academic English

### प्रश्नपत्र- ( 7 ) पर्यावरण विज्ञान

Paper Code - BD-607

( 100 )

#### वैकल्पिक प्रश्न-पत्र

विषय : मनोविज्ञान,  
भारतीय ज्ञान परम्परा,  
धर्मशास्त्र,  
प्राचीन भारतीय इतिहास,  
अर्थशास्त्र,  
राजनीतिशास्त्र।



**पतंजलि विश्वविद्यालय**

**University of Patanjali**

**बी.ए. ( व्याकरणम् )**

**2019-2020**

# बी.ए. ( व्याकरणम् )

## उद्देश्य :

श्री वामनजयादित्यविरचित पाणिनीय अष्टाध्यायी सूत्रवृत्ति काशिका है। इसमें व्याकरण शास्त्र का सार संग्रह किया गया है, जो अन्यत्र वृत्ति भाष्यादि ग्रन्थों में विस्तृत रूप से था। इसके अध्यापन के निम्नलिखित उद्देश्य हैं -

- अष्टाध्यायी के सूत्रों का अर्थ उदाहरण, शब्दसिद्धि तथा सूत्रों में निर्दिष्ट पदों का विस्तृत विवेचनपूर्वक बोध कराना।
- व्याकरण शास्त्र के संस्कृत भाषा सम्बन्धि एवं दार्शनिक सिद्धान्तों से अवगत कराना।
- कात्यायन मुनि प्रणीत वार्तिकों की सप्रसंग अर्थ उदाहरण सहित व्याख्या का बोध करना।
- पाणिनिमुनि रचित गणपाठ एवं उसमें पठित गणसूत्रों तथा कारिकाओं का ज्ञान करना।
- महर्षि पतञ्जलि द्वारा भाष्य में निर्णीत सिद्धान्तों का बोध करना।
- शब्द शास्त्र का सम्पूर्णता से बोध करना

यतो हि -

“शब्दे ब्रह्मणि निष्णातः परं ब्रह्माधिगच्छति” इति

- वैदिक साहित्य एवं संस्कृत साहित्य के विविध ग्रन्थों का अध्ययन कराना। जिससे कि अपने वैदिक ग्रन्थों एवं संस्कृत साहित्य का परिचय प्राप्त हो सके।

## परिणाम-

1. अष्टाध्यायी के सूत्रों का अर्थ उदाहरण शब्द सिद्धि आदि एवं का व्याकरण के सिद्धान्तों के बोध से संस्कृत भाषा में निर्बाध रूप से गति करता है
2. संस्कृत भाषा के ज्ञान से संपूर्ण संस्कृत वाङ्मय को पढ़ने व समझने में समर्थ हो जाता है
3. दर्शन गीता उपनिषद् आदि के अध्ययन से वैदिक वाङ्मय के मूल सिद्धान्तों से अवगत हो जाता है
4. प्राकृतिक चिकित्सा, आयुर्वेद चिकित्सा, योग विज्ञान आदि भारतीय चिकित्सा पद्धतियों से अवगत हो जाता है



## बी. ए. (व्याकरण) कक्षाया: पाठ्यक्रम:

बी. ए. पाठ्यक्रम का उद्देश्य— इस पाठ्यक्रम का उद्देश्य विद्यार्थियों को व्याकरण, लौकिक साहित्य एवं वैदिक साहित्य का गहन परिचय कराना है।

### सामान्यनियमा:—

- बी. ए. (व्याकरण) त्रैवार्षिक पाठ्यक्रम है। बी. ए. प्रथम वर्ष, बी. ए. द्वितीय वर्ष, बी. ए. तृतीय वर्ष।
- प्रत्येक वर्ष में दो सत्र होंगे। अतः बी. ए. के पाठ्यक्रम में कुल ६ सत्र होंगे।
- प्रत्येक सत्र में ५ पत्र होंगे, अतः शास्त्री के पाठ्यक्रम में कुल ३० पत्र होंगे।
- प्रत्येक पत्र १०० अङ्क का होगा, इसमें ७० अंक बाह्य परीक्षा के व ३० अङ्क आन्तरिक मूल्याङ्कन के होंगे।
- आन्तरिक ३० अङ्कों में से १० अङ्क सत्र के मध्य ली जाने वाली लिखित परीक्षा के होंगे, १५ अङ्क शास्त्रस्मरण के होंगे व ५ अङ्क संस्कृत संभाषण व अनुशासन के होंगे।
- प्रत्येक सत्र की बाह्य परीक्षा का समय ३ घण्टे निर्धारित है।
- अध्ययन-अध्यापन एवं परीक्षा का माध्यम संस्कृत ही रहेगा।

★ विशेष— संस्कृत से अनभिज्ञ विद्यार्थियों के लिए शास्त्री से पूर्व एक वर्ष के सहायक पाठ्यक्रम का अध्ययन करना अथवा द्विवार्षिक डिप्लोमा (व्याकरण) करना अनिवार्य है। सम्पूर्ण जानकारी हेतु सहायक पाठ्यक्रम का अवलोकन करें।

*Examinated*

*me yue*

बी.ए. पाठ्यक्रमः( प्रथमसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-101	संस्कृतव्याकरणम् (क)	70	30
BV-102	संस्कृतव्याकरणम् (ख)	70	30
BV-103	संस्कृतसाहित्यम्	70	30
BV-104	वैदिकसाहित्यम्	70	30
BV-105	आङ्गलभाषा	70	30

बी.ए. पाठ्यक्रमः( द्वितीयसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-201	संस्कृतव्याकरणम् (क)	70	30
BV-202	संस्कृतव्याकरणम् (ख)	70	30
BV-203	संस्कृतसाहित्यम्	70	30
BV-204	वैदिकसाहित्यम्	70	30
BV-205	आङ्गलभाषा	70	30

बी.ए. पाठ्यक्रमः( तृतीयसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-301	संस्कृतव्याकरणम् (क)	70	30
BV-302	संस्कृतव्याकरणम् (ख)	70	30
BV-303	संस्कृतसाहित्यम्	70	30
BV-304	वैदिकसाहित्यम्	70	30
BV-305	आङ्गलभाषा	70	30

बी.ए. पाठ्यक्रमः( चतुर्थसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-401	संस्कृतव्याकरणम् (क)	70	30
BV-402	संस्कृतव्याकरणम् (ख)	70	30
BV-403	संस्कृतसाहित्यम्	70	30
BV-404	वैदिकसाहित्यम्	70	30
BV-405	आङ्गलभाषा	70	30

बी.ए. पाठ्यक्रमः( पञ्चसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-501	संस्कृतव्याकरणम् (क)	70	30
BV-502	संस्कृतव्याकरणम् (ख)	70	30
BV-503	संस्कृतसाहित्यम्	70	30
BV-504	वैदिकसाहित्यम्	70	30
BV-505	आङ्गलभाषा	70	30

बी.ए. पाठ्यक्रमः( षष्ठसत्रम् )

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्का	आन्तरिकाङ्का
BV-601	संस्कृतव्याकरणम् (क)	70	30
BV-602	संस्कृतव्याकरणम् (ख)	70	30
BV-603	संस्कृतसाहित्यम्	70	30
BV-604	वैदिकसाहित्यम्	70	30
BV-605	आङ्गलभाषा	70	30

**बी.ए. पाठ्यक्रमस्य प्रथमसत्रम्**  
**प्रथमपत्रम्- संस्कृतव्याकरणम् (१)**

**BV-101**

**उद्देश्य :**

- लौकिक एवं वैदिक शब्दों का अनुशासन, प्रत्याहार का बोध, व्याकरण के महत्व का बोध कराना।
- संज्ञा सूत्रों, परिभाषा सूत्रों और स्थानिवद् भाव, उदात्तादि का बोध कराना।
- अशिष्य प्रकरण, एकशेष प्रकरण का विद्यार्थी को बोध प्रदान करना।

**परिणाम:**

- प्रत्याहार के ज्ञान से विद्यार्थी प्रत्याहार निर्मित करने में सक्षम होता है।
- गुण, वृद्धि, टि, घु आदि संज्ञा जानने से विद्यार्थी अन्य शास्त्रों में त्वरित गति प्राप्त करता है।
- स्थानिवत्, कितवत्, डिद्वद् आदि के ज्ञान से विद्यार्थी की बुद्धि का सूक्ष्म रूप से विकास होता है।

# बी. ए. पाठ्यक्रमस्य प्रथमसत्रम् Code-BV 101

प्रथमपत्रम्- संस्कृतव्याकरणम् (१)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

१. काशिकावृत्तिः (प्रत्याहारसूत्रसहितः प्रथमाध्यायस्य प्रथमद्वितीयपादौ)-	७०
(क) सूत्रव्याख्यानम्	१५
(ख) पदकृत्यम्	१५
(ग) वार्तिकव्याख्यानम्	१५
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः / शङ्कासमाधानम्	१५

## सहायकग्रन्थाः-

१. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

२. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृतसंस्थान वाराणसी।

३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

*Latnam*



प्रश्नपत्रविषयका निर्देशाः Code-BV 101

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(व्याकरण- १)

१. काशिकातः-

- |   |    |
|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |

बी.ए. पाठ्यक्रमस्य प्रथमसत्रम्  
द्वितीयपत्रम्-संस्कृतव्याकरणम् (२)

BV-102

उद्देश्य :

- धातुसंज्ञा, परस्मैपद और आत्मनेपद संज्ञा का बोध कराना।
- नदी, घि, कारक आदि का विद्यार्थी को बोध कराना।
- अव्ययार्थ का बोध कराना।

परिणाम:

- परस्मैपद आत्मनेपद का बोध होने से विद्यार्थी शास्त्रों में उन्नत गति प्राप्त करता है।
- नदी, घि, विप्रतिषेध आदि को जानने से बुद्धि का सूक्ष्मीकरण होता है।
- अव्यय को जानने से उनके प्रयोग करने की कुशलता का विकास होता है।

## बी. ए. पाठ्यक्रमस्य प्रथमसत्रम्

Code-BV 102

## द्वितीयपत्रम्- संस्कृतव्याकरणम् (२)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

## १. काशिकावृत्तिः (प्रथमाध्यायस्य तृतीयचतुर्थपादौ)-

५०

(क) सूत्रव्याख्यानम्

१०

(ख) पदकृत्यम्

१०

(ग) वार्तिकव्याख्यानम्

१०

(घ) कारिकाव्याख्यानम्

१०

(ङ) शब्दसिद्धिः / शङ्कासमाधानम्

१०

## २. अव्ययार्थः -

२०

(क) शब्दार्थः

१०

(ख) वाक्यप्रयोगः

१०

## सहायकग्रन्थाः-

## १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

## २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृतसंस्थान वाराणसी।

## ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

## ४. अव्ययार्थः- श्रीमत्स्वामिदयानन्दसरस्वतीकृतव्याख्यासहितः

प्रकाशकः- वैदिकपुस्तकालयम्, अजमेरनगरम्, राजस्थानम्।

*Signature*  
*m y r*



## प्रश्नपत्रविषयका निर्देशाः

Code-BV 102

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(व्याकरण- २)

### १. काशिकातः—

- |  |    |
|--|----|
| १. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्।           | १० |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                        | १० |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                    | १० |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                      | १० |
| ५. प्रदत्तेषु चतुर्षु शब्दसिद्धिषु / शङ्कासु द्वयोः साधनम् / समाधानम्। | १० |

### २. अव्ययार्थतः—

- |  |    |
|--|----|
| १. विंशतेः शब्दानामर्थबोधनम्।                    | १० |
| २. दशानां शब्दानां प्रत्येकं वाक्यद्वये प्रयोगः। | १० |

**बी.ए. पाठ्यक्रमस्य प्रथमसत्रम्**  
**तृतीयपत्रम्- संस्कृतसाहित्यम्**

**BV-103**

**उद्देश्य :**

- कौटलीय अर्थशास्त्र का विद्यार्थी को बोध कराना।
- 'दूत वाक्यम्' के माध्यम से नान्दी, सूत्रधार और श्रीकृष्ण के शान्ति प्रस्ताव का बोध कराना।
- काव्य दीपिका में निहित काव्य लक्षण/काव्य स्वरूप का वर्णन।
- छन्दों का बोध कराना।

**परिणाम:**

- अर्थशास्त्र को जानने से व्यक्ति अर्थशास्त्र का ज्ञाता हो जाता है।
- दूतवाक्यम् के अध्ययन से दूत का आचरण/व्यवहार/मर्यादा का सरलता से बोध होता है।
- काव्यदीपिका अध्ययन से काव्य शास्त्र में प्रगति होती है।
- छन्द के अध्ययन से साहित्य में त्वरित गति होती है।

# बी. ए. पाठ्यक्रमस्य प्रथमसत्रम् Code-BV 103

## तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(१) गद्यम्- (अर्थशास्त्रान्तर्गतं विनयाधिकरणम् व्यसनाधिकरणम्)-	१५
(क) गद्यसाहित्योद्भवपरिचयौ / गद्यकृत्परिचयः	०५
(ख) शब्दार्थः, शब्दालङ्कारः वाक्यान्वयः, अर्थालङ्कारः / व्यसनविषयकप्रश्नाः	१०
(२) नाटकम्- (भासविरचितं दूतवाक्यम्)	३०
(क) नाटकोद्भवः/ कविपरिचयः	१०
(ख) पात्रपरिचयः/ श्लोकव्याख्या	१०
(ग) चरित्रचित्रणम्/ अङ्गसारः	१०
(३) काव्यशास्त्रम्- (काव्यदीपिका शिखा १-२)	२०
(क) काव्यशास्त्रोद्भवसामान्यपरिचयः	१०
(ख) काव्यप्रयोजनलक्षणे, शक्तिस्वरूपनिरूपणम्	१०
(४) पञ्च छन्दांसि-	५

छन्द- (अनुष्टुप, आर्या, इन्द्रवज्रा, उपेन्द्रवज्र, उपजाति, वंशस्थ, मालिनी, शालिनी, शार्दूलविक्रीडित, पञ्चचाक्षर, द्रुत-विलम्बित, दोधक, तोटक, भुजङ्गप्रयात, शिखरिणी)

सहायकग्रन्थाः-

१. कौटलीय अर्थशास्त्र- उदयवीर शास्त्री (व्याख्याकार)

प्रकाशकः- मेहरचन्द लक्ष्मनदास पब्लिकेशंस नई दिल्ली।

२. भासनाटकचक्रम्- महाकविभासविरचितम्

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

४. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

५. वृत्तरत्नाकार-

**बी.ए.पाठ्यक्रमस्य प्रथमसत्रम्  
चतुर्थपत्रम्-वैदिकसाहित्यम्**

**BV-104**

**उद्देश्य :**

- वेदस्थ विभिन्न सूक्तों का विद्यार्थियों को बोध कराना।
- योग का स्वरूप, क्लिष्टाक्लिष्ट, अभ्यास वैराग्य आदि का बोध कराना।
- उपनिषद् और गीता के माध्यम से वैदिक वाङ्मय का परिचय कराना।

**परिणाम:**

- विभिन्न सूक्तों को जानने से वेदज्ञान के प्रति त्वरित गति होती है।
- क्लिष्टाक्लिष्ट, अभ्यास-वैराग्य, सम्प्रज्ञात-असम्प्रज्ञात आदि के अध्ययन से जीवन को उन्नत दिशा मिलती है।
- वैदिक वाङ्मय के बोध होने से पाचीन ग्रन्थों के प्रति लगाव उत्पन्न होता है अर्थात् उनके प्रति अध्ययनशीलता बढ़ती है।

# बी. ए. पाठ्यक्रमस्य प्रथमसत्रम्

Code-BV 104

## चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः - ७०

आन्तरिकमूल्याङ्कनाङ्कः - ३०

समयः - होरात्रयम्

(१) वेदः- (ऋग्वेदः इन्द्रसूक्तम् २.१२, ज्ञानसूक्तम् १०.७१)-	१५
(क) मन्त्रकण्ठस्थीकरणम्	०५
(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्	१०
(२) दर्शनम्- (योगदर्शनम्- प्रथमद्वितीयपादौ)	२०
(क) सूत्रकण्ठस्थीकरणम्	०५
(ख) सूत्रार्थबोधनम्	०५
(ग) समाधिसाधनविषयकप्रश्नाः	१०
(३) उपनिषद्- (ईशोपनिषद्)	१५
(क) कण्ठस्थीकरणम्	०५
(ख) विषयात्मकप्रश्नाः	१०
(४) अन्यधार्मिकग्रन्थाः- (गीता- अध्यायः ३ )	२०
(क) श्लोककण्ठस्थीकरणम्	१०
(ख) पदपदार्थज्ञापनम्	१०

### सहायकग्रन्थाः-

१. ऋग्वेदः- व्याख्याकारः डा० जियालाल कम्बोज

प्रकाशकः- १. विद्यानिधि प्रकाशन, दिल्ली

२. योगदर्शनम्

प्रकाशकः- दिव्यप्रकाशनम्, दिव्ययोगमन्दिर ट्रस्ट पतञ्जलि योगपीठ।

३. ईशादि नौ उपनिषद्

प्रकाशकः- गीताप्रेस गोरखपुर।

४. श्रीमद्भगवद्गीतामृत

प्रकाशकः- दिव्यप्रकाशनम्, दिव्ययोगमन्दिर ट्रस्ट पतञ्जलि योगपीठ।

## प्रश्नपत्रविषयका निर्देशाः

Code-BV 104

(वैदिकसाहित्यम्)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

वेदतः

- |  |    |
|--|----|
| १. उपर्युक्तसूक्तेषु स्मृताः केचन पञ्च मन्त्रा लेखनीयाः ।    | ०५ |
| २. चतुर्णां मन्त्राणां शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम् । | १० |

दर्शनतः

- |   |    |
|---|----|
| १. पृष्टात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि । | ०५ |
| २. पृष्टानां पञ्चानां सूत्राणामर्था बोधनीयाः ।    | ०५ |
| ३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम् ।           | १० |

उपनिषत्तः

- |   |    |
|---|----|
| १. पृष्टानां पञ्चानां मन्त्राणां पूर्तिः करणीया ।         | ०५ |
| २. पृष्टेषु चतुर्षु द्वयोः विषयात्मकप्रश्नानां समाधानम् । | १० |

गीतातः

- |  |    |
|--|----|
| १. पञ्चानां श्लोकानां पूर्तिः करणीया ।                         | १० |
| २. पृष्टानां पञ्चानां श्लोकानां पदच्छेदविभक्तिसमासा लेखनीयाः । | १० |

बी.ए. ऑनर्स-संस्कृतव्याकरणम्  
प्रथमसत्रम्

पञ्चमपत्रम्- English Communication-I

BV-105

**Semester – I**

S.NO.	Story Name	English Literature	Page No.
1	A Grain as big as a hen's Egg	Prose	1-2
2	Atal Bihari Vajpayee	Prose	3-7
3	Dr. B.R. Ambedkar	Prose	8-9
4	For the greater God	Prose	10-12
5	Louis Braille	Prose	13-15
6	One and Quarter Kilo of Wheat	Prose	16-21
7	How Much Land does a man need	Prose	22-35
8	Mending Wall	Poetry	36

**बी.ए.पाठ्यक्रमस्य प्रथमसत्रम्**  
**वैकल्पिकप्रश्नपत्राणि**

**BV-106**

**उद्देश्य :**

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

**परिणाम:**

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है।

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समय:- होरात्रयम्

**विषया: —**

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय-इतिहासः।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

**सामान्यनिर्देशाः —**

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पिकविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।



बी.ए. पाठ्यक्रमस्य द्वितीयसत्रम्  
प्रथमपत्रम्- संस्कृतव्याकरणम् ( ३ )

BV -201

उद्देश्य :

- अव्ययीभाव, तत्पुरुष, द्विगु, द्वन्द्व, बहुव्रीहि समास का ज्ञान।
- समास में निर्दिष्ट पदों का प्रयोग नियम।

परिणाम:

- भाषा प्रयुक्त समासान्त पदों के बोध से अर्थ बोध सुगमता से होता है।
- समास होने से एकविभक्ति, एकपद तथा एकस्वर हो जाता है।

## बी. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

Code-BV 201

### प्रथमपत्रम्- संस्कृतव्याकरणम् (३)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

१. काशिकावृत्तिः (द्वितीयाध्यायस्य प्रथमद्वितीयपादौ)-	५०
(क) सूत्रव्याख्यानम्	१०
(ख) पदकृत्यम्	१०
(ग) वार्तिकव्याख्यानम्	१०
(घ) शब्दसिद्धिः	१०
(ङ) शङ्का समाधानम्	१०
२. नामिकम् -	२०
(क) शब्दरूपलेखनम्।	१०
(ख) शब्दसिद्धिः।	१०

### सहायकग्रन्थाः-

१. काशिकावृत्तिः- श्री वामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

२. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

४. नामिकम्- महर्षिदयानन्द सरस्वती

प्रकाशकः- वैदिक पुस्तकालयम्, अजमेरम्, राजस्थानम्।

प्रश्नपत्रविषयका निर्देशाः Code-BV 201

(व्याकरण - ३)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समय:- होरात्रयम्

काशिकातः

५०

१. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्।

१०

२. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।

१०

३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।

१०

४. प्रदत्तेषु चतुर्षु शब्देषु द्वयोः शब्दसिद्धिः।

१०

५. प्रदत्तासु चतसृषु शङ्कासु द्वयोः समाधानम्।

१०

नामिकतः -

१. पृष्ठेषु पञ्चसु चतुर्णां शब्दानां रूपलेखनम्।

१०

२. पृष्ठेषु पञ्चसु चतुर्णां मुख्यसूत्रसहिता संक्षेपतः शब्दसिद्धिः।

१०

बी.ए. पाठ्यक्रमस्य द्वितीयसत्रम्  
द्वितीयपत्रम्- संस्कृतव्याकरणम् ( ४ )

BV-202

उद्देश्य :

- कारक विभक्ति एवं उपपद विभक्तियों का बोध।
- समास में एकवद् भाव एवं लिङ्ग बोध।
- आर्धधातुकविषयक कार्यों का ज्ञान।

परिणामः

- संस्कृतभाषा के लेखन, सम्भाषण एवं अर्थ बोध में कुशलता प्राप्त होगी।
- भाषा में प्रयुक्त तिङन्त एवं सुबन्त पदों का अर्थसहित बोध।
- स्वर विषयक ज्ञान में समर्थ होते हैं।

## बी. ए. पाठ्यक्रमस्य द्वितीयसत्रम् Code-BV 202

### द्वितीयपत्रम्- संस्कृतव्याकरणम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(व्याकरण-४)

- |  |    |
|--|----|
| १. काशिकावृत्तिः (द्वितीयाध्यायस्य तृतीयचतुर्थपादौ)- | ५० |
| (क) सूत्रव्याख्यानम्                                 | १० |
| (ख) पदकृत्यम्  | १० |
| (ग) वार्तिकव्याख्यानम्                               | १० |
| (घ) शब्दसिद्धिः                                      | १० |
| (ङ) शङ्का समाधानम्                                   | १० |
| २. पारिभाषिकः -                                      | २० |

### सहायकग्रन्थाः-

१. काशिकावृत्तिः- श्री वामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

२. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरियाणा साहित्य संस्थान, गुरुकुल झज्जर हरियाणा।

४. पारिभाषिकः - व्याख्याकारः- आचार्यः प्रद्युम्नः

प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।

प्रश्नपत्रविषयका निर्देशाः Code-BV 202

(व्याकरण - ४)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः - ७०

आन्तरिकमूल्याङ्कनाङ्काः - ३०

समयः - होरात्रयम्

काशिकातः

- |  |    |
|--|----|
| १. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्। | १० |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।              | १० |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।          | १० |
| ४. प्रदत्तेषु चतुर्षु शब्देषु द्वयोः शब्दसिद्धिः।            | १० |
| ५. प्रदत्तासु चतसृषु शङ्कासु द्वयोः समाधानम्।                | १० |

पारिभाषिकतः

- |  |    |
|--|----|
| १. पृष्ठासु षट्सु परिभाषासु चतस्रः परिभाषाः अवतरणसहिताः व्याख्येयाः। | २० |
|--|----|

**बी.ए. पाठ्यक्रमस्य द्वितीयसत्रम्**  
**प्रथमपत्रम्- संस्कृतसाहित्यम्**

**BV-203**

**उद्देश्य :**

- कादम्बरीस्थ शुकनासोपदेश, राज्यश्री का बोध कराना।
- भीम-दुर्योधन का युद्ध और श्रीकृष्ण-पाण्डवों की मंत्रणा का बोध कराना।
- काव्यध्वनि रस का सरलता से बोध कराना।
- आयुर्वेद में वर्णित स्वस्थवृत्त का बोध कराना।

**परिणाम:**

- राज्यश्री के लाभ और उसके मद से होने वाली हानियों को जानने से जीवन में सजगता आती है।
- भीम-दुर्योधन के युद्ध के अध्ययन से राजनीति का बोध होता है।
- काव्यशास्त्र अध्ययन से साहित्यगत रुचि में विकास होता है।
- स्वस्थवृत्त के अध्ययन से विद्यार्थियों में व्यावहारिक कुशलता का विकास होता है।

## बी. ए. पाठ्यक्रमस्य द्वितीयसत्रम् Code-BV 203

### तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्कः - १००  
बाह्यमूल्याङ्कनाङ्कः- ७०  
आन्तरिकमूल्याङ्कनाङ्कः- ३०  
समयः- होरात्रयम्

(१) गद्यम्- (कादम्बरीतः शुकनासोपदेशः)-	२०
(क) कविपरिचयः	०५
(ख) गद्यत्रयां कादम्बर्याः स्थानम्/ गद्यव्याख्यानम्	१०
(ग) कथासारः/ काव्यगतविशेषताः	०५
(२) नाटकम्- (भासविरचितं उरुभङ्गम्)	२०
(क) पात्रपरिचयः/ कविपरिचयः	०५
(ख) श्लोकव्याख्या/ गद्यव्याख्या	१०
(ग) चरित्रचित्रणम्/ अङ्कसारः	०५
(३) काव्यशास्त्रम्- (काव्यदीपिका शिखा ३)	१५
(क) काव्यध्वनिरसभेदाः	१५
(४) आयुर्वेदः- (चरकसंहिता सूत्रस्थानस्याष्टमोऽध्यायस्य स्वस्थवृत्तम्)	१५
(क) गद्यव्याख्या	०५
(ख) विषयगतप्रश्नाः	१०

### सहायकग्रन्थाः-

१. शुकनासोपदेशः- व्याख्याकारः रामनरेश झा

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

२. भासनाटकचक्रम्- महाकविभासविरचितम्

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

३. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

४. चरकसंहिता- महर्षिचरकप्रतिसंस्कृता

प्रकाशकः- राष्ट्रियसंस्कृतसंस्थानम्, जनकपुरी, नई दिल्ली।



**बी.ए. पाठ्यक्रमस्य द्वितीयसत्रम्  
चतुर्थपत्रम्- वैदिकसाहित्यम्**

**BV-204**

**उद्देश्य :**

- वेदस्थ वागाम्भृणी और नासदीय सूक्त का बोध कराना।
- योगदर्शनस्थ, विभिन्न विभूतियों एवं कैवल्य का बोध।
- उपनिषद् और गीता आदि धार्मिक ग्रन्थों का बोध।

**परिणाम:**

- वागाम्भृणी और नासदीय सूक्त के अध्ययन से विद्यार्थी प्राचीन ज्ञान परम्परा को अङ्गीकृत करता है।
- योगदर्शन अध्ययन से अणिमा, महिमा, परचित्तज्ञान आदि विभूति और कैवल्य के प्रति रुचि का विकास होता है।
- केनोपनिषद् के अध्ययन से भगवत्सत्ता का अनुभव होता है।
- श्रीमद्भगवद्गीता के अध्ययन से विद्यार्थियों में विशुद्ध भक्ति भाव का जागरण होता है।

# बी. ए. पाठ्यक्रमस्य द्वितीयसत्रम् Code-BV 204

चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(१) वेदः- (ऋग्वेदः वागाम्भृणी १०.१२५,

भाववृत्तम्/नासदीयम् १०.१२९,-

२०

(क) मन्त्रकण्ठस्थीकरणम्

०५

(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्

१०

(ग) ऋषिदेवताछन्दोज्ञापनम्

०५

(२) दर्शनम्- (योगदर्शनम्- तृतीयचतुर्थपादौ)

१५

(क) सूत्रकण्ठस्थीकरणम्

०५

(ख) सूत्रार्थबोधनम्

०५

(ग) विषयात्मकप्रश्नाः

०५

(३) उपनिषद्- (केनोपनिषद्)

२०

(क) कण्ठस्थीकरणम्

१०

(ख) विषयात्मकप्रश्नाः

१०

(४) अन्यधार्मिकग्रन्थाः- (गीता- अध्यायः १२)

१५

(क) श्लोककण्ठस्थीकरणम्

०५

(ख) पदपदार्थज्ञापनम्

१०

**सहायकग्रन्थाः—**

१. ऋग्वेदः— व्याख्याकारः डा० जियालाल कम्बोज

प्रकाशकः— १. विद्यानिधि प्रकाशन, दिल्ली

२. योगदर्शनम्

प्रकाशकः— दिव्यप्रकाशनम्, दिव्ययोगमन्दिर ट्रस्ट पतञ्जलि योगपीठ ।

३. ईशादि नौ उपनिषद्

प्रकाशकः— गीताप्रेस गोरखपुर ।

४. श्रीमद्भगवद्गीतामृत

प्रकाशकः— दिव्यप्रकाशनम्, दिव्ययोगमन्दिर ट्रस्ट पतञ्जलि योगपीठ ।

**Code-BV 204**

**प्रश्नपत्रविषयका निर्देशाः**

**वेदतः**

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| १. उपर्युक्तसूक्तेषु स्मृताः केचन पञ्च मन्त्रा लेखनीयाः ।        | ०५ |
| २. चतुर्णां मन्त्राणां शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम् ।     | १० |
| ३. पृष्ठानां पञ्चानां मन्त्राणाम् ऋषिदेवताछन्दांसि ज्ञापनीयानि । | ०५ |

**दर्शनतः**

- |   |    |
|---|----|
| १. पृष्ठात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि । | ०५ |
| २. पृष्ठानां पञ्चानां सूत्राणामर्था बोधनीयाः ।    | ०५ |
| ३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम् ।           | ०५ |

**उपनिषत्तः**

- |  |    |
|--|----|
| १. पृष्ठेषु सप्तसु पञ्चानां मन्त्राणां पूर्तिः करणीया ।    | १० |
| २. पृष्ठेषु पञ्चसु चतुर्णां विषयात्मकप्रश्नानां समाधानम् । | १० |

**गीतातः**

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|--|----|
| १. पृष्ठेषु त्रिषु द्वयोः श्लोकानां पूर्तिः करणीया ।           | ०५ |
| २. पृष्ठानां पञ्चानां श्लोकानां पदच्छेदविभक्तिसमासा लेखनीयाः । | १० |

बी.ए. ऑनर्स-संस्कृतव्याकरणम्  
द्वितीयसत्रम्

पञ्चमपत्रम्- English Communication-II

**BV-205**

**Semester – II**

S.NO.	Story Name	English Literature	Page No.
1	The Wheel of Creation	Prose	1
2	Game of Tip Cat	Prose	2-6
3	If I Were You	Prose	7-11
4	The Missing Mail	Prose	12-16
5	Maharishi Patanjali	Prose	17-23
6	A Tiger in the house	Prose	24-26
7	Two Bullocks	Prose	27-32
8	Where the mind is without fear		

**बी.ए. पाठ्यक्रमस्य द्वितीयसत्रम्**  
**वैकल्पिकप्रश्नपत्राणि**

**BV -206**

**उद्देश्य :**

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

**परिणाम:**

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है

बी. ए. पाठ्यक्रमस्य द्वितीयसत्रम् Code-BV 206

वैकल्पिकप्रश्नपत्राणि

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

विषयाः -

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय-इतिहासः।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

सामान्यनिर्देशाः -

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पिकविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।

बी.ए.पाठ्यक्रमस्य तृतीयसत्रम्  
प्रथमपत्रम्-संस्कृतव्याकरणम् ( ५ )

BV -301

उद्देश्य :

- प्रत्यय, कृत्, कृत्य, उपपदादि संज्ञाओं का बोध।
- धातुओं से विहित कृत्, कृत्य प्रत्ययों का ज्ञान।

परिणाम:

- भाषा में प्रयुक्त कृदन्त शब्दों के ज्ञान होने से भाषा में निपुण हो जाता है।
- संस्कृत में प्रयुक्त शब्दों के अर्थ को समझने में सरलता आ जाती है।

## बी. ए. पाठ्यक्रमस्य तृतीयसत्रम् Code-BV 301

### प्रथमपत्रम्- संस्कृतव्याकरणम् (५)

पूर्णाङ्कः - १००  
बाह्यमूल्याङ्कनाङ्कः - ७०  
आन्तरिकमूल्याङ्कनाङ्कः - ३०  
समयः - होरात्रयम्

#### १. काशिकावृत्तिः (तृतीयाध्यायस्य प्रथमद्वितीयपादौ) -

(क) सूत्रव्याख्यानम्	१५
(ख) पदकृत्यम्	१५
(ग) वार्तिकव्याख्यानम्	१५
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः/ शङ्कासमाधानम्	१५

#### सहायकग्रन्थाः-

##### १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

##### २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

##### ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

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## प्रश्नपत्रविषयका निर्देशाः Code-BV 301

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः:- ७०

आन्तरिकमूल्याङ्कनाङ्काः:- ३०

समय:- होरात्रयम्

(व्याकरण- ५)

### १. काशिकातः:-

- |   |    |
|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |

बी.ए.पाठ्यक्रमस्य तृतीयसत्रम्  
द्वितीयपत्रम्-संस्कृतव्याकरणम् ( ६ )

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उद्देश्य :

- उणादि किस काल में होते हैं, इसका ज्ञान करना।
- धातुओं से विहित कृत् एवं तिङ्प्रत्ययों के कारकों का बोध।

परिणाम:

- भाषा में प्रयुक्त तिङन्त एवं कृदन्त शब्दों का ज्ञान होता है।
- भाषा के लेखन, सम्भाषण एवं अध्ययन में निपुणता प्राप्त होती है।
- संस्कृत भाषा में निहित अन्य शास्त्रों के अध्ययन में लाभ मिलता है।

## बी. ए. पाठ्यक्रमस्य तृतीयसत्रम् Code-BV 302

### द्वितीयपत्रम्- संस्कृतव्याकरणम् (६)

पूर्णाङ्काः - १००  
बाह्यमूल्याङ्कनाङ्काः- ७०  
आन्तरिकमूल्याङ्कनाङ्काः- ३०  
समयः- होरात्रयम्

१ . काशिकावृत्तिः (तृतीयाध्यायस्य तृतीयचतुर्थपादौ) -	५०
(क) सूत्रव्याख्यानम्	१०
(ख) पदकृत्यम्	१०
(ग) वार्तिकव्याख्यानम्	१०
(घ) शब्दसिद्धिः	१०
(ङ) शङ्कासमाधानम्	१०
२ . उणादिकोषः -	२०
(क) अर्थोदाहरणे	१०
(ख) शब्दव्युत्पत्तयः	१०

### सहायकग्रन्थाः-

#### १ . काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १ . रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा ।

२ . श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९ ।

३ . तारा बुक एजेंसी, वाराणसी ।

#### २ . वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी ।

#### ३ . व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरियाणा साहित्य संस्थान, गुरुकुल झज्जर हरियाणा ।

#### ४ . उणादिकोषः - श्रीमत्स्वामिदयानन्दसरस्वतीकृतव्याख्यासहितः ।

प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा ।

## प्रश्नपत्रविषयका निर्देशाः

Code-BV 302

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(व्याकरण- ६)

### १. काशिकातः-

- |  |    |
|--|----|
| १. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्। | १० |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।              | १० |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।          | १० |
| ४. प्रदत्तेषु चतुर्षु शब्देषु द्वयोः सिद्धिः।                | १० |
| ५. प्रदत्तेषु चतसृषु शङ्कासु द्वयोः समाधानम्।                | १० |

### २. उणादिकोषतः

- |   |    |
|---|----|
| ७. पृष्ठानां पञ्चानां सूत्राणाम् अर्थोदाहरणानि। | १० |
| ८. पृष्ठेषु सप्तसु पञ्चानां शब्दानां सिद्धयः।   | १० |

बी.ए. पाठ्यक्रमस्य तृतीयसत्रम्  
तृतीयपत्रम्-संस्कृतसाहित्यम्

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उद्देश्य :

- सौन्दरानन्द के माध्यम से वैराग्य का बोध कराना।
- शिवराज विजय के माध्यम से छत्रपति शिवाजी की ऐतिहासिक विजय का बोध कराना।
- काव्यदीपिका का बोध कराना।

परिणाम:

- सौन्दरानन्द के अध्ययन से विद्यार्थी वैराग्य से भलो-भाँति परिचित होता है।
- शिवराज विजय के अध्ययन से विद्यार्थी हमारे अपने इतिहास को सम्यग् ज्ञान पाता है।
- काव्यशास्त्र अध्ययन से विद्यार्थी की शास्त्र, साहित्यगत रुचि का विकास होता है।

## बी. ए. पाठ्यक्रमस्य तृतीयसत्रम् Code-BV 303

### तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(१) सौन्दरानन्दम् चतुर्दशः सर्गः (२१-५२ श्लोकाः)	२०
(क) पदार्थः, अन्वयार्थः / छन्दः, अलङ्कारः, रसः, व्यङ्ग्यार्थः	१०
(ख) व्याकरणात्मकप्रश्नः	१०
(कारकः/ समासः/ विभक्तिः/ अव्ययम्/ शब्दव्युत्पत्तिः)	
(३) ऐतिहासिककाव्यम्- (शिवराजविजयम्	
प्रथमविरामस्य प्रथमो निश्वासः)	२५
(क) गद्यकारपरिचयः / गद्यव्याख्या	१०
(ख) काव्यसौन्दर्यम्	१०
(ग) निःश्वाससारः	०५
(४) काव्यशास्त्रम्- (काव्यदीपिका शिखा ४)	२५
(क) विषयगतप्रश्नाः	२५

### सहायकग्रन्थाः-

१. रामायणम्- (सौन्दरानन्दम् चतुर्दशः सर्गः )

प्रकाशकः- गीताप्रेस गोरखपुर ।

२. शिवराजविजयम्- महाकविः श्रीमदम्बिकादत्तव्यासप्रणीतम्

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली ।

३. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली ।

**बी.ए.पाठ्यक्रमस्य तृतीयसत्रम्  
चतुर्थपत्रम्-वैदिकसाहित्यम्**

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**उद्देश्य :**

- यजुर्वेद में वर्णित 'पुरुष सूक्त' का बोध कराना।
- सांख्यदर्शनस्थ पदार्थ निरूपण, जीवन चक्र आदि का बोध कराना।
- उपनिषद् और गीता के माध्यम से प्राचीन एवं वैज्ञानिक धार्मिक ग्रन्थों का बोध कराना।

**परिणाम:**

- 'पुरुष सूक्त' के अध्ययन से व्यक्ति के विराट् व्यक्तित्व का बोध होता है।
- सांख्यदर्शन के अध्ययन से सृष्टिचक्र और ईश्वरीय तत्व के पदार्थ बोध से जीवन को नई दिशा प्राप्त होती है।
- उपनिषद् और गीता आदि अध्ययन से प्राचीन धार्मिक ग्रन्थों का सरलता से ज्ञान होता है।

## बी. ए. पाठ्यक्रमस्य तृतीयसत्रम् Code-BV 304

### चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(१) वेदः- (यजुर्वेदः अध्यायः ३१)	१५
(क) मन्त्रकण्ठस्थीकरणम्	०५
(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्	०५
(ग) ऋषिदेवताछन्दोज्ञापनम्	०५
(२) दर्शनम्- सांख्यदर्शनम् (प्रथमोऽध्यायः)	२०
(क) सूत्रकण्ठस्थीकरणम्	०५
(ख) सूत्रार्थबोधनम्	०५
(ग) विषयात्मकप्रश्नाः	१०
(३) उपनिषद्- (कठोपनिषद्)	२०
(क) कण्ठस्थीकरणम्	१०
(ख) विषयात्मकप्रश्नाः	१०
(४) अन्यधार्मिकग्रन्थाः-	
(गीता- अध्यायः- १५)	१५
(क) श्लोककण्ठस्थीकरणम्	०५
(ख) पदपदार्थज्ञापनम्	१०



**सहायकग्रन्थाः—**

१. यजुर्वेदः— व्याख्याकारः महर्षि दयानन्द सरस्वती  
प्रकाशकः— १. वैदिक पुस्तकालय, अजमेर राजस्थान ।
२. सांख्यदर्शनम्  
प्रकाशकः— आर्ष शोध संस्थान, आलियाबाद, आन्ध्रप्रदेश ।
३. ईशादि नौ उपनिषद्  
प्रकाशकः— गीताप्रेस गोरखपुर ।
४. श्रीमद्भगवद्गीतामृत  
प्रकाशक : — दिव्यप्रकाशनम्, दिव्ययोगमन्दिर ट्रस्ट, पतंजलि योगपीठ ।

प्रश्नपत्रविषयका निर्देशाः Code-BV 304

(वैदिक साहित्यम्)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्काङ्काः- ७०

आन्तरिकमूल्याङ्काङ्काः- ३०

समयः- होरात्रयम्

वेदतः -

- |   |    |
|---|----|
| १. उपर्युक्तसूक्तेषु स्मृताः केचन पञ्च मन्त्रा लेखनीयाः।        | ०५ |
| २. द्वयोर्मन्त्रयोः शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्।        | ०५ |
| ३. पृष्ठानां पञ्चानां मन्त्राणाम् ऋषिदेवताछन्दांसि ज्ञापनीयानि। | ०५ |

सांख्यदर्शनतः -

- |  |    |
|--|----|
| १. पृष्ठात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि। | ०५ |
| २. पृष्ठानां पञ्चानां सूत्राणामर्थाः बोधनीयाः।   | ०५ |
| ३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम्।           | १० |

उपनिषत्तः -

- |   |    |
|---|----|
| १. पृष्ठेषु सप्तसु पञ्चानां मन्त्राणां पूर्तिः।           | १० |
| २. पृष्ठेषु पञ्चसु चतुर्णां विषयात्मकप्रश्नानां समाधानम्। | १० |

गीतातः -

- |   |    |
|---|----|
| १. पृष्ठेषु सप्तसु पञ्चानां श्लोकानां पूर्तिः।                    | ०५ |
| २. पृष्ठेषु त्रिषु द्वयोः श्लोकानां पदच्छेदविभक्तिसमासा लेखनीयाः। | १० |

बी.ए. ऑनर्स-संस्कृतव्याकरणम्  
तृतीयसत्रम्

पञ्चमपत्रम्- English Communication-III

BV-305

**Semester – III**

S.NO.	Story Name	English Literature	Page No.
1	The Coffee House of Surat	Prose	11-14
2	Salvation Sadgati	Prose	15-18
3	The Little Orphan	Prose	19-21
4	Walt Disney	Prose	22-24
5	Night of the Scorpion	Poetry	25-26
6	Maharishi Panini	Prose	27
7	Brahma (Poetry)	Poetry	28

बी.ए.पाठ्यक्रमस्य तृतीयसत्रम्  
वैकल्पिकप्रश्नपत्रम्  
मनोविज्ञानम्

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उद्देश्य :

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

परिणाम:

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है।

## बी. ए. पाठ्यक्रमस्य तृतीयसत्रम् Code-BV 306

### वैकल्पिकप्रश्नपत्राणि

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

#### विषयाः -

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय इतिहास।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

#### सामान्यनिर्देशाः -

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।

**बी.ए.पाठ्यक्रमस्य चतुर्थसत्रम्**  
**प्रथमपत्रम्-संस्कृतव्याकरणम्**

**BV -401**

**उद्देश्य :**

- स्वादि स्त्रीप्रत्यय व तद्धित प्रत्ययों का बोध।
- तद्धित के अधिकार में अपत्यार्थ, चातुरर्थिक, शैषिकाधिक आदि अन्य प्रत्ययों का बोध।

**परिणाम:**

- तद्धित प्रत्यय व उनकी प्रकृति के ज्ञान में समर्थ होते हैं।
- तद्धित के अधिकार में अपत्यार्थ, चातुरर्थिकादि प्रत्ययों के ज्ञान में समर्थ होते हैं।
- स्त्री प्रत्ययों के ज्ञान में समर्थ होते हैं।

## बी. ए. पाठ्यक्रमस्य चतुर्थसत्रम् Code-BV 401

### प्रथमपत्रम्- संस्कृतव्याकरणम् (७)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः-७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

### १. काशिकावृत्तिः (चतुर्थोऽध्यायः)-

७०

(क) सूत्रव्याख्यानम्

१५

(ख) पदकृत्यम्

१५

(ग) वार्तिकव्याख्यानम्

१५

(घ) कारिकाव्याख्यानम्

१०

(ङ) शब्दसिद्धिः/ शङ्कसमाधानम्

१५

### सहायकग्रन्थाः-

#### १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

#### २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

#### ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

*Zaidunm/ed:*

प्रश्नपत्रविषयका निर्देशाः Code-BV 401

(व्याकरण- ७)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

१. काशिकातः—

- |   |    |
|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |



बी.ए.पाठ्यक्रमस्य चतुर्थसत्रम्  
द्वितीयपत्रम्-संस्कृतव्याकरणम्

BV -402

उद्देश्य :

- अर्हति, हितार्थ, मतुबादि अर्थों में विहित तद्धित प्रत्ययों का बोध।
- तद्धितार्थ अव्ययशब्दों का ज्ञान।
- समासान्त प्रत्ययों का बोध।

परिणाम:

- भाषा में प्रयुक्त तद्धितार्थ शब्दों का सम्पूर्णता बोध।
- भाषाविषयक ज्ञान में वृद्धि।

## बी. ए. पाठ्यक्रमस्य चतुर्थसत्रम् Code-BV 402

### द्वितीयपत्रम्- संस्कृतव्याकरणम् (८)

पूर्णाङ्कः - १००  
बाह्यमूल्याङ्कनाङ्कः- ७०  
आन्तरिकमूल्याङ्कनाङ्कः- ३०  
समयः- होरात्रयम्

१ . काशिकावृत्तिः (पञ्चमोऽध्यायः)-	७०
(क) सूत्रव्याख्यानम्	१५
(ख) पदकृत्यम्	१५
(ग) वार्तिकव्याख्यानम्	१५
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः / शङ्कासमाधानम्	१५

### सहायकग्रन्थाः-

#### १ . काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

- प्रकाशकः- १ . रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा ।  
२ . श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९ ।  
३ . तारा बुक एजेंसी, वाराणसी ।

#### २ . वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी ।

#### ३ . व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा ।

## प्रश्नपत्रविषयका निर्देशाः Code-BV 402

(व्याकरण- ८)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समय:- होरात्रयम्

### १. काशिकातः-

- |   |    |
|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |

बी.ए. पाठ्यक्रमस्य चतुर्थसत्रम्  
तृतीयपत्रम्-संस्कृतसाहित्यम्

BV -403

उद्देश्य :

- कथा के माध्यम से अध्यात्म का बोध।
- शकुन्तला व दुष्यन्त की कथा का ज्ञान।
- काव्य के दोषों व गुणों के भेदों व स्वरूप का बोध।

परिणाम:

- राजकुमारी कथा से वैराग्य विषयक ज्ञान में वृद्धि हो जाती है।
- अभिज्ञानशाकुन्तलम् के सार को जानने व बताने में समर्थ होते हैं।
- काव्य के दोषों व गुणों के भेदों, स्वरूप को श्लोक सहित जानने से काव्य रचना के ज्ञान में वृद्धि होती है।

## बी. ए. पाठ्यक्रमस्य चतुर्थसत्रम् Code-BV 403

### तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(१) गद्यम्- (राजकुमारीकथा १-४० श्लोकाः)-	२०
(क) शब्दार्थः, वाक्यान्वयः / काव्यसौन्दर्यम्/अलङ्कारः	१०
(ख) कथासारः /नवीनकथालेखनम्	१०
(२) नाटकम्- (अभिज्ञानशाकुन्तलम्- चतुर्थोऽङ्कः)	२५
(क) श्लोकव्याख्या/ गद्यव्याख्या	१०
(ख) पात्रपरिचयः/ कविपरिचयः	१०
(ग) चरित्रचित्रणम्/ अङ्कसारः	०५
(३) काव्यशास्त्रम्- (काव्यदीपिका शिखा ५, ६)	२५
(क) विषयगतप्रश्नाः	२५

### सहायकग्रन्थाः-

१. राजकुमारीकथा - संपादकः- प्रो० माईकल हार्न्स

प्रकाशकः- फिलिप्स यूनिवर्सिटी, जर्मनी।

२. अभिज्ञानशाकुन्तलम्

प्रकाशकः- १. राष्ट्रियसंस्कृतसंस्थानम्, जनकपुरी, नई दिल्ली।

२. व्याख्याकारः बद्रीनाथ शुक्ल- चौखम्बा प्रकाशन।

३. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

**बी.ए. पाठ्यक्रमस्य चतुर्थसत्रम्**  
**चतुर्थपत्रम्-वैदिकसाहित्यम्**

**BV -404**

**उद्देश्य :**

- वैदिक मन्त्रों का स्मरण उनके शब्दार्थों का एवं ऋषि छन्द आदि का ज्ञान कराना।
- सांख्यदर्शन के सूत्रों का स्मरण एवं शब्दार्थ का बोध कराना।
- उपनिषद् एवं मनुस्मृति के मन्त्रों व श्लोकों का स्मरण एवं ज्ञान प्रदान करना।

**परिणाम:**

- वैदिक ज्ञान को समझने से उसके अन्दर अपने प्राचीन ज्ञान के प्रति आदर एवं और गहराई से समझने की रुचि उत्पन्न होती है।
- सांख्य, उपनिषद् के आध्यात्मिक ज्ञान एवं मनुस्मृति से व्यवहारिक बोध प्राप्त करके जीवन उन्नत बनाता है।

## बी. ए. पाठ्यक्रमस्य चतुर्थसत्रम् Code-BV 404

### चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(१) वेदः- (यजुर्वेद- ३२ अध्यायः)	२०
(क) मन्त्रकण्ठस्थीकरणम्	०५
(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्	१०
(ग) ऋषिदेवताछन्दोज्ञापनम्	०५
(२) दर्शनम्- (सांख्यदर्शनम्- चतुर्थोऽध्यायः)	१५
(क) सूत्रकण्ठस्थीकरणम्	०५
(ख) सूत्रार्थबोधनम्	०५
(ग) विषयात्मकप्रश्नाः	०५
(३) उपनिषद्- (मुण्डकोपनिषद्)	२०
(क) कण्ठस्थीकरणम्	१०
(ख) विषयात्मकप्रश्नाः	१०
(४) अन्यधार्मिकग्रन्थाः-	
(मनुस्मृतिः अध्यायः २, आदितः पञ्चाशत् श्लोकाः)	१५
(क) श्लोककण्ठस्थीकरणम्	१०
(ख) पदपदार्थज्ञापनम्	०५

**सहायकग्रन्थाः—**

१. यजुर्वेदः— व्याख्याकारः महर्षि दयानन्द सरस्वती

प्रकाशकः— वैदिक पुस्तकालय, अजमेर राजस्थान ।

२. सांख्यदर्शनम्

प्रकाशकः— आर्ष शोध संस्थान, आलियाबाद, आन्ध्रप्रदेश ।

३. ईशादि नौ उपनिषद्

प्रकाशकः— गीताप्रेस गोरखपुर ।

४ मनुस्मृतिः

प्रकाशकः— आर्ष साहित्य प्रचार ट्रस्ट-४५५, खारी बावली, दिल्ली ।

**प्रश्नपत्रविषयका निर्देशाः Code-BV 404**

**(वैदिक साहित्यम्)**

पूर्णाङ्काः - १००

बाह्यमूल्याङ्काङ्काः- ७०

आन्तरिकमूल्याङ्काङ्काः- ३०

समयः- होरात्रयम्

**वेदतः**

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| १. उपर्युक्ताध्याये स्मृताः केचन पञ्च मन्त्रा लेखनीयाः ।         | ०५ |
| २. चतुर्णां मन्त्राणां शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम् ।     | १० |
| ३. पृष्ठानां पञ्चानां मन्त्राणाम् ऋषिदेवताछन्दांसि ज्ञापनीयानि । | ०५ |

**सांख्यदर्शनतः**

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| १. पृष्ठात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि । | ०५ |
| २. पृष्ठानां पञ्चानां सूत्राणामर्थाः बोधनीयाः ।   | ०५ |
| ३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम् ।           | ०५ |

**उपनिषत्तः**

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|--|----|
| १. पृष्ठेषु सप्तसु पञ्चानां श्लोकानां / अनुच्छेदानां पूर्तिः । | १० |
| २. पृष्ठेषु पञ्चसु चतुर्णां विषयात्मकप्रश्नानां समाधानम् ।     | १० |

**मनुस्मृतितः**

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| १. पृष्ठेषु सप्तसु पञ्चानां श्लोकानां पूर्तिः ।                   | १० |
| २. पृष्ठेषु त्रिषु द्वयोः श्लोकयोः पदच्छेदविभक्तिसमासा लेखनीयाः । | ०५ |



बी.ए. ऑनर्स-संस्कृतव्याकरणम्  
चतुर्थसत्रम्

पञ्चमपत्रम्- English Communication-IV

BV-405

**Semester – IV**

S.NO.	Story Name	English Literature	Page No.
1	Road not Taken	Poetry	1
2	God sees the Truth but Waits	Prose	2-9
3	Bharata Meets Rama, The Brothers Meet	Prose	10-14
4	Netaji Subhas Chandra Bose	-	15-18
5	Maharishi Sushrut	Prose	29-35
6	Subedar Yogendra	-	
7	The Necklace	Prose	
8	Mustafa kamaal	-	

बी.ए. पाठ्यक्रमस्य चतुर्थसत्रम्  
वैकल्पिकप्रश्नपत्रम्  
मनोविज्ञानम्

BV -406

उद्देश्य :

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

परिणाम:

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है।

## बी. ए. पाठ्यक्रमस्य चतुर्थसत्रम् Code-BV 406

### वैकल्पिकप्रश्नपत्राणि

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः - ७०

आन्तरिकमूल्याङ्कनाङ्काः - ३०

समयः - होरात्रयम्

#### विषयाः -

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय इतिहास।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

#### सामान्यनिर्देशाः -

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पिकविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।

बी.ए. पाठ्यक्रमस्य पञ्चमसत्रम्  
प्रथमपत्रम्-संस्कृतव्याकरणम्

BV -501

उद्देश्य :

- धातु को द्वित्व, सम्प्रसारणादि कार्यों का बोध।
- सन्धियों का विशेष बोध।
- उत्तरपद के रहते अलुग् व अन्य कार्यों का बोध।

परिणाम:

- द्वित्व और सम्प्रसारण आकारादेश, आदि के ज्ञान से सिद्धि में विशेष योग्यता आती है।
- सन्धियों के ज्ञान से अन्य पुस्तकों के पठन के समय सरलता व सहजता आती है।
- शब्दों के स्वर निर्देश में पारंगत होते हैं।

## बी. ए. पाठ्यक्रमस्य पञ्चमसत्रम् Code-BV 501

### प्रथमपत्रम्- संस्कृतव्याकरणम् (९)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः - ७०

आन्तरिकमूल्याङ्कनाङ्काः - ३०

समयः - होरात्रयम्

(१) काशिकावृत्तिः (षष्ठाऽध्यायस्य प्रथमद्वितीयपादौ) -	५०
(क) सूत्रव्याख्यानम्	१०
(ख) पदकृत्यम्	१०
(ग) वार्तिकव्याख्यानम्	१०
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः/ शङ्कासमाधानम्	१०
(२) फिट्सूत्राणि	२०
(क) सूत्रपाठकण्ठस्थीकरणम्	०५
(ख) अर्थोदाहरणे	१०
(ग) स्वरज्ञापनम्	०५

### सहायकग्रन्थाः -

#### १. काशिकावृत्तिः - श्रीवामनजयादित्यविरचिता

प्रकाशकः - १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

#### २. वार्तिकप्रकाशः - आचार्यः आनन्दप्रकाशः

प्रकाशकः - चौखम्भा संस्कृत संस्थान वाराणसी।

#### ३. व्याकरणकारिकाप्रकाशः - पं. सुदर्शनदेवाचार्यः

प्रकाशकः - हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

#### ४. फिट्सूत्रम् - पं. सुदर्शनदेवाचार्यः

प्रकाशकः - हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

*Signature*

प्रश्नपत्रविषयका निर्देशाः Code-BV 501

(खण्ड - ९)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः - ७०

आन्तरिकमूल्याङ्कनाङ्काः - ३०

समयः - होरात्रयम्

काशिकातः

- |   |    |
|---|----|
| १. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्।      | १० |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                   | १० |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।               | १० |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                 | १० |
| ५. प्रदत्तेषु चतुर्षु शब्देषु / शङ्कासु द्वयोः साधनम् / समाधानम्। | १० |

फिट्सूत्रतः

- |  |    |
|--|----|
| ७. पृष्ठात् सूत्रादग्रे दशानां सूत्राणां लेखनम्।     | ०५ |
| ८. पृष्ठानां पञ्चसूत्राणाम् अर्थोदाहरणानि।           | १० |
| ९. पृष्ठानां पञ्चानां शब्दानां ससूत्रं स्वरज्ञापनम्। | ०५ |

बी.ए. पाठ्यक्रमस्य पञ्चमसत्रम्  
द्वितीयपत्रम्-संस्कृतव्याकरणम्

BV -502

उद्देश्य :

- उत्तरपद के अधिकार में निर्दिष्ट कार्यों का ज्ञान।
- अङ्गसंज्ञा में निर्दिष्ट दीर्घ, असिद्धवत्, आर्धधातुक तथा भसंज्ञा सम्बन्धित कार्यों का ज्ञान।

परिणाम:

- संस्कृत भाषा में प्रयुक्त होने वाले सुबन्त एवं तिङन्त पदों का अर्थसहित बोध करने में सरलता रहती है।
- शब्दानुशासन करने में होने वाले कार्यों का बोध होता है।

## बी. ए. पाठ्यक्रमस्य पञ्चमसत्रम् Code-BV 502

### द्वितीयपत्रम्- संस्कृतव्याकरणम् (१०)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(१) काशिकावृत्तिः (षष्ठाऽध्यायस्य तृतीयचतुर्थपादौ)-	७०
(क) सूत्रव्याख्यानम्	१५
(ख) पदकृत्यम्	१५
(ग) वार्तिकव्याख्यानम्	१५
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः / शङ्कासमाधानम्	१५

### सहायकग्रन्थाः-

#### १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

#### २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

#### ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।



## प्रश्नपत्रविषयका निर्देशाः Code-BV 502

(व्याकरण-१०)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः:- ७०

आन्तरिकमूल्याङ्कनाङ्काः:- ३०

समय:- होरात्रयम्

काशिकातः:-

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|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |

बी.ए. पाठ्यक्रमस्य पञ्चमसत्रम्  
तृतीयपत्रम्-संस्कृतसाहित्यम्

BV -503

उद्देश्य :

- गद्यात्मक काव्यों को समझने एवं उनके सौन्दर्य को अनुभव करने की सामर्थ्य प्रदान करना।
- काव्य के अभिन्न अङ्ग अलंकार आदि का परिचय प्रदान करना।

परिणाम:

- गद्यात्मक काव्यों एवं नाटकों के अध्ययन से भाषागत सूक्ष्मता एवं काव्यों को समझने में समर्थ हो जाता है।
- अलंकारादि के परिचय से पद्यकाव्य आदि में प्रयुक्त अलंकारों को समझ कर आनन्द का अनुभव करता है।

## बी. ए. पाठ्यक्रमस्य पञ्चमसत्रम् Code-BV 503

### तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

(१) गद्यम्- (दशकुमारचरिततः विश्रुतचरितम्)-	२५
(क) कविपरिचयः, चरितसारः	१०
(ख) गद्यस्य सरलार्थः	१०
(ग) काव्यगतसौन्दर्यम्	०५
(२) नाटकम्- (भासविरचितं बालचरितम्)	२०
(क) श्लोकव्याख्या/ गद्यव्याख्या	१०
(ख) पात्रपरिचयः/ कविपरिचयः	०५
(ग) चरित्रचित्रणम्/ अङ्कसारः	०५
(३) काव्यशास्त्रम्- (काव्यदीपिका शिखा ७, ८)	२५
(क) विषयगतप्रश्नाः	२५

### सहायकग्रन्थाः-

#### १. विश्रुतचरितम्

प्रकाशकः- चौखम्बा संस्कृत सीरीज आफिस, वाराणसी।

#### २. भासनाटकचक्रम्

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

#### ३. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

बी.ए. पाठ्यक्रमस्य पञ्चमसत्रम्  
चतुर्थपत्रम्-वैदिकसाहित्यम्

BV -504

उद्देश्य :

- ब्रह्मचर्य के विषय का बोध।
- तर्कसंग्रह का संक्षिप्त बोध।
- प्रश्नोपनिषद् में वर्णित प्रश्नों का ज्ञान।

परिणाम:

- वेद के मन्त्रों का कण्ठस्थोकरण करके अर्थपूर्वक बताने में समर्थ होते हैं।
- तर्कसंग्रह से वैशेषिक दर्शन का प्रारम्भिक ज्ञान हो जाता है।
- उपनिषद् के मन्त्रों के कण्ठस्थोकरण व उनके अर्थ बोध में समर्थ होते हैं।
- मनुस्मृति के श्लोक की व्याख्या में समर्थ होते हैं।

## बी. ए. पाठ्यक्रमस्य पञ्चमसत्रम् Code-BV 504

### चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

(१) वेदः- (अथर्ववेदः ब्रह्मचर्यसूक्तम्)	२०
(क) मन्त्रकण्ठस्थीकरणम्	०५
(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्	१०
(ग) ऋषिदेवताछन्दोज्ञापनम्	०५
(२) दर्शनम्- (तर्कसंग्रहः)	१५
(क) विषयात्मकप्रश्नाः	१५
(३) उपनिषद्- (प्रश्नोपनिषद्)	२०
(क) कण्ठस्थीकरणम्	१०
(ख) विषयात्मकप्रश्नाः	१०
(४) अन्यधार्मिकग्रन्थाः-	१५
(मनुस्मृतिः- अध्याय - १२)	
(क) श्लोकपूर्तिः	१०
(ख) पदपदार्थज्ञापनम्	०५

**सहायकग्रन्थाः—**

१. अथर्ववेदः— व्याख्याकारः डा० विश्वनाथ वेदालङ्कार

प्रकाशकः— रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरयाणा।

२. तर्कसंग्रहः —

प्रकाशकः— चौखम्बा सुरभारती प्रकाशन, वाराणसी।

३. ईशादि नौ उपनिषद्

प्रकाशकः— गीताप्रेस गोरखपुर।

४ मनुस्मृतिः

प्रकाशकः— आर्ष साहित्य प्रचार ट्रस्ट-४५५, खारी बावली, दिल्ली।

## प्रश्नपत्रविषयका निर्देशाः Code-BV 504

पूर्णाङ्काः - १००

(वैदिकसाहित्यम्)

बाह्यमूल्याङ्काङ्काः- ७०

आन्तरिकमूल्याङ्काङ्काः- ३०

समयः- होरात्रयम्

वेदतः

१. उपर्युक्तसूक्तयोः स्मृताः केचन पञ्च मन्त्रा लेखनीयाः। ०५
२. चतुर्णां मन्त्राणां शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्। १०
३. पृष्टानां पञ्चानां मन्त्राणाम् ऋषिदेवताछन्दांसि ज्ञापनीयानि। ०५

तर्कसंग्रहतः

१. पृष्टात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि। ०५
२. पृष्टानां पञ्चानां सूत्राणामर्थाः बोधनीयाः। ०५
३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम्। ०५

उपनिषत्तः

१. पृष्टेषु सप्तसु पञ्चानां श्लोकानां / अनुच्छेदानां पूर्तिः। १०
२. पृष्टेषु पञ्चसु चतुर्णां विषयात्मकप्रश्नानां समाधानम्। १०

मनुस्मृतितः

१. पृष्टेषु सप्तसु पञ्चानां श्लोकानां पूर्तिः। १०
२. पृष्टेषु त्रिषु द्वयोः श्लोकयोः पदच्छेदविभक्तिसमासा लेखनीयाः। ०५

बी.ए. ऑनर्स-संस्कृतव्याकरणम्

पञ्चमसत्रम्

पञ्चमपत्रम्- English Communication-V

BV-505

1- Practice of Speaking English

2- Literature

S.NO.	Story Name	Author Name
1	My Mother	A.P.J. Abdul Kalam
2	PP Acharya Balkrishan ji	--
3	The Doctors Word	R.K. Narayan
4	The Spell	Munshi Prem Chand
5	Helen Keller	--
6	Major Dhyan Chand	--
7	Aryabhatt	--
8	The Last Lesson	Alphonse Daudet



बी.ए.पाठ्यक्रमस्य पञ्चमसत्रम्  
वैकल्पिकप्रश्नपत्रम्  
मनोविज्ञानम्

BV -506

उद्देश्य :

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

परिणाम:

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है।

## बी. ए. पाठ्यक्रमस्य पञ्चमसत्रम् वैकल्पिकप्रश्नपत्राणि

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

विषयाः -

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय इतिहास।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

सामान्यनिर्देशाः -

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पिकविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।

बी.ए. पाठ्यक्रमस्य षष्ठसत्रम्  
प्रथमपत्रम्-संस्कृतव्याकरणम्

BV -601

उद्देश्य :

- सुप् तथा तिङ् प्रत्ययों आगमों एवं आदेशों का बोध।
- आर्धधातुक प्रत्ययों को इट् विधि निषध तथा सर्वनामसंज्ञक कार्यों का ज्ञान।
- धातु एवं अभ्यास सम्बन्धि कार्यों का ज्ञान।

परिणाम:

- संस्कृत भाषा में प्रयुक्त होने वाले सुबन्त एवं तिङन्तपदों का सरलता से बोध हो जाता है।
- भाषा में प्रयुक्त शब्दों के व्याकरण सम्बन्धि कार्यों का ज्ञान हो जाता है।

## बी. ए. पाठ्यक्रमस्य षष्ठसत्रम् Code-BV 601

### प्रथमपत्रम्- संस्कृतव्याकरणम् (११)

पूर्णाङ्कः - १००  
बाह्यमूल्याङ्कनाङ्कः- ७०  
आन्तरिकमूल्याङ्कनाङ्कः- ३०  
समयः- होरात्रयम्

(१) काशिकावृत्तिः (सप्तमोऽध्यायः)-	७०
(क) सूत्रव्याख्यानम्	१५
(ख) पदकृत्यम्	१५
(ग) वार्तिकव्याख्यानम्	१५
(घ) कारिकाव्याख्यानम्	१०
(ङ) शब्दसिद्धिः / शङ्कासमाधानम्	१५

### सहायकग्रन्थाः-

#### १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्थमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

#### २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

#### ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर, हरयाणा।

*Signature*

## प्रश्नपत्रविषयका निर्देशाः Code-BV 601

(व्याकरण- ११)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

### १. काशिकातः-

- |   |    |
|---|----|
| १. पृष्ठेषु पञ्चसु सूत्रेषु त्रयाणां काशिकारीत्या व्याख्यानम्।      | १५ |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                     | १५ |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                 | १५ |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                   | १० |
| ५. प्रदत्तेषु पञ्चसु शब्देषु / शङ्कासु त्रयाणां सिद्धिः / समाधानम्। | १५ |

बी.ए.पाठ्यक्रमस्य षष्ठसत्रम्  
द्वितीयपत्रम्-संस्कृतव्याकरणम्

BV -602

उद्देश्य :

- पदसम्बन्धि द्वित्व पद से उत्तर आदेश एवं स्वरविषयक कार्यों का ज्ञान।
- पूर्वत्रासिद्ध प्रकरण में निर्दिष्ट एवं संहिता विषयक मूर्धन्य, णत्व इत्यादि विविध कार्यों का ज्ञान।

परिणाम:

- भाषा में प्रयुक्त शब्दों के आदेशादि कार्यों का ज्ञान हो जाता है।
- तिङन्त एवं सुबन्त पदों षत्व और णत्व का सम्पूर्णता बोध हो जाता है।

## बी. ए. पाठ्यक्रमस्य षष्ठसत्रम् Code-BV 602

### द्वितीयपत्रम्- संस्कृतव्याकरणम् (१२)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

#### १. काशिकावृत्तिः (अष्टमोऽध्यायः)-

५०

(क) सूत्रव्याख्यानम्

१०

(ख) पदकृत्यम्

१०

(ग) वार्तिकव्याख्यानम्

१०

(घ) कारिकाव्याख्यानम्

१०

(ङ) शब्दसिद्धिः / शङ्कासमाधानम्

१०

#### २. लिङ्गानुशासनम्-

२०

(क) सूत्रकण्ठस्थीकरणम्

१०

(ख) ससूत्रलिङ्गज्ञापनम्

१०

#### सहायकग्रन्थाः-

##### १. काशिकावृत्तिः- श्रीवामनजयादित्यविरचिता

प्रकाशकः- १. रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

२. श्रीमद्दयानन्दवेदार्पणमहाविद्यालयन्यासः, ११९ गौतम नगरम्, नई दिल्ली-४९।

३. तारा बुक एजेंसी, वाराणसी।

##### २. वार्तिकप्रकाशः- आचार्यः आनन्दप्रकाशः

प्रकाशकः- चौखम्भा संस्कृत संस्थान वाराणसी।

##### ३. व्याकरणकारिकाप्रकाशः- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

##### ४. लिङ्गानुशासनम्- पं. सुदर्शनदेवाचार्यः

प्रकाशकः- हरयाणा साहित्य संस्थान, गुरुकुल झज्जर हरयाणा।

## प्रश्नपत्रविषयका निर्देशाः Code-BV 602

(व्याकरण- १२)

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः- होरात्रयम्

### १. काशिकातः—

- |   |    |
|---|----|
| १. पृष्ठेषु त्रिषु सूत्रेषु द्वयोः काशिकारीत्या व्याख्यानम्।          | १० |
| २. पृष्ठेषु सप्तसु सूत्रेषु पञ्चानां पदकृत्यम्।                       | १० |
| ३. पृष्ठेषु सप्तसु वार्तिकेषु पञ्चानां व्याख्यानम्।                   | १० |
| ४. प्रदत्तासु तिसृषु कारिकासु द्वयोर्व्याख्यानम्।                     | १० |
| ५. प्रदत्तेषु चतुर्षु शब्दसिद्धिषु / शङ्कासु द्वयोः साधनम्/ समाधानम्। | १० |

### २. लिङ्गानुशासनतः —

- |  |    |
|--|----|
| १. पृष्ठेषु त्रिषु द्वयोरग्रे दशसूत्रलेखनम्।     | १० |
| २. पृष्ठेषु सप्तसु पञ्चानां ससूत्रलिङ्गज्ञापनम्। | १० |



बी.ए. पाठ्यक्रमस्य षष्ठसत्रम्  
तृतीयपत्रम्-संस्कृतसाहित्यम्

BV -603

उद्देश्य :

- कथा के माध्यम से अध्यात्म का बोध।
- राम के चरित्र व श्लोक के अर्थ का बोध।
- शिखालोक के श्लोकों का अर्थ सहित बोध।

परिणाम:

- अध्यात्म बोध के साथ श्लोकपूर्वक अर्थ में पटु हो जाता है।
- रामचरित के श्लोकपूर्वक अर्थ में प्रविणता एवं उन्हें जीवन में धारण करने के लिए प्रवृत्त होता है।
- शिखालोक का स्मरण व अर्थ बोध हो जाता है।

## बी. ए. पाठ्यक्रमस्य षष्ठसत्रम् Code-BV 603

### तृतीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

#### (१) गद्यम्-

राजकुमारी कथा- (४०-८०) २०

(क) शब्दार्थः, काव्यसौन्दर्यम्, वाक्यान्वयः/अलंकारः १०

(ख) कथासारः/नवीनकथालेखनम् १०

(२) नाटकम्- (उत्तररामचरितम् १, २ अंक) २५

(क) श्लोकव्याख्या/ गद्यव्याख्या १०

(ख) पात्रपरिचयः/ कविपरिचयः १०

(ग) चरित्रचित्रणम्/ अङ्कसारः ०५

(४) काव्यशास्त्रम्- (काव्यदीपिका अष्टमशिखालोकः) २५

(क) विषयगतप्रश्नाः २५

#### सहायकग्रन्थाः-

१. राजकुमारी कथा - संपादकः - प्रो० माईकल हार्न्स

प्रकाशकः- फिलिप्स यूनिवर्सिटी, जर्मनी।

२. उत्तररामचरितम् - श्रीभवभूतिप्रणीतम्

प्रकाशकः- रामनारायणलाल विजयकुमार, इलाहाबाद।

३. काव्यदीपिका- विद्यारत्नकान्तिचन्द्रभट्टाचार्येण संगृहीता

प्रकाशकः- मोतीलाल बनारसीदास पब्लिशर्स प्रा० लि०, देहली।

बी.ए. पाठ्यक्रमस्य षष्ठसत्रम्  
चतुर्थपत्रम्-वैदिकसाहित्यम्

BV -604

उद्देश्य :

- अध्याय में वर्णित धर्म का बोध।
- प्रमाणप्रमेयादि का बोध।
- प्रकृति की प्रारम्भिक अवस्था का बोध।
- मनुस्मृति के श्लोकों के अर्थ व विषय का बोध।

परिणाम:

- वेद मन्त्रों का कण्ठस्थिकरण व अर्थपूर्वक बोध।
- प्रमाणादि का भिन्न-भिन्न ज्ञान।
- मन्त्रों का कण्ठस्थिकरण व उनका अर्थपूर्वक ज्ञान।
- मनुस्मृति के श्लोकों के अर्थपूर्वक ज्ञान में समर्थ होते हैं।

## बी. ए. पाठ्यक्रमस्य षष्ठसत्रम् Code-BV 604

### चतुर्थपत्रम्- वैदिकसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम् २०

(१) वेदः- (यजुर्वेदः - ३६)

(क) मन्त्रकण्ठस्थीकरणम् ०५

(ख) शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम् १०

(ग) ऋषिदेवताछन्दोज्ञापनम् ०५

(२) दर्शनम्- (न्यायदर्शनम्, प्रथमोऽध्यायः प्रथमपादः) २०

(क) कण्ठस्थीकरणम् ०५

(ख) सूत्रार्थबोधनम् १०

(ग) विषयात्मकप्रश्नाः ०५

(३) उपनिषद्- (ऐतरेयोपनिषद्) १५

(क) कण्ठस्थीकरणम् ०५

(ख) विषयात्मकप्रश्नाः १०

(४) अन्यधार्मिकग्रन्थाः-

मनुस्मृतिः - (अध्याय- ६, आदितः पञ्चाशत् श्लोकाः) १५

(क) श्लोककण्ठस्थीकरणम् १०

(ख) पदपदार्थज्ञापनम् ०५

### सहायकग्रन्थाः—

१. यजुर्वेदः - व्याख्याकारः महर्षिदयानन्द सरस्वती  
प्रकाशकः— वैदिक पुस्तकालय, अजमेर, राजस्थान।
२. न्यायदर्शनम् —  
प्रकाशकः— चौखम्बा सुरभारती प्रकाशन, वाराणसी।
३. ऐतरेयोपनिषद्  
प्रकाशकः— गीताप्रेस गोरखपुर।
- ४ मनुस्मृतिः —  
प्रकाशकः— आर्ष साहित्य प्रचार ट्रस्ट-४५५, खारी बावली, दिल्ली।

### प्रश्नपत्रविषयका निर्देशाः Code-BV 604

#### (वैदिकसाहित्यम्)

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः- होरात्रयम्

#### वेदतः

१. उपर्युक्तसूक्तयोः स्मृताः केचन पञ्च मन्त्रा लेखनीयाः। ०५
२. चतुर्णां मन्त्राणां शब्दार्थपुरस्सरं स्वशब्दैरर्थबोधनम्। १०
३. पृष्ठानां पञ्चानां मन्त्राणाम् ऋषिदेवताछन्दांसि ज्ञापनीयानि। ०५

#### न्यायदर्शनम्

१. पृष्ठात् सूत्रादग्रे पञ्च सूत्राणि लेखनीयानि। ०५
२. पृष्ठानां पञ्चानां सूत्राणामर्था बोधनीयाः। १०
३. द्वयोर्विषयात्मकप्रश्नयोः समाधानम्। ०५

#### उपनिषत्तः

१. पृष्ठेषु त्रिषु द्वयोः श्लोकयोः / अनुच्छेदयोः पूर्तिः। ०५
२. पृष्ठेषु पञ्चसु चतुर्णां विषयात्मकप्रश्नानां समाधानम्। १०

#### मनुस्मृतितः

१. पृष्ठेषु सप्तसु पञ्चानां श्लोकानां पूर्तिः। १०
२. पृष्ठेषु त्रिषु द्वयोः श्लोकयोः पदच्छेदविभक्तिसमासा लेखनीयाः। ०५

बी.ए. ऑनर्स-संस्कृतव्याकरणम्

षष्ठसत्रम्

पञ्चमपत्रम्- English Communication-VI

BV-605

1- Practice of Speaking English

2- Literature

S.NO.	Story Name	Author Name
1	The Solitary Reaper	William Wordsworth
2	Mercy (Poem)	William Shakespeare
3	Sardar Ballabh-Bhai Patel	--
4	The Last Leaf	O. Henry
5	P.P.Swami RamDev Ji	--
6	Swami Dayanand Saraswati	--
7	The Exemplary Characters of Mahabharat	--
8	The Exemplary Characters of Ramayan	--

बी.ए. पाठ्यक्रमस्य षष्ठमसत्रम्  
वैकल्पिकप्रश्नपत्रम्  
मनोविज्ञानम्

BV -606

उद्देश्य :

- मनोविज्ञान का बोध प्रदान करना।
- भारतीय परम्पराओं, धर्मशास्त्रों एवं भारत के इतिहास का ज्ञान कराना।
- अर्थशास्त्र एवं राजनीतिशास्त्र का ज्ञान कराना।

परिणाम:

- मानव मन को समझने में सहायता मिलती है।
- अपनी परम्पराओं के बोध से आत्मगौरव का भाव जागृत होता है।
- अर्थ विज्ञान और राजनैतिक स्थितियों को समझने का सामर्थ्य बढ़ जाता है।

## बी. ए. पाठ्यक्रमस्य षष्ठसत्रम् वैकल्पिकप्रश्नपत्राणि

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः - ७०

आन्तरिकमूल्याङ्कनाङ्काः - ३०

समयः - होरात्रयम्

विषयाः -

१. मनोविज्ञानम्।
२. भारतीयज्ञानपरम्परा।
३. धर्मशास्त्रम्।
४. प्राचीनभारतीय इतिहास।
५. अर्थशास्त्रम्।
६. राजनीतिशास्त्रम्।

सामान्यनिर्देशाः -

१. अत्र षट् वैकल्पिकविषयाः सन्ति।
२. एतेषु कश्चिदेकः संस्कृतसाहित्याख्यस्य तृतीयपत्रस्य विकल्परूपेण चेतुं शक्यः।
३. प्रथमसत्रे चित एव वैकल्पिकविषयोऽग्रिमेषु सत्रेष्वपि प्रवर्तिष्यते। तत्र परिवर्तनं कर्तुं न शक्यते।



**बी. ए. पाठ्यक्रमः**  
(आन्तरिकमूल्याङ्कनम्)

**॥ प्रथमसत्रम् ॥**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	योगदर्शनम्	२५
३.	ईशोपनिषद्	१५
४.	गीता (अध्याय- ३)	१५

**बी. ए. पाठ्यक्रमः**  
**(आन्तरिकमूल्याङ्कनम्)**  
**।।द्वितीयसत्रम्।।**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	पारिभाषिकम्	२५
३.	केनोपनिषद्	१५
४.	गीता (अध्याय- १८)	१५

**बी. ए. पाठ्यक्रमः**  
**(आन्तरिकमूल्याङ्कनम्)**

**॥ तृतीयसत्रम् ॥**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	उणादिकोषः	२५
३.	कठोपनिषद्	२०
४.	गीता (अध्याय- १५)	१०

**बी. ए. पाठ्यक्रमः**  
**(आन्तरिकमूल्याङ्कनम्)**  
**॥ चतुर्थसत्रम् ॥**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	मुण्डकोपनिषद्	२५
३.	गीता (अध्याय- २)	३०

**बी. ए. पाठ्यक्रमः**  
(आन्तरिकमूल्याङ्कनम्)

**॥ पञ्चमसत्रम् ॥**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	फिट्सूत्रम्	१५
३.	निघण्टुः	४०

**बी. ए. पाठ्यक्रमः**  
(आन्तरिकमूल्याङ्कनम्)

**॥ षष्ठसत्रम् ॥**

- प्रत्येकं सत्रे पञ्चानामपि विषयाणाम् आन्तरिकमूल्याङ्कनाङ्का आहत्य १५० भविष्यन्ति।
- प्रतिविषयं ये ३० आन्तरिकाङ्का निर्धारितास्सन्ति तेषु १० अङ्काः प्रतिविषयं लिखितपरीक्षाया भविष्यन्ति, १५ अङ्काः शास्त्रस्मरणस्य भविष्यन्ति, अपि च ५ अङ्काः संस्कृतसम्भाषणस्यानुशासनस्य च कृते भविष्यन्ति।।

क्र.सं.	विषयाः	अङ्काः
१.	शास्त्रस्मरणम्	७५
२.	अनुशासनम्/ संस्कृतसंभाषणम्	२५
३.	पाठ्यक्रमविषयाः	५०

- शास्त्रस्मरणविषये अङ्कविभाजनं निम्नाङ्कितरूपेण वर्तते—

क्र.सं.	विषयाः	अङ्काः
१.	अष्टाध्यायी, धातुपाठः	२०
२.	लिङ्गानुशासनम्	२०
३.	गणपाठः	३५



**पतंजलि विश्वविद्यालय**

**University of Patanjali**

**सहायक पाठ्यक्रम**

**2019-2020**

# सहायक पाठ्यक्रम

## उद्देश्य-

1. पाठ्यक्रम का मुख्य उद्देश्य संस्कृत व्याकरण के मूल सिद्धान्तों से अवगत कराते हुये विद्यार्थी को संस्कृत व्याकरण के गम्भीर अध्ययन के लिये समर्थ बनाना है।
2. पाणिनी शिक्षा के माध्यम से वर्णों के उच्चारण स्थान एवं प्रयत्नादी का बोध करना।
3. अष्टाध्यायी एवं धातुपाठ का कण्ठस्थीकरण करना।
4. पदच्छेद विभक्ति समास आदि के माध्यम से अष्टाध्यायी सूत्रों की प्रथमावृत्ति कराना।
5. रचनानुवाद कौमुदी के माध्यम से हिन्दी भाषा का संस्कृत भाषा में अनुवाद एवं वाक्य रचना का बोध कराना।
6. वैदिक साहित्य के माध्यम से वेद उपनिषद् उर्शन एवं अन्य वैदिक ग्रन्थों का संक्षेप रूप से बोध कराना।
7. षोडश संस्कार वर्णाश्रम व्यवस्था पुरुषार्थ चतुष्टय आदि विषयों से अवगत कराना।
8. अभिनव पाठावली के माध्यम से गद्यों का अन्वय शब्दार्थ और
9. आर्यभाषा में अनुवाद के द्वारा जीवन के नैतिक मूल्यों का बोध कराना।

## परिणाम -

1. व्याकरण के मूल सिद्धान्तों से परिचित हो कर विद्यार्थी संस्कृत व्याकरण के गम्भीर अध्ययन के लिये प्रवृत्त हो जाता है।
2. विद्यार्थी मानवजीवन के उत्कृष्ट मूल्यों को धारण करने अपना उत्कर्ष और समाज के लिये उत्कृष्ट योगदान देता है।
3. संस्कृत भाषा को लिखने पढ़ने बोलने वह समझने में समर्थ हो जाता है।
4. इनके अध्ययन से मानवीय मूल्यों या सिद्धान्तों से अवगत हो जाता है।
5. महाभाष्यकार ने कहा भी है-

एकः शब्दः सम्यग् ज्ञातः सुप्रयुक्तः स्वर्गे लोके कामधुग् भवति।



## सहायक पाठ्यक्रमः

**पाठ्यक्रम का उद्देश्य—** सहायक पाठ्यक्रम का उद्देश्य विद्यार्थियों को व्याकरण, लौकिक साहित्य एवं वैदिक साहित्य से सामान्यतः परिचित कराना है।

### सामान्य नियम—

- सहायक पाठ्यक्रम एक वर्ष का है, इसमें दो सत्र हैं।
- प्रत्येक सत्र में चार प्रश्नपत्र होंगे, अतः सहायक पाठ्यक्रम में कुल आठ (८) प्रश्नपत्र होंगे।
- प्रत्येक पत्र १०० अङ्क का होगा, इसमें ८० अंक बाह्य परीक्षा के व २० अङ्क आन्तरिक मूल्याङ्कन के होंगे।
- आन्तरिक २० अङ्क में से १० अङ्क सत्र के मध्य ली जाने वाली लिखित परीक्षा के होंगे, ५ अङ्क कक्षा उपस्थिति के एवं ५ अङ्क संस्कृत संभाषण आदि अनुशासन के होंगे।
- प्रत्येक सत्र की बाह्य परीक्षा का समय ३ घण्टे निर्धारित है।
- परीक्षा का माध्यम संस्कृत ही रहेगा।

**सहायकपाठ्यक्रम : (प्रथमसत्रम्)**

पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
संस्कृतव्याकरणम्	८०	२०
संस्कृतसाहित्यम्	८०	२०
वैदिकसिद्धान्तपरिचयः	८०	२०
आङ्ग्लभाषा	८०	२०

**सहायकपाठ्यक्रम : (द्वितीयसत्रम्)**

पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
संस्कृतव्याकरणम्	८०	२०
संस्कृतसाहित्यम्	८०	२०
वैदिकसिद्धान्तपरिचयः	८०	२०
आङ्ग्लभाषा	८०	२०

# सहायकपाठ्यक्रमस्य प्रथमसत्रम्

## प्रथमपत्रम्-संस्कृतव्याकरणम्

BC-101

### उद्देश्य-

- संस्कृतव्याकरण का प्रारम्भिक (संज्ञासूत्र, परिभाषासूत्र आदि) विषयों का बोध कराना।
- पारिभाषिक संज्ञायों का (वृद्धि गुणादि), परिभाषा-प्रकरण, ङित् कित्-प्रकरण, इत् संज्ञा प्रकरण एवं संज्ञा प्रकरण आदि का बोध कराना।
- अष्टाध्यायी का सम्यक् स्मरण करना।

### परिणाम-

- संस्कृतव्याकरण का प्रारम्भिक ज्ञान हो जाता है, जिससे उसे संस्कृत व्याकरण के कठिन विषयों को समझने में सहायता होती है।
- पारिभाषितसंज्ञायों का ज्ञान, परिभाषा, ङित्, कित्, इत् एवं संज्ञाप्रकरण आदि का ज्ञान होने से, व्याकरण शास्त्र में प्रवीण हो जाता है।
- अष्टाध्यायी के सम्यक् स्मरण एवं बोध हो जाता है, जिससे वह व्याकरण की संरचना को ठीक प्रकार से समझ पाता है।

## सहायकपाठ्यक्रमस्य प्रथमसत्रम्

### प्रथमपत्रम्- संस्कृतव्याकरणम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ८०

आन्तरिकमूल्याङ्कनाङ्काः- २०

समयः- होरात्रयम्

१. सरलतमविधिः प्रथमभागः	२०
(क) विषयगतप्रश्नाः	२०
२. प्रथमावृत्तिः (प्रत्याहारसूत्रसहितः प्रथमोऽध्यायः)	४०
(क) पदच्छेदः विभक्तिवचनं च	१०
(ख) समासः	१०
(ग) अर्थोदाहरणे	१०
(घ) शब्दसिद्धिः	१०
३. अष्टाध्यायी (अध्यायः- १-४)	२०
(क) सूत्र कण्ठस्थीकरणम्	१०
(ख) सूत्रपूर्तिः	०५
(ग) सूत्राणामध्यायपादसंख्याज्ञापनम्	०५

### सहायकग्रन्थाः-

१. सरलतमविधिः- श्री ब्रह्मदत्तजिज्ञासुविरचितः  
प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।
२. प्रथमावृत्तिः- श्री ब्रह्मदत्तजिज्ञासुविरचितः  
प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।
३. अष्टाध्यायी- महर्षिपाणिनिकृता  
प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।

## सहायकपाठ्यक्रमस्य प्रथमसत्रम्

### द्वितीयपत्रम् -संस्कृतसाहित्यम्

BC-102

#### उद्देश्य-

- अनुवाद, शब्द, धातुरूपों का एवं निबन्धादि का बोध कराना।
- प्रेरक एवं मनोहर कहानियों के माध्यम से संस्कृत का व्यवहारिक प्रयोगका बोध कराना।
- जीवन में वैराग्य के महत्वको, शुचिता को एवं सादगी का बोध कराना।

#### परिणाम-

- अनुवाद आदि का ठीक प्रकार से बोध हो जाता है, जिससे विद्यार्थी की स्वर वाणी शुद्ध होती है एवं अन्य शास्त्रों में गति कर पाता है।
- संस्कृतभाषा क व्यवहारिक प्रयोग का ज्ञान हो जाने से संस्कृतव्याकरण में गति करता है, अन्य ग्रन्थ को भी प्रमाणिकता पूर्वक हृदयाङ्गम कर पाता है।
- जीवन में वैराग्य एवं शुचिता का बोध हो जाने से, संसार में वैराग्य पूर्ण एवं शुचितापूर्ण जीवन को जीता है तथा जीवन को धन्य करता है।

## सहायकपाठ्यक्रमस्य प्रथमसत्रम्

### द्वितीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ८०

आन्तरिकमूल्याङ्कनाङ्काः- २०

समयः- होरात्रयम्

१. प्रारम्भिकरचनानुवादकौमुदी	२०
(क) आर्यभाषावाक्यानां संस्कृतानुवादः	०५
(ख) शब्दरूपस्मरणम्	०५
(ग) धातुरूपस्मरणम्	०५
(घ) वाक्यरचना	०५
२. अभिनवपाठावलि: (प्रथमभागः)	२०
(क) कथाविषयकप्रश्नाः / पर्यायवाचिज्ञापनम्	१०
(ख) गद्यस्य पद्यस्य वा आर्यभाषानुवादः	१०
३. हितोपदेशः	२०
(क) गद्यकारस्य परिचयः / स्वशब्दैः कथालेखनम्	१०
(ख) श्लोकव्याख्या / स्वाभावचित्रणम्	१०
४. वैराग्यशतकम् (चयनितश्लोकसंख्याः -	
१-४, ६-१२, १४, १५, १८, २०-२३, २७-२९, ३१-३३,	
३५, ३८, ३९, ४२, ४३, ४७, ४९, ५१-५२, ६१, ६२, ६४,	
६६, ७३, ७५, ७७, ७९, ८९, ९१, ९२, ९४, ९५, ९७-९९)	२०
(क) श्लोकस्मरणम्	०५
(ख) श्लोकान्वयः / पदपदार्थज्ञानम्	०५
(ग) श्लोकव्याख्या	१०

### सहायकग्रन्थाः:-

१. प्रारम्भिकरचनानुवादकौमुदी- डा० कपिलदेव द्विवेदी  
प्रकाशकः- विश्वविद्यालय प्रकाशन, वाराणसी।
२. अभिनवपाठावलि:- विनायकलक्ष्मीकान्तशर्मविरचिता  
प्रकाशकः- मैकमिलन् आणि कम्पनी लि०।
३. हितोपदेशः- नारायणपण्डितसंगृहीतः  
प्रकाशकः- चौखम्बा संस्कृत प्रतिष्ठान देहली।
४. वैराग्यशतकम्- भर्तृहरिप्रणीतम्  
प्रकाशकः- चौखम्बा संस्कृत भवन, वाराणसी।

## सहायकपाठ्यक्रमस्य प्रथमसत्रम्

### तृतीयपत्रम्- वैदिकसिद्धान्तपरिचय

BC-103

#### उद्देश्य-

- वैदिकग्रन्थों (वेद, दर्शन एवं उपनिषद् आदि) का बोध कराना।
- वैदिक सिद्धान्तों (त्रैतवाद, त्रयो-विद्या, षोडशसंस्कार कर्मफलव्यवस्था आदि) का बोध कराना।

#### परिणाम-

- वैदिकग्रन्थ वेद, दर्शन, उपनिषदादि का ज्ञान होता है, जिससे वह इह लोक एवं परलोक दोनों को सिद्ध करता है।
- वैदिक सिद्धान्तों का (त्रैतवाद, त्रयोविद्या आदि) का ठीक प्रकार का ज्ञान हो जाता है, जिससे विद्यार्थी स्वयं के जीवन को उन्नत कर एक सुसंस्कृत समाज का निर्माण करता है।

## सहायकपाठ्यक्रमस्य प्रथमसत्रम्

### तृतीयपत्रम्- वैदिकसिद्धान्तपरिचयः

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ८०

आन्तरिकमूल्याङ्कनाङ्कः- २०

समयः- होरात्रयम्

१. वैदिकग्रन्थानाम्परिचयः	२०
(क) वेदपरिचयः	०५
(ख) दर्शनपरिचयः	०५
(ग) उपनिषत्परिचयः	०५
(घ) अन्यवैदिकग्रन्थपरिचयः	०५
२. वैदिकसिद्धान्तानाम्परिचयः	६०
(क) त्रैतवादः (ईश्वरः, जीवः, प्रकृतिः)	१०
(ख) वर्णाश्रमव्यवस्था	१०
(ग) पुरुषार्थचतुष्टयम्, त्रयी विद्या	१०
(घ) पञ्चमहायज्ञाः	१०
(ङ) षोडश संस्काराः	१०
(च) पुनर्जन्म, कर्मफलव्यवस्था	१०



## सहायकग्रन्थाः—

१. षडङ्गपरिचयः— आचार्यः आनन्दप्रकाशः

प्रकाशकः— आर्ष शोध संस्थान, आलियाबाद, आन्ध्रप्रदेश ।

२. वेदविद्या प्रवेशिका— डा० दयानन्द भार्गव

प्रकाशकः— राजस्थान पत्रिका प्रकाशन ।

३. वैदिक शिक्षा—

प्रकाशकः— दिव्यप्रकाशन, दिव्ययोगमंदिरट्रस्ट, पतञ्जलि योगपीठ, हरिद्वार ।

४. वैदिकजीवन— प्रो० विश्वनाथ विद्यालंकार

प्रकाशकः— श्रीमती सावित्रीदेवी बागड़िया ट्रस्ट, न्यू अलीपुर, कोलकाता ।

५. वैदिकसिद्धान्तपरिचयावली— सम्पादकः प्रो० कर्नल स्वतन्त्र कुमार

प्रकाशकः— गुरुकुल कांगड़ी विश्वविद्यालय हरिद्वार, उत्तराखण्ड ।

६. आर्यों के सोलह संस्कार— आचार्यः ज्ञानेश्वरार्यः

प्रकाशकः— वानप्रस्थ साधक आश्रम रोजड़, गुजरात ।

७. क्रान्तिबीज

प्रकाशकः— दिव्यप्रकाशन, दिव्ययोगमंदिरट्रस्ट, पतञ्जलि योगपीठ, हरिद्वार ।

८. व्यवहारकाल एवं साधनाकाल का योग

प्रकाशकः— दिव्यप्रकाशन, दिव्ययोगमंदिरट्रस्ट, पतञ्जलि योगपीठ, हरिद्वार ।

# सहायकपाठ्यक्रमस्य प्रथमसत्रम्

## ENGLISH COMMUNICATION- I

BC-104

### Semester – I

S.NO.	Story Name	English Literature	Page No.
1	A Grain as big as a hen's Egg	Prose	1-2
2	Atal Bihari Vajpayee	Prose	3-7
3	Dr. B.R. Ambedkar	Prose	8-9
4	For the greater God	Prose	10-12
5	Louis Braille	Prose	13-15
6	One and Quarter Kilo of Wheat	Prose	16-21
7	How Much Land does a man need	Prose	22-35
8	Mending Wall	Poetry	36

# सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

## प्रथमपत्रम्-संस्कृतव्याकरणम्

BC-201

### उद्देश्य-

- पद-विधि, समास (द्विगु, तत्पुरुष एवं बहुव्रीहि) आदि, षष्ठीसमासनिषेध, प्रकरण, विभक्ति-प्रकरण, एकवद्भाव-प्रकरण आदि का बोध कराना।
- प्रत्यय संज्ञा का अधिकार, सनादि प्रत्ययों का एवं कृतादि प्रत्ययों का बोध कराना।
- अष्टाध्यायी का सम्यक् स्मरण एवं बोध कराना।

### परिणाम-

- पद-विधि, समास, विभक्ति-प्रकरण, निषेध प्रकरण एवं एकवद्भाव आदि प्रकरण को जान पाता है, जिससे वह संस्कृत व्याकरण में गति कर कुशल हो जाता है।
- प्रत्यय का अधिकार, सनादि एवं कृतादि का ज्ञान हो जाने से व्याकरण एवं अन्य शास्त्रों को भी ठीक प्रकार से समझ एवं समझा पाता है।

# सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

## प्रथमपत्रम्- संस्कृतव्याकरणम्

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ८०

आन्तरिकमूल्याङ्कनाङ्काः- २०

समयः- होरात्रयम्

१. प्रथमावृत्तिः (द्वितीयतृतीयाध्यायौ)	५०
(क) पदच्छेदः विभक्तिवचनं च	१०
(ख) समासः	१०
(ग) अर्थोदाहरणे	१०
(घ) शब्दसिद्धिः	२०
२. अष्टाध्यायी(अध्यायः- ५-८)	३०
(क) सूत्र कण्ठस्थीकरणम्	१०
(ख) सूत्रपूर्तिः	०५
(ग) सूत्राणामध्यायपादसंख्याज्ञापनम्	०५

### सहायकग्रन्थाः-

१. प्रथमावृत्तिः- श्री ब्रह्मदत्तजिज्ञासुविरचितः  
 प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।
२. अष्टाध्यायी- महर्षिपाणिनिकृता  
 प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरियाणा।

## सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

### द्वितीयपत्रम्-संस्कृतसाहित्यम् ( ख )

BC-202

#### उद्देश्य-

- अनुवाद, शब्दरूप, धातुरूप एवं निबन्ध आदि का बोध कराना।
- प्रेरक एवं मनोहर कहानियों के माध्यम से संस्कृतभाषा का व्यवहारिक प्रयोग का बोध कराना।
- जीवन में नीतिगत विषयों का बोध कराना।

#### परिणाम-

- अनुवाद आदि का ठीक प्रकार से ज्ञान हो जाता है, जिससे विद्यार्थी अपनी वाणी को शुद्ध एवं परिमार्जित कर समाज में यश लाभ करता है एवं अन्य शास्त्र को भी ठीक प्रकार से समझ एवं समझा पाता है।
- प्रेरककहानियों के माध्यम से संस्कृत का व्यवहारिक प्रयोग सीख जाता है जिससे वह अन्य शास्त्र को ठीक प्रकार से समझ एवं समझा पाता है।
- जीवन में नीतिगत विषयों का ज्ञान हो जाता है जिससे विद्यार्थी नीतिगत निर्णय को कर एवं समझा पाता है।

# सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

## द्वितीयपत्रम्- संस्कृतसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ८०

आन्तरिकमूल्याङ्कनाङ्कः- २०

समयः- होरात्रयम्

१. रचनानुवादकौमुदी	२०
(क) आर्यभाषावाक्यानां संस्कृतानुवादः	०५
(ख) उपपदविभक्तीनां प्रत्ययान्तशब्दानां च प्रयोगः	०५
(ग) धातुरूपस्मरणम्	०५
(घ) निबन्धलेखनम्	०५
२. अभिनवपाठावलिः (द्वितीयभागः)	२०
(क) शब्दार्थः	०५
(ख) अपठितगद्यस्य आर्यभाषानुवादः	०५
(ग) स्वोपज्ञकथालेखनम् (स्वनिर्मितकथालेखनम्)	१०
३. रघुवंशम् (प्रथमसर्गः)	२०
(क) महाकवेः परिचयः / महाकाव्यस्य स्वरूपम्	१०
(ख) श्लोकव्याख्या / श्लोकेषु काव्यसौन्दर्यम्	१०
४. नीतिशतकम् (श्लोकसंख्याः -	
१, ३, ७, ८, १०-१३, १५-१७, १९-२९,	
३२, ३८, ४०, ४२, ४३, ५१, ५४, ५५,	
५८, ६०, ६२-६५, ६७, ६८, ७३, ७५, ७६, ७८, ७९,	
८२, ८३, ८४, ८६, ९९, १०३, १०५, १०८)	२०
(क) श्लोकस्मरणम्	०५
(ख) श्लोकान्वयः	०५
(ग) श्लोकव्याख्या	१०

## सहायकग्रन्थाः—

१. रचनानुवादकौमुदी— डा० कपिलदेव द्विवेदी

प्रकाशकः— विश्वविद्यालय प्रकाशन, वाराणसी।

२. अभिनवपाठावलिः— विनायकलक्ष्मीकान्तशर्मविरचिता

प्रकाशकः— मैक्मिलन् आणि कम्पनी लि०।

३. रघुवंशम्— महाकविकालिदासविरचितम्

प्रकाशकः— चौखम्बा सुरभारती प्रकाशन, वाराणसी।

४. नीतिशतकम्— भर्तृहरिप्रणीतम्

प्रकाशकः— चौखम्बा सुरभारती प्रकाशन, वाराणसी।

## सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

### तृतीयपत्रम्-वैदिकसिद्धान्तपरिचयः

BC-203

#### उद्देश्य-

- ईश्वर, धर्म, अधर्म, पुण्य, अपुण्यादि विषयों का व्यवहारिक एवं वैज्ञानिक अर्थ का बोध कराना।
- भारतीय संस्कृति एवं कृषकों के लिए गाय का महत्वपूर्ण योगदान का बोध कराना।
- ईश्वर के अनेक नामों का व्यवहारिक एवं वैज्ञानिक अर्थ का बोध कराना।
- समाज में व्याप्त तमाम भ्रान्तियों का, बालशिक्षादि, आश्रम-व्यवस्था, राजधर्मका, आचार, अनाचार, भक्ष्य, अभक्ष्य आदि का बोध कराना।

#### परिणाम-

- ईश्वर आदि विषयक ज्ञान हो जाने से विद्यार्थी अपना इह एवं पर दोनों लोकों को सिद्ध करता है।
- भारतीय संस्कृति एवं कृषकों के लिए गाय का महत्वपूर्ण योगदान को समझ पाता है, जिससे वह गो वंश का संवर्धन एवं गोवंश के महत्व के विषय में प्रचार-प्रसार कर पाता है।
- ईश्वर के अनेक नामों का व्यवहारिक अर्थ, समाज में व्याप्त तमाम भ्रान्तियों का एवं राजधर्म आदि का ठीक प्रकार से बोध हो पाता है, जिससे विद्यार्थी स्वयं का जीवन धन्य कर, भ्रान्तियों से दूर होता है, एवं समाज को भी इसके प्रति जागरूक करता है।



## सहायकपाठ्यक्रमस्य द्वितीयसत्रम्

### तृतीयपत्रम्- वैदिकसिद्धान्तपरिचयः

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ८०

आन्तरिकमूल्याङ्कनाङ्काः- २०

समयः- होरात्रयम्

१. आर्योद्दिश्यरत्नमाला	१०
(क) शब्दपरिभाषालेखनम्	१०
२. व्यवहारभानुः	१०
(क) व्यवहारशिक्षाविषयकप्रश्नाः	१०
३. गोकुरुणानिधिः	१०
(क) गोरक्षालाभाः	०५
(ख) गोहिंसायाः हानयः	०५
४. सत्यार्थप्रकाशः (समुल्लासाः- १, २, ३, ५, ६, १०)	५०
(क) ईश्वरनामव्याख्या / मङ्गलाचरणसमीक्षा	१०
(ख) बालशिक्षाविषयः / भूतप्रेतजन्मपत्रसूर्यादिग्रहसमीक्षा	१०
(ग) अध्ययनाध्यापनविषयः / ब्रह्मचर्योपदेशः	१०
(घ) वानप्रस्थसंन्यासाश्रमविधिः	१०
(ङ) राजधर्मविषयः / आचारानचारभक्ष्याभक्ष्यविषयः	१०

### सहायकग्रन्थाः-

१. आर्योद्दिश्यरत्नमाला- महर्षिदयानन्दकृता

प्रकाशकः- आर्ष साहित्य प्रचार ट्रस्ट, देहली।

२. व्यवहारभानुः- महर्षिदयानन्दकृतः

प्रकाशकः- रामलाल कपूर ट्रस्ट, रेवली, सोनीपत, हरयाणा।

३. गोकुरुणानिधिः- महर्षिदयानन्दकृतः

प्रकाशकः- वैदिकपुस्तकालयम् अजमेर, राजस्थान।

४. सत्यार्थप्रकाशः- महर्षिदयानन्दकृतः

प्रकाशकः- आर्ष साहित्य प्रचार ट्रस्ट, देहली।

**सहायकपाठ्यक्रमस्य द्वितीयसत्रम्**  
**ENGLISH COMMUNICATION- II**

**BC- 204**

**Semester – II**

S.NO.	Story Name	English Literature	Page No.
1	The Wheel of Creation	Prose	1
2	Game of Tip Cat	Prose	2-6
3	If I Were You	Prose	7-11
4	The Missing Mail	Prose	12-16
5	Maharishi Patanjali	Prose	17-23
6	A Tiger in the house	Prose	24-26
7	Two Bullocks	Prose	27-32
8	Where the mind is without fear		

**University of Patanjali**

**BACHELOR OF SCIENCE IN YOGA  
(BSC YOGA)**

**Syllabus of BSc Yoga**

**UOP**

20.05.2019





# University of Patanjali

## Uttarakhand, Haridwar

### Syllabus of BSc Yoga

**Date:** 29.05.2019

#### **NAME of PROGRAM: BACHELOR OF SCIENCE IN YOGA (BSc Yoga)**

##### **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of Yoga is to unite the individual consciousness with the supreme consciousness.

Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of Yoga. As Yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a science of **Holistic Living** and not merely as Yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach Yoga under the supervision of a doctor for health and healing.

##### **I. Title of the Programme**

The programme shall be called "**Bachelor of Science in Yoga**" (BS)

##### **II. Aim of the Programme**

The aim of the programme is to produce "**Yoga Therapists for a clinical set up**".

##### **III. Objectives of the programme**

1. To introduce Yoga therapy with its principles, factors, impacts; and to prescribe Yoga therapy for people with various lifestyle disorders.
2. To make the people aware of the therapeutic and preventive value of Yoga.
3. To bring peace and harmony in the society at large by introducing the Yogic way of life.
4. To create therapists of high calibre to make the society free from stress and life style related diseases.

#### IV. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

#### V. Eligibility

The candidate should have completed 12th Standard preferably with science discipline from a recognized board or equivalent.

#### VI. Scheme of Teaching and Evaluation

Semester I										
S.No.	Subject Code	Subject Title	Periods per Week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
1	BS-CT101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BS-CT102	Hatha Yoga – I	3	1	-	4	20	10	70	100
3	BS-CT103	Human Biology –I	3	1	-	4	20	10	70	100
4	BS-AECCT104	Basics of Sanskritam -I	2	-	-	2	10	5	35	50
5	BS-GE105	GE-3 Introduction to AYUSH	2	-	-	2	10	5	35	50
6	BS-CP106	Yoga Practicum- 1	-	-	8	4	20	10	70	100
7	BS-CP107	Yoga Practicum- 2	-	-	4	2	10	5	35	50
8	BS-CP108	Human Anatomy & Physiology Practicum I	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Semester II										
1	BS-CT201	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
2	BS-CT202	Hatha Yoga -II	3	1	-	4	20	10	70	100
3	BS-CT203	Human Biology –II	3	1	-	4	20	10	70	100
4	BS-AECCT204	Basics of Sanskritam -II	2	-	-	2	10	5	35	50
5	BS-GE205	GE-3 Health & Yogic Hygiene	2	-	-	2	10	5	35	50
6	BS-CP206	Yoga Practicum- 3	-	-	8	4	20	10	70	100
7	BS-CP207	Yoga Practicum- 4	-	-	4	2	10	5	35	50
8	BS-CP208	Human Anatomy & Physiology Practicum II	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600

#### B.SC-II Year

Semester III										
1	BS-CT301	Essence of Bhagwad Geeta for Personality development	3	1	-	4	20	10	70	100
2	BS-CT302	Introduction to Holistic Health	3	1	-	4	20	10	70	100
3	BS-CT303	Applied Yoga	3	1	-	4	20	10	70	100
4	BS-AECCT304	Environmental Studies	2	-	-	2	10	5	35	50
5	BS-GE305	GE-3 Yoga Psychology	2	-	-	2	10	5	35	50
6	BS-CP306	Yoga Practicum-5	-	-	8	4	20	10	70	100
7	BS-CP307	Yoga Practicum 6	-	-	4	2	10	5	35	50
8	BS-CP308	Field Work to establish Yoga teachings of Yogrishi Sw. Ramdev Ji	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600

Semester-IV										
1	BS-CT401	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	BS-CT402	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
3	BS-CT403	Fundamentals of Biochemistry/ Biomechanics	3	1	-	4	20	10	70	100
4	BS-AECCT404	AEEC-4 (Communicative English)	2	-	-	2	10	5	35	50
5	BS-GE405	GE-4 Yoga Diet and Nutrition	2	-	-	2	10	5	35	50
6	BS-CP406	Yoga Practicum 7 Teaching Skills	-	-	8	4	20	10	70	100
7	BS-CP407	Yoga Practicum 8	-	-	4	2	10	5	35	50
8	BS-CP408	Practicum Biochemistry & Biomechanics.	-	-	4	2	10	5	35	50
32 Hrs						24	Total		600	

#### B.SC-III Year

Semester-V										
1	BS-CT501	Vedic Philosophy and Culture	3	1	-	4	20	10	70	100
2	BS-CT502	Yoga Therapy-I	3	1	-	4	20	10	70	100
3	BS-CT503	Complementary and Alternative Therapy (CAT)	3	1	-	4	20	10	70	100
4	BS-AECCT504	Communicative English	2	-	-	2	10	5	35	50
5	BS-DSE505	DSE-1 Human System According to Yoga	2	-	-	2	10	5	35	50
6	BS-CP506	Yoga Practicum -9 Disease specific Yoga Therapy Modules	-	-	8	4	20	10	70	100
7	BS- ST507	Yoga Practicum- 10 Study Tour	-	-	4	2	10	5	35	50
8	BS-CP508	CAT Practicum	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Semester-VI										
1	BS-CT601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	BS-CT602	Yoga Therapy-II	3	1	-	4	20	10	70	100
3	BS-CT603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BS-ECCT604	Introduction to Naturopathy	2	-	-	2	10	5	35	50
5	BS-DSE605	Introduction to Ayurveda	2	-	-	2	10	5	35	50
6	BS-CP606	Yoga Practicum -11 Disease specific Yoga Therapy Modules	-	-	8	4	20	10	70	100
7	BS-CP607	Yoga Practicum- 12	-	-	4	2	10	5	35	50
8	BS-CP608	Practical Research & Statistics	-	-	4	2	10	5	35	50
32 Hrs						24	Total			600
Total Credit						144				3600

**CT-** Core Theory, **CP-** Core Practical, **AEEC-**Ability Enhancement Compulsary Course, **-** Ability Enhancement Elective Course, **DSE** - Discipline Specific Elective, **GE-**Generic Elective, **L** - Lecture, **T-** Tutorial, **P-**Practical (practice/ field), **CT-** Cumulative Tests, **TA** - Teachers Assessment, **SEE** - Semester Examination, **PR-** Practical Record,

#### Discipline Specific Electives/Ability Enhancement Elective Courses/Skill Oriented Courses

Human System according to Yoga/Fundamentals of Naturopathy/ Fundamentals of Ayurveda/

#### Generic Electives



## Semester-I

### COURSE DETAILS

**Subject Title: FOUNDATION OF YOGA**

**Subject Code: BS-CT101**

**Final Exam (SEE)-70 Marks**

**Internal Assessment (CT+TA)-30Marks**

#### **Course Objectives:**

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional texts.

#### **UNIT-1: GENERAL INTRODUCTION TO YOGA [15HRS.]**

Brief about origin of Yoga: Psychological aspects of Yoga, History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aims and Objectives of Yoga, Misconceptions about Yoga; Importance of Yoga.

#### **UNIT-2: DIFFERENT STREAMS OF YOGA [20HRS.]**

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna, Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti Yoga, Karma-Yoga and Jnana Yoga.

#### **UNIT - 3: BRIEF ABOUT YOGA IN TEXTS – I [15HRS.]**

Brief of Yoga in Vedas and Yoga in Principal Upanishads, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras. Yogic perspective: Puranas with emphasis to Bhagavat Purana; Emphasis to Vedantic approach of Shankaracharya, Ramanujacharya, Madhvacharya and Vallabhacharya.

#### **UNIT-4: INTRODUCTION TO EMINENT YOGIS- II [15 HRS.]**

Introduction to eminent Yogis and their style of Yoga: **Hiranyagarbha, Vyasa, Kapilmuni, Bhrtihari, Adishankaracharya, Maharshi** Dayanand, Swami Vivekanand, Maharshi Arvind, Swami Kuvalyanand, Swami Shivanand, Yogrishi Swami Ramdev.

#### **TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji : Yog ke moolbhut Sidhhant, Divya Prakashan, Haridwar.
2. Acharya Balkrishna: Grihasth Yog Sadhak k Gun, Divya Prakashan, Haridwar, 2017.
3. Singh S P & Yogi Mukesh: Foundations of Yoga, Standered Publication, New Delhi, 2010.
4. Yogendra Purusharthi (Sw. Divyananda Saraswati): Vedo me Yog Vidya, Yogic Sodhsansthan, 1985.
5. Paul Brunton: A search in secret India, Riders Books, 2003
6. Yogrishi Swami Ramdev Ji: Ek Yogi Ek Yodhha, Divya Prakashan, Haridwar, 2015.
7. Sri Vishwanath Mukharji: Bharat ke Mahan Yogi, Vishvavidyalaya Prakashan, 2012

#### **BOOKS FOR REFERENCE**

1. Acharya Balkrishna: Yog Vishwakosh, Divya Prakashan, 2014.
2. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
3. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
4. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
5. Max Muller K. M: The six systems of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008.



**Subject Name: HATHA YOGA (I)**

**Subject Code: BS-CT102**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives:**

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

**UNIT - I: INTRODUCTION TO HATHA YOGA [10 HRS.]**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

**UNIT - 2: PRE-REQUISITES OF HATH YOGA [15 HRS.]**

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

**UNIT - 3: IMPORTANT CONCEPTS & PRINCIPLES OF HATHA YOGA [15 HRS.]**

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan (Types of Nada and Nada Anusandhan); Concept of Samadhi and Samadhi Siddhi lakshna

**UNIT-4: INTRODUCTION TO HATHA YOGA TEXTS:**

Brief of Hatha Yogic Texts, their nature and objectives; Siddhi siddhanta paddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali.

**TEXT BOOKS**

1. G.S Sahaya: HathaYoga Pradeepika of Svatmarama, MDNIY Publication, New Delhi, 2013
2. Sw. Digambar Ji, Dr. Pitamber jha: Hathapradipika, Kaivalyadhama, Lonavla, 1998
3. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
4. Swami Niranjanananda Saraswati: Gherand Samhita, Bihar schools of Yoga, Munger Bihar

**BOOKS FOR REFERENCE**

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, the Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009.
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
5. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
6. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013.
7. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
8. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.

**Subject Name: HUMAN BIOLOGY-I**

**Subject Code: BS-CT103**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

**UNIT-1: INTRODUCTION TO HUMAN BIOLOGY; CELLS AND TISSUES [15HRS]**

**Cell structure** –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; **Homeostasis; Tissue;** Structure and function of epithelial tissue (simple and compound); Connective tissue - (proper, skeletal, vascular); Muscular Tissue (Skeletal, involuntary and cardiac); Nervous tissues (Myelinated neuron and Non myelinated neuron).

**UNIT-2: DIGESTIVE AND RESPIRATORY SYSTEM [15 HRS]**

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); **Digestive system** -buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-liver, pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; **Respiratory system** -nose, nasal cavity, pharynx, trachea, larynx, bronchiole, lungs; Mechanism of breathing (expiration and inspiration); Transportation of respiratory gases (transportation of oxygen and carbon dioxide).

**UNIT-3: CARDIOVASCULAR SYSTEM [15 HRS]**

Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; cardiac output and cardiac cycle; Functional anatomy of blood, vessels; Blood pressure and regulation of blood pressure. Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting;

**UNIT-4: MUSCLES- SKELETAL SYSTEM [15 HRS]**

Anatomy of the Skeleton: Classification of bones-axial bones and appendicular bones; Types of joint –synovial joints and fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

**TEXT BOOKS**

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

**REFERENCE BOOKS:**

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

**Subject Name: BASICS OF SANSKRITAM**  
**Subject Code: BS-AECCT-104**

**Final Exam (SEE)-35 Marks**  
**Internal Assesment (CT+TA)-15Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in saskrit and have some idea about grammar.

**Unit-1: laLd`rHkk"kk ifjp; (7)**

laLd`rHkk"kk ifjp;] ;ksx'kkL= ds vè;;u easa laLd`r dk egÙo vkSj ;ksx ,oa laLd`r dk vUr%lEcU/k ekgs'ojlw=A laLd`ro.kZekyk] Loj] O;atu o.kZKku lfgr jkseu fyfi esa ys[ku ,oa iBu] o.kkZsa ds mPpkj.kLFkku vkSj izz;Ru KkuA izR;kgkj fuekZ.k fof/k ,oa izR;kgkj KkuA dkjd] foHkfDr] lqi~ vkSj fr<sup>3</sup>~ izR;;] fy<sup>3</sup>] opu] iq#"k] ydkj ,oa okD;k;x ifjp;A laLd`r la[;k,a ¼,d ls lkS rd½

**Unit-2: 'kCn:Ik (8)**

vtUr 'kCn:i&jke] ckfydk] iqLrd] eqfu] #fp] okfj 'kCnksa ds :Ik vFkZKku lfgrA vtUr'kCn:i&unh] Hkkuq] /ksuq] e/kq] fir`] ekr` 'kCnksa ds :Ik vFkZKku lfgrA loZuke 'kCn:i&vLen~] ;q"en~] rr~ ¼rhuksa fyxksa esa½] ,rn~ ¼rhuksa fyxksa esa½] fde~ ¼rhuksa fyxksa esa½] Hkor~ ¼rhuksa fyxksa esa½ 'kCnksa ds :Ik vFkZKku lfgrA gyUr'kCn:i&Hkxor~] ukeu~] txr~ 'kCnksa ds :Ik vFkZKku lfgrA

**Unit-3: /kkrq:Ik (8)**

Hkw] vl~] iB~] d`] fy[k~] ue~] n`'k~ /kkrqvksa ds ikap ydkjksa yV~] y`V~] y<sup>3</sup> ykSV~] fof/kfy<sup>3</sup>~] esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA on~] xe~] LFkk] ik] nk] 'kd~] vki~] izPN~ /kkrqvksa ds ikap ydkjksa yV~] y`V~] y<sup>3</sup>~] ykSV~] fy<sup>3</sup>~ esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA Kk] dFk~] fpUr~] czw] Jq] uh] ;kp~] [kkn~] 'kh<sup>3</sup>~] /kkrqvksa ds ikap ydkjksa yV~] y`V~] y<sup>3</sup>~] ykSV~] fy<sup>3</sup>~ esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA

**Unit-4: okD;fuekZ.k (7)**

izFkenh{kk ds izFke] f}rh; ,oa r`rh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kla

**TEXT BOOKS**

1. f}osnh dfiy nso% izkjfEHkd jpukuqokn dkSeqnh] fo'ofo|ky; izdk'ku] okjk.klh 2011

2 f}osnh dfiy nso% jpukuqokndkSeqnh] fo'ofok|ky; izdk'ku okjk.klh  
2011  
3 f}osnh dfiy nso% izkS<jpukuqokn dkSeqnh] fo'ofok|ky; izdk'ku]  
okjk.klh 2007  
4 izFkenh{kk] jkf"V<sup>a</sup>; laLd`r laLFkku] ubZ fnYyh

#### BOOKS FOR REFERENCE

1. egf"kZ n;kuUn ljLorh% o.kksZPpkj f'k{kk] jkeyky diwj V<sup>a</sup>LV]  
lksuhir gfj;k.kkA
2. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

**Subject: INTRODUCTION TO AYUSH**

**Subject Code: BS-GE-105**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks**

**Objectives:**

Following the completion of the course, students shall be able:

- To know fundamentals and principles of Yoga Therapy
- To understand the concept and principles of integrated approach of Yoga Therapy
- To know basics of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy

**Unit-1: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY [8 Hrs.]**

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

**Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY [4 Hrs.]**

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications: Akash Tatwa Chikitsa, Vayu Tatwa Chikitsa, Agni Tatwa cChikitsa, Jala Tatwa Chikitsa, Prithvi Tatwa Chikitsa).

**Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [15 Hrs.]**

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Ausadhi (three pillars of Ayurveda); Concept, role and importance of – Dosha, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāna, Prakrti (Deha Prakrti, Manasa Prakrti); Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryā (daily routine), concept of Ritucarya (Seasonal routine), Svasthavāta in Āyurveda; Concept of Trayo Upasthambas.

**UNIT- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY [3 HRS.]**

History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

**TEXT BOOKS:**

1. Acharya Balkrishna: Yog Sidhant Rahasya, Divya Prakashan, Haridwar 2013
2. Dr R Nagaratha: Yoga and Health, SVYASA, Bangalore.

**REFERENCE BOOK:**

1. Taitriya Upnishad
2. Dr. Rakesh Jindal: Prakritic Ayurvijnana, Pune.
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
4. Richards Hughes: The Principal and Practice of Homeopathy, B Jain publication, 2008.
5. Introduction to AYUSH; [www.slideshare.net/digvijay03/introduction-of-ayush-71028486](http://www.slideshare.net/digvijay03/introduction-of-ayush-71028486)

**Subject Name: YOGA PRACTICUM-I**

**Subject Code: BS-CP106**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of various dand baithak of Indian origin
- Understand the principle and practice of Suryanamaskar and different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Quote references of each practice as per traditional texts

**UNIT-1 EIGHT BAITHAK BY YOGRISHI SWAMI RAMDEV JI [25 HRS]**

**Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-I, Pahalwani baithak-II, Hanuman baithak-I, Hanuman baithak-II, Hanuman baithak -III,**

**UNIT-2 TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI [25 HRS]**

**Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)**

**UNIT-3: YOGASANA (SUPINE LYING POSTURES) [25 HRS.]**

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasdana, Chakkichalana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

**UNIT-4: YOGASANA (PRONE LINE POSTURES) [20 HRS.]**

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana.

**UNIT- 5: SURYA NAMASKARA [25 HRS.] with mantra.**

**TEXT BOOKS**

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar, 2015.
2. Yogrishi Swami Randev Ji: Dand-baithak, 2015.
3. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
4. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla

**BOOKS FOR REFERENCES**

1. Tulsi Naina: A Complete Guide for structural Body Work, Divya Prakashan, Haridwar, 2015.
2. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
5. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.

**Subject Name: YOGA PRACTICUM-II**

**Subject Code: BS-CP107**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

**UNIT-1: RECITATION OF HYMNS & HASTA MUDRA [15 HRS.]**

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, **Apan, Apanvayu, Shankh, Kamajayi**

**UNIT-2: SHATKARMAS [15 HRS.]**

Neti (Jalneti, Rubber Neti), Dhauti (Jal Dhauti); **Kapalbhati (upto 1000 strokes)** and its variations; **Trataka (Jatru and Jyoti)**

**UNIT-3: BREATHING PRACTICES [15 HRS.]**

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic +Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & BahyaKumbhaka).

**UNIT-4: BHOJAN MANTRA, PRATAH EVAM RATRI MANTRA: [10Hrs]** Understanding, recitation and memorization.

**UNIT- 5: CONTINUOUS EVALUATION BY THE TEACHERS [05 Hrs]**

**TEXT BOOKS**

1. **Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009**
2. **Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010**
3. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
4. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
5. 4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.

**BOOKS FOR REFERENCE**

1. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
2. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
3. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
4. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

**Subject Name: HUMAN BIOLOGY PRACTICUM- I**  
**Subject Code: BS-CP108**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15Marks**

**Objectives:**

The objectives behind teaching Anatomy and Physiology is to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

**Unit-1: Demonstration of Osteology & Myology [15 Hrs.]**

**Unit-2: Demonstration of Organs and Viscera [15 Hrs.]**

**Unit-3: Demonstration of Bones, Joints, Anthropometric measurements [15 Hrs.]**

**Unit-4: Demonstration of Human Skeleton [15 Hrs.]**



## Semester-II

**Subject Name: PATANJALA YOGA DARSHANA**  
**Subject Code: BS-CT-201**

**Final Exam (SEE)-70 Marks**  
**Internal Assesment (CT+TA)-30Marks**

### Objectives:

Following the completion of this course, students shall be able to

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

### UNIT - 1: PATANJALI YOGA DARSHANA [15 HRS.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Concept of Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

### UNIT - 2: SAMADHIPADA [15 HRS.]

Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

### UNIT-3: SADHANAPADA [15 HRS.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Heya Hetu, Hana, Hanopaya) Drishya Nirupam (Prakriti), Drashta Nirupana (Purusha), Prakriti Purusha Samyog; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

### UNIT - 4: VIBHUTIPADA & KAIVALYAPADA [15 HRS.]

Introduction, role and application of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Padartha (external element) and its abilities, Vivek Jnana Nirupanam, Kaivalya Nirvachana.

### TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Patanjala Yog Darshan, Divyayog Prakashan, Haridwar 2008.
2. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012.
3. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

### BOOKS FOR REFERENCE

1. Vyasbhasya
2. Bhojvritti
3. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
4. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

**Subject Name: HATH YOGA-II**

**Subject Code: BS CT-202**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Have an understanding about practices of Hatha Yoga.
- Have an understanding about the practices of Yoga in various Hath Yogic texts.
- Have an understanding about practices of Antarang and Bahirang Yoga.
- Quote references of each practice as per traditional texts

**UNIT - 1: SHATKARMA PRACTICES [15]**

Concept of shuddhi kriya (Shatkarma), Pre- requisites and precautions of shatkarma, Shodhan kriyas in Hath Yoga pradeepika and Gherand Samhita, their techniques, benefits and precautions, role of shodhan kriyas in Yoga sodhan and their importance in modern days life.

**UNIT - 2: ASANA PRACTICES [15]**

Concept of Asanas Pre- requisites and precautions of Asanas, Salient features and importance of Asanas in Hath Yoga Sadhnas, classification of Asanas, Asanas according to Hath Yog Pradeepika, Asanas according to Gherand Samhita, Relevance and importance of Asanas in Yog Sadhna and importance in modern day life.

**UNIT-3: PRANAYAM, BANDH, MUDRA PRACTICES [15]**

Mechanizing of Yogic breathing, concept of poorak, kumbhak and Rechak, concept of Prana, types of prana and up-prana, pranayam techniques according to Hath Pradeepika and Gherand Samihita, Nadi, Shodham Pranayan, Pre-requisites and precautions of Pranayam, concept of Bandh and Mudras, Fundamental of Mudras in Hath Pradeepika and Gherand Samhita; Techniques, benefits and precaution of Bandha and Mudra, Relevance of Pranayam, Bandh, Mudras in Yoga sadhna and in modern day life.

**UNIT - 4: PRATYAHAR, DHARNA, DHYAN, SAMADHI [15]**

Concept of Pratyahar, Dharna, Dhyan and Samadhi in Gherand Samhita and Hath Pradeepika; their Techniques and benefits; Relevance in Yog Sadhna in modern day life.

**TEXT BOOKS**

1. G.S Sahaya: HathaYoga Pradeepika of Svatmarama, MDNIY Publication, New Delhi, 2013
2. Sw. Digambar Ji, Dr. Pitamber jha: Hathapradipika, Kaivalyadhama, Lonavla, 1998
3. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
4. Swami Niranjanananda Saraswati: Gherand Samhita, Bihar schools of Yoga, Munger Bihar

**BOOKS FOR REFERENCE**

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, the Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009.
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
5. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
6. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013.
7. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
8. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.

**Subject Name: HUMAN BIOLOGY-II**

**Subject Code: BSCT-203**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

**UNIT -1: NERVOUS SYSTEM & SPECIAL SENSES [15HOURS]**

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye,ear,nose,tongue and skin.

**UNIT -2: ENDOCRINE SYSTEM [10HOURS]**

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action.

**UNIT -3: REPRODUCTIVE & EXCRETORY SYSTEM SYSTEM [15 HRS]**

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmo-regulation.

**UNIT -4: LYMPHATIC SYSTEM & IMMUNE SYSTEM [15HRS]**

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

**TEXT BOOKS**

1. Gore M. M. (2003). *Anatomy and Physiology of Yogic practices*. KanchanPrakashan, Lonavla, India
2. *Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.*
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

**REFERENCE BOOKS:**

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

**Subject Name: BASICS OF SANSKRITAM**  
**Subject Code: BS-AECCT-204**

**Final Exam (SEE)-35 Marks**  
**Internal Assesment (CT+TA)-15 Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

**Unit-1: laLd`rHkk"kk ifjp; [8HRS]**

iB~ ,oa d` /kkrq dk deZokP;;Ik Kku ik;p ydkjksa yV~] y`V~] y³~] ykSV~] fy³~ esa ,oa okD; fuekZ.k vFkZKku lfgrA vl~ ,oa Hkw /krq dk HkkookP;;i Kku ikap ydkjksa yV~] y`V~] y³~] ykSV~] fof/kfy³~ esa ,oa okD; fuekZ.k vFkZKku lfgrA dr`ZokP; ,oa deZokP; dk ifjp;] okD;jpuk] okD;;ikUrj.k ,oa vuqoknA dr`ZokP; dk ifjp; okD;jpuk] okD;;ikUrj.k ,oa vuqoknA

**Unit-2: d`nUr izR;; [7HRS]**

'kr` ,oa 'kkup~ izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA DRok] Y;i~] rgequ~ izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA Dr ,oa Drorq izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA rO;r~] vuh;j~ ,oa ;r~ izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA

**Unit-3: lfU/k ,oa Hkk"kkH;k1 [8HRS]**

vp~] gy~ ,oa folxZ lfU/k;ksa dk Kku ,oa lfU/k foPNsn dk vH;k1A Hkxon~xhkrk ds n~forh; vè;k; ds izFke 20 'yksdksa esa dkjd ,oa f0;kinksa dk vuqlU/kku ,oa lLoj 'yksdikBA laLd`r ls fgUnh@vaxzsth esa vuqoknA laLd`r esa ijLij okrkZyki ,oa ekSf[kd O;k[ku dk vH;k1A

**Unit-4: Hkk"kkn{krk [7HRS]**

izFkenh{kk ds prqFkZ] iape ,oa "k"B vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;k1A

**TEXT BOOKS**

1. f}osnh dfiy nso% izkjfEHkd jpukuqokn dkSeqnh] fo'ofokky; izdk'ku] okjk.klh 2011
2. f}osnh dfiy nso% jpukuqokndkSeqnh] fo'ofokky; izdk'ku] okjk.klh 2011
3. f}osnh dfiy nso% izkS<jpukuqokn dkSeqnh] fo'ofokky; izdk'ku] okjk.klh 2007

## BOOKS FOR REFERENCES

1. izFkenh{kk & jkf"V<sup>a</sup>; laLd`r laLFkku] ubZ fnYyhA
2. f}rh; nh{kk & jkf"V<sup>a</sup>; laLd`r laLFkku] ubZ fnYyhA
3. egf"kZ n;kuUn ljLorh% o.kksZPpkj f'k{kk] jkeyky diwj V<sup>a</sup>LV] lksuhir  
gfj;k.kkA

**Subject Name: HEALTH AND YOGIC HYGIENE**  
**Subject Code: BSGE--205**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15 Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill. [8]

**Unit-1: INTRODUCTION TO HEALTH AND HYGIENE [10 Hrs.]**

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

**Unit-2: INFECTION AND DISINFECTANTS [10 Hrs.]**

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection.

**Unit-3: INFECTIOUS DISEASES [10 Hrs.]**

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases; Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS;

**TEXT BOOKS**

1. Prof. Ramharsh Singh: Swasthvritta, Chaukhanmha Prakashan, Varanasi
2. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

**REFERENCES**

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur.

**Subject Name: YOGA PRACTICUM-3**

**Subject Code: BS-CP-206**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Practice Yogic sthul and sukshma vyayam skillfully.
- Explain and demonstrate Yogic sthul and sukshma vyayam skillfully.
- Recite Ishwarstutuprarthna.

**UNIT-1: YOGIC SUKSMA VYAYAMA [45 HRS.]**

Uccharana-sthala तथा Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha तथा-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes).

**UNIT-2 YOGIC STHULA VYAYAMA [35 HRS.]**

12 steps of Yogic Jogging; and a series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asana- Variations 1, 2 & 3, Shalbhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, Ardha Halasana, Padvritta Asana- Variations 1 & 2 and Dwichakrikasana- Variations 1 & 2; as recommended by Swami Ramdev. Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body).

**UNIT-3: ISHWARSTUTI-PRARTHANOPASANA: Understanding, recitation and memorization. [20 Hrs]**

**UNIT- 4: CONTINUOUS EVALUATION BY THE TEACHERS [20 Hrs]**

**TEXT BOOKS**

1. Swami Ramdev ji: Vaidik Nitya Karma Vidhi, Divya Prakashan, Haridwar, 2010.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.

**BOOKS FOR REFERENCES**

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi.

**Subject Name: YOGA PRACTICUM- 4**

**Subject Code: BS-CP-207**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices and Yajna.
- Have an understanding about the practices that help practitioners to lead to meditation.
- Quote references of each practice as per traditional texts

**UNIT-1: SHATKARMA [15 HRS.]**

Dhauti (Jala, Danda), Neti (Jala, Sutra), Kapalbhati (Vatkram, Vyutkram) Nauli (Madhyama, Vama, Dakshina), Trataka

**UNIT-2: PRANAYAMA [20 HRS.]**

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama.

**Pranayama:** Bhastrika, Kapalbhati, Bahya, Ujjayi, Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

**UNIT-3: DHYANATMAK ASANAS AND OTHER PRACTICES LEADING TO MEDITATION [15 HRS.]**

Sukhasana, Siddhasana, Simhasana, Bhadrasana, Swastikasan, Gaurakshasan, Vajrasana, Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind Sound Reasonance Technique[MSRT] .

**UNIT-4: DEVYAJNA MANTRA: Understanding, recitation and memorization. [10 Hrs]**

**TEXT BOOKS**

1. Yogirishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Yogirishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010
3. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.
5. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012

**BOOKS FOR REFERENCE**

1. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
2. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
3. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
4. Nagendra, H.R: Mind sound reasonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.
5. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
6. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.



**Subject Name: HUMAN BIOLOGY PRACTICUM-II**

**Subject Code: BS-CP-208**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Understand the principles and procedure of every experiment.
- Demonstrate an experiment with the interpretation of the results.
- Explain the procedure of each step of an experiment skillfully.

**UNIT-1: HEMATOLOGY [10 HRS.]**

Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse.

**UNIT-2: PHYSIOLOGICAL EXAMINATION [15 HRS.]**

Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

**UNIT-3: ENDOCHRONOLOGY [15 HRS.]**

Endocrine glands, their secretions and measurements.

**UNIT-4: CONTINUOUS EVALUATION BY THE TEACHERS [15 HRS.]**

**TEXT BOOK**

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004

## Semester-III

**Subject Name: ESSENCE OF BHAGAVAD GITA FOR HOLISTIC LIVING**

**Subject Code: BS-CT301**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

### **Objectives:**

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.
- Quote references of each practice as per traditional texts

### **UNIT – 1: SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA [15 HRS.]**

Introduction to Bhagavadgita, Importance of Bhagwadgita; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita's relevance in Yoga Sadhana; Bhagvadgita and its universal significance.

### **UNIT-2: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA IN BHAGAVDGITA [15 HRS.]**

Concept of Samkhya Yoga/Jnana Yoga in Bhagavadgita (Chapter. 2,3,4,5,6,13) ; Concept of Sthita Prajna, Concept of Atman (chapter 2); Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita (Chapter 4,8,10,11,13,15); Concept and nature of Prakriti, origin of the world as described in Bhagavadgita (Chapter 9,13,14).

### **UNIT-3: KARMA YOGA, BHAKTI YOGA AND DHYANA YOG IN BHAGAVADGITA [20 HRS.]**

Concept of karma Yoga in Bhagavadgita (Chapter 2-6); concept of Yajna and its nature, concept of Yatharth Karma and Nishkama Karma (Chapter 3, 4) Concept of Bhakti in Bhagvadgita, concept of Shraddha and its relevance as described in Bhagavad Gita (chapter 7,8,9,11,12), Importance of Bhakti (Chapter 11 Verse 52-55), Types of Bhakti (chapter 7, 12), Charecterstics of Bhakt (chapter 12 verse 13-20). Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita (chapter 6) ; concept of cosmic form of God (chapter 11).

### **UNIT – 5: CONCEPT OF DIET AND PERSONALITY IN BHAGVADGITA. [10 HRS.]**

Concept and classification of Ahara as described in Bhagavadgita (Chapter 6); Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita (Chapter 14); Types of personality in Bhagvadgita (Chapter 17); Concept of Dev-Asur Sampda (Chapter 16).

### **TEXT BOOKS**

1. Srimadbhagwadgita- Gitamritam: Yogrishi Swami Ramdev Ji, Divya Prakashan, Haridwar, 2015
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003

### **BOOKS FOR REFERENCE**

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Lokmanya Gangadhar Tilak: Gita Rahasya
3. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
4. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
5. Swami Ramsukhadas; Srimalad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata.

**Subject Name: INTRODUCTION TO HOLISTIC HEALTH**

**Subject Code: BS-CT-302**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Understand the concept of health and disease.
- Have understanding about holistic concepts of health and healing.
- Conceptual understanding of Yajna and Yajnopathy and Marma Therapy.
- Quote references of each practice as per traditional texts

**UNIT - 1: CONCEPT OF BODY, HEALTH AND DISEASE [10 HRS.]**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; 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.

**UNIT - 2: CAUSES OF ILL HEALTH & REMEDIAL MEASURES AS PER YOGA TEXTS [10 HRS.]**

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), Sublimation of Chitta Shuddhi (Dharana, Dhyana and Samadhi).

**UNIT - 3: INTRODUCTION TO YAJNA [15 HRS.]**

;K dk ifjp;% ;K 'kCn dk fuoZpu o ifjHkk"kkA ;K dk bfrgkl] ;K ds Ikzdkj] ;KkFkZ lkexzh o midj.kA  
Ikpegk;K% Ikpegk;K ds ykHk] czã;K] nso;K] cfyoS'onso;K] vfrfFk;K o fir` ;K eU=kFkZ&Lej.k lfgr fof/A  
'kkL=kksa esa ;K dk Lo:i%& pkjksa osn] xhrk] mifu"kn] euqLe`fr] czkã.k&xzUFk] x`glw=k o ehekalkn'kZu bR;kfn esaA

**UNIT - 4: INTRODUCTION TO YAJNOPATHY [15 HRS.]**

;K ds fofHkUu igyw%& ;K ls fpfdRlk] Xykscy okfeZax dk lek/ku] o`f"V] d`f"k o vè;kRe mUufrA  
;K ij oSKkfud 'kks/l%& fpfdRlk 'kks/l] ekbØksck;ksyWftdy (cSDVhfj;k] iQaxl] ok;jl)] dSfedY (Coz, So, No, Pb, As, Hg, CCIF) o lw{ed.k ,oa jsfM,'ku ij ;K ÅtkZ ds izHkko ij 'kks/lA

**UNIT - 5: INTRODUCTION TO MARMA THERAPY [10 HRS]**

Fundamentals, History of Marma Therapy; Prerequisites of marma Therapy; References of marma points in Susrut Samhita; Classification and description of Marma points; Tecnique of activation of Marma points; Corelation of marma through yogic activities like Asana, Pranayama and Shatchakra. Marma Therapy in Facial Paralysis, Cervical Spondylosis, Frozen Shoulder, Brachial Neuralgia, Sciatica, Hemiplagia, Paraplegia, Cerebral Palasy.

**TEXT BOOK**

1. Prof. Ramharsh Singh: Swasthvritta
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanana, Andhra Pradesh.
4. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand,4408 nai sadak, New Delhi.
5. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.

**REFERENCE BOOKS:**

1. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
2. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
3. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
4. Swasthyritta evam Susrutsamhita.

**Subject Name: APPLIED YOGA**

**Subject Code: BS-CT303**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able to

- Understand the applied value of Yoga in different domain.
- Have an idea about the role of Yoga for school, sports, technostress and geriatric care.

**Unit -1: YOGIC HEALTH FOR SCHOOL [15 HRS.]**

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

**Unit -2: YOGA IN PHYSICAL EDUCATION, SPORTS SCIENCES [15 HRS.]**

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

**Unit -3: YOGA FOR TECHNOSTRESS [15 HRS.]**

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

**Unit -4: YOGA FOR GERIATRIC CARE [15 HRS.]**

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Yoga in synergy with medical science, Divya Prakashan, Haridwar, 2007.
2. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

**BOOKS FOR REFERENCE**

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003

**Subject Name: ENVIRONMENTAL STUDIES**

**Subject Code: BS-AECCT-304**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15 Marks**

**Objectives:**

Following the completion of these course students shall be able to

1. Know about environment and ecosystem.
2. Know renewable and non-renewable resources.
3. Know about Biodiversities, Conservation and Pollution.

**UNIT- 1: INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM [8 HRS.]**

Introduction to environmental studies and ecosystem; multidisciplinary nature of environmental studies: scope and importance. Ecosystem and its functions, aquatic ecosystem, environmental components of ecosystem, conservation of natural resources, food chains, food web.

**UNIT-2: NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE [7 HRS.]**

Resources: Renewable & Non-Renewable Biodiversity, Values of Biodiversity, Natural Resources (Renewable & Non-Renewable Resources), Pollution -Air pollution, Soil pollution, Smog their causes and impacts.

**UNIT-3: BIODIVERSITY & CONSERVATION [8 HRS.]**

Biodiversity levels of biological biodiversity, Environment segments, Biosphere, Lithosphere, Hydrosphere, Atmosphere, Pollutants, Degradable and Non-degradable pollutants, conservation-mineral Resources, oxygen depletion.

**UNIT 4: ENVIRONMENTAL POLLUTION [7 HRS.]**

Environmental pollution, types, causes, effects and controls, Prevention & Control of Pollution, Environment Protection Act, Wild life Protection Act.

**TEXT BOOKS:**

1. Erach Bharucha: Text Book for Environment Studies, UGC & Bhartiya Vidyapeetha Institute of Environmental education and research, Pune.

**REFERENCE BOOKS:**

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner. b)
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India,

## **SUBJECT: YOGA PSYCHOLOGY**

**Subject Code: BS-GE -305**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks**

### **Objectives:**

Following the completion of this course, students shall be able to

1. Understand about Human Psyche and Psychic forces.
2. Understand about mental process.
3. Know and correlate Yogic principles and Psychology

### **Unit-1: HUMAN PSYCHE [7 Hrs.]**

The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior, Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Code of ethics for lay counselors, Life's skills for happy life;

### **Unit-2 : PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS [8 Hrs.]**

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

### **Unit-3: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE [8 Hrs.]**

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

### **Unit-4: YOGA PSYCHOLOGY [7 Hrs.]**

States of consciousness according to Yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different Yogic scriptures (Mudha, Kshipta, Vikshipta, Ekagra and Niruddha; Sattvic, saajic, tamasic etc.) Cause of emotions in the mind according to Yoga texts.

## **UNIT 1 HUMAN PSYCHE AND PSYCHIC FORCES BASED ON YOGA PSYCHOLOGY [8 HRS]**

Psychology its nature, definition, branches and utility. Psychic forces and human behavior. State of Consciousness according to Yogic scriptures (Jagrata, Swapna, Sushupti and Turiya), Types of Personality in Yogic context (Mudha, Kshipta, Vikshipta, Ekagra, Niruddha).

## **UNIT 2 COGNITIVE MENTAL PROCESS [7 HRS]**

Sensation, perception, attention and memory their definitions, types and factors affecting). Enhancement of attention and memory through Psycho-Yogic techniques

## **UNIT 3 PSYCHOLOGICAL DISORDERS [7 HRS]**

Depressive disorders, Anxiety disorders their symptoms causes and treatment.

## **UNIT 4 COUNSELLING [8 HRS]**

Meaning and definition of Counselling, goals and skills of counselling, code of ethics for lay counsellors.

### **TEXT BOOKS:**

1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978).

### **REFERENCE BOOKS**

1. Taimini, I. K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973.
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965.

**SUBJECT NAME: YOGA PRACTICUM 5**

**Subject code: BS-CP306**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.
- Quote references of each practice as per traditional texts

**UNIT-1: SHATKARMAS [20 HRS.]**

Vastra Dhauti, Sutra Neti, **Nauli Chalana, Agnisara.**

**UNIT-2: YOGASANA (SITTING POSTURES [50 HRS.]**

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

**UNIT-3: YAJNA KARMA [30 HRS]**

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna.

**UNIT-4: MARMA THERAPY [20 HRS]**

Identification of various marma points; Application on Marma Points; Activation of Marma Points, its practice and procedure. Therapeutic application of Marma points.

**TEXT BOOKS**

1. **Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009**
2. **Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010**
3. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
4. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
5. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

**BOOKS FOR REFERENCE**

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. **Yajynopathy: Brahmavarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.**
3. **Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik.**
4. **Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.**
5. **Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.**



## **SUBJECT CODE: YOGA PRACTICUM 6**

**Subject code: BS-CP307**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15 Marks**

### **Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.
- Quote references of each practice as per traditional texts

### **Unit-1: BANDHA [05 HRS]**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha.

### **Unit-2: PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA) [20 HRS]**

Surya-bheda Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama. Bhramari Pranayama, **Murchha Pranayama, Plavni Pranayama and Chandra-bheda Pranayama,**

### **UNIT-3: YOGASANAS [STANDING POSTURES] -I [20 HRS.]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana

### **Unit-4: PRACTICES LEADING TO MEDITATION. [15 HRS]**

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.

### **TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
3. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, 2017.
4. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012

### **BOOKS FOR REFERENCES**

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. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004.
5. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003.
6. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005.
7. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998.

**SUBJECT NAME: FIELD WORK**

**Subject code: BS-FW308**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15 Marks**

**Objectives:**

During this period students shall get an opportunity of teaching **Yoga modules of Swami Ramdev Ji to masses** weekly for four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages/ institutions/ hospitals/ schools/ colleges etc..

**Duration: 60 Hrs**

## Semester-IV

Subject Name: ESSENCE OF PRINCIPAL UPANISHADS

Subject Code: BS-CT401

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

### Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.
- Quote references of each practice as per traditional texts

### UNIT-1: INTRODUCTION ESSENCE OF ISHA & KENOPANISHAD [15 HRS.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; **Ishavasyopanishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3, 4,6) (Kena II.2,3), Greatness of self Knowledge (KenII.5).

### UNIT-2: ESSENCE OF KATHO & PRASHNAPANISHAD [15 HRS.]

Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul.

### UNIT-3: ESSENCE OF MUNDAKA, MANDUKYA AND TAITRIYA [15 HRS.]

Mundaka: The greatness of Brahmapad, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being, Taitriya: Shikshavalli Brahmavalli (Concept of Panch Kosha)

### UNIT- 4: ESSENCE OF AITAREYA, CHANDOGYA & BRIHADARANYAKA [15 HRS.]

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumiavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

### TEXT BOOKS

1. Yogirishi Ramdev: Upnishad Sandesh, Divya prakashan, 2018.
2. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

### REFERENCE BOOKS

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

**Subject Name: METHODS OF TEACHING YOGA**

**Subject Code: BS-CT402**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- 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.

**UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA [15 HRS.]**

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

**UNIT-2: BASICS OF YOGA CLASS MANAGEMENT [15 HRS.]**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

**UNIT-3: LESSON PLANNING IN YOGA [15 HRS.]**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

**UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING [15 HRS.]**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology inYoga.

**TEXT BOOKS**

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

**BOOKS FOR REFERENCE**

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
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

**SUBJECT NAME: FUNDAMENTALS OF BIOCHEMISTRY AND BIOMECHANICS**

**Subject Code: BS-CT403**

**Final Exam (SEE) – 70 Marks**

**Internal Assessment (CT+TA) – 30 Marks**

**Objectives:**

- To understand the biomolecules and their role in our body.
- To have an understanding about the protein, carbohydrate, lipid metabolism.
- To understanding basics of kinesiology and Biomechanics.

**UNIT – 1: INTRODUCTION TO BIO-CHEMISTRY [15 HRS]**

Introduction to Bio-Chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O<sub>2</sub> transport and storage, Bio-chemical structure of immunoglobulins their functions and classification. Fundamentals of Bio-Energetics: Biological Oxidation, General concept of oxidation, feature of cellular Oxidations-respiratory chain oxidative phosphorylations,

**UNIT – 2: METABOLISM OF CARBOHYDRATES [15 HRS]**

Carbohydrates: Definition, classification and general functions; Lipids: definition, classifications and general functions; Proteins: definition, classification, functions and Biomedical Importance, Plasma Proteins and functions; Definition, classification of Enzymes and their functions; Basics of Carbohydrate and Lipid Metabolism; Introduction to hormones and their action; Introduction to common metabolic disorders in relation to Hepatobiliary and Kidney.

**UNIT - 3: INTRODUCTION TO KINESIOLOGY AND THE PRINCIPLES OF BIOMECHANICS IN YOGA [15 HRS]**

Meaning and Definition of Kinesiology; Basic Biomechanical terms - velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; Work; Power; Energy; Torque; Bio mechanics; Description of movement of the human body [Kinematics and Kinetics]. Kinetics - the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction; planes of movement; type of displacement (movement); relevance and importance of kinesiology and biomechanics for Yoga. Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas.

**UNIT - 4: FUNDAMENTAL OF BASIC TECHNIQUES [15 HRS]**

Fundamental concepts of following terms – Axes and Planes; Center of Gravity, Equilibrium, line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga posture; Force – meaning, definition, types, and its application to various Yoga Postures; Lever – meaning, definition, types and its application of human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

**TEXT BOOKS**

- 1 Knudson, D Fundamentals of biochemicals. New York, NY: Springer, 2007
- 2 Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Engewood Cliffs, N.J.: prentice Hall Inc. 1988.
- 3 Arvind S Yadav: Comprehensive practical and viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004.

**BOOKS FOR REFERENCE**

1. Patel: Yoga and Rehabilitation, JayPee Brothers, Medical Publication, 2008.
2. Yoga Biomechanics by Jules Mitchel, Handaspring publication, US 2018
3. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
4. William, E Prentice, Michael I Voight: Technique of musculoskeletal rehabilitation, Mc grow hill education, 2001.

**SUBJECT NAME: COMMUNICATIVE ENGLISH**

**Subject Code: BS-AECCT404**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks**

**Objective**

Following the completion of this course, students shall be able to

- Communicate in English
- Develop reading and writing skills in English
- To communicate in English while Yoga teaching and training.

**UNIT 1- COMMUNICATION [10 HRS]**

Writing Letters- Letter for Inquiry, Idioms and Phrases, placing order, Replacement letter, cancellation letter, complaint letter etc.

**UNIT 2- DRAFTING ADVERTISEMENT (05 HRS)**

Classified Advertisement, Commercial Advertisement

**UNIT 3- LITERATURE [10 HRS]**

Indian Traditional Knowledge on Environmental Conservation

An article ligjhty ofg Asia – Gautam Buddha

Kafan-Prem Chand

**UNIT 4- CONDUCTING YOGA PRACTICLE CLASS IN ENGLISH**

Development of skills to enhance ability of conducting Yoga class in English, Demonstration of Yoga practices in english,

**REFERENCES**

1. Ethan F. Becher: Mastering communication at work: How to lead, manage anmd influence, 2009.
2. Mathew Mckey, Martha Devis, Patrick: Messages: The communication skill book, 2009
3. P.S Perkins, Les Brown: The Art and Science of communication, 2008  
Robin Quinn, Joe Kohl: Talk like a winner; 21 simple rules foe achieving everyday communication success, 2008

## Subject: YOGIC DIET AND NUTRITION

Subject Code: BS-GE-405

Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks

### Objectives:

Following the completion of this course, students shall be able to

- Understand about Yogic Diet and Nutrition
- Know about ingredients mentioned in hath yogic texts
- Know about biomolecules
- Know about nutrition and nutritional values

### Unit – 1: Yogic Concept of Diet & Nutrition [8 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

### Unit –2: Dietetics in Yoga [10 Hrs.]

Vegetarian vs Non-vegetarian Diet, Classification of diet according to trigunas and panchabhuta; Relationships between rasa, guna, virya, Vipaka, prabhava. Botanical details with rasa, guna virya, vipaka, prabhava of Kushmand, palandu, rason, narikel, haridra, tuvarak, vasa, lavang, yashtimadhu, pippali, dudhika, shunthi, dadim, chitrak, marich, jirak, ghritkumari, bilva, babul, tulsi, apamarg, sharpunkha, shatavari, ashwagandha, ashok, patha, punarnava, kulath, ela, haritki, amlaki, guduchi, amlaki, shali, Yava, Mugda, Ghrta, Kshira, Navanita, Sita, Gud, Madhu, Shunthi, Surana, on various systems of body.

### Unit-3: Biomolecules [5 Hrs.]

Introduction to structure and function of biomolecules. Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

### Unit-4: NUTRITION-BASICS [7 Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats –sources, nutritive values, importance, requirements and deficiencies; Micro and Macro minerals their classification, sources, role, nutritive value, requirements and deficiencies, . Vitamins –sources, roles, requirements.

### TEXT BOOKS:

1. Acharya Balkrishna: Ayurveda Sidhant Rahasya: Divya Prakashan, Haridwar, 2013
2. Acharya Balkrishna: Jadibuti Rahasya: Divya Prakashan, Haridwar, 2013
3. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
4. Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
5. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005.

### REFERENCE BOOKS

1. Prof. Priyavritt Sharma: Dravyaguna Vijnana, Chaukhambha Bharti Academy, Varanasi.
2. Dr. Shailja Srivastava: Ashtanga samgrah, Chaukhambha Orientalia, Varanasi
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.

**Subject Name: YOGA PRACTICUM 7- TEACHING SKILLS**

**Subject Code: BS-CP406**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able to

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

**Unit-1: PREPARATION OF 10 LESSON PLAN [50 HRS.]**

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the course coordinator.

**Unit-2: APPLICATION OF PREPARED LESSON PLAN [20 HRS.]**

Students have to teach the prepared lesson plan in previous semester Yoga Practicle classes under supervision of Yoga Teachers/Instructors.

**Unit-3: PRESENTATION OF LESSON PLAN [10 HRS.]**

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

**UNIT -5: SWASTIVACHANA (1-15 VERSES) [20 HRS]**

Understanding, memorization and recitation of Mantras

**UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER [20 HRS]**

**TEXT BOOKS**

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007



**Subject Name: YOGA PRACTICUM 8**

**Subject Code: BS-CP407**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15 Marks**

**Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

**UNIT 1: SHATKARMAS [25 HRS]**

Gajkarni, Vasti, Naulichalana,

**UNIT-2: ASANAS [25 HRS]**

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana, Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, Ekpada Kandasana, Dwipadakandasana.

**UNIT-3: MUDRAS [10 HRS]**

Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

**UNIT-3: PRACTICE LEADING TO MEDITATION [10 HRS]**

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation.

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya: Divya Prakashan, 2009.
2. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
3. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

**REFERENCE BOOKS**

1. Science Studies Pranayam, Patanjali Research Foundation, Haridwar 2011
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06.

**Subject Name: PRACTICUM BIOCHEMISTRY & BIOMECHANICS**

**Subject Code: BS-CP408**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks**

**Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and procedure of each experiment.
- Demonstrate each experiment skillfully.
- Interpret the result during experiment.

**UNIT-1: DEMONSTRATION [20 HRS]**

Identification and Analysis of Constituents in Normal Urine – Urea-Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

**UNIT-2: DEMONSTRATION [30 HRS]**

Velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; Torque; Kinematics – the description of motion e.g. type, location, direction; planes of movement; type of displacement (movement); Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas.

Center of Gravity, Equilibrium, line of Gravity; Fundamental movements at various joints; Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga posture; Force, Lever; Newton's Laws of Motion .

**UNIT-3: TEACHER'S CONINUOUS EVALUATION [10 HRS]**

**TEXT BOOKS**

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5<sup>th</sup> edition
2. V.K.Malhotra :Practical Biochemistry for students, 4<sup>th</sup> edition, 2008, 12<sup>th</sup> edition 2012, Jaypee Brothers medical Publishers Ltd.
3. Yoga Biomechanics by Jules Mitchel, Handaspring publication, US 2018

**REFERENCE BOOKS**

1. ShrutiMohanty&Aparna B. Varma:Practical Clinical Biochemistry, Jaypee Brothers medical Publishers ltd. 2013
2. D.M. Vasudewan&Subir Kumar Das :Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers ltd. 2013
3. Patel: Yoga and Rehabilitation, JayPee Brothers, Medical Publication, 2008.
4. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013

## Semester-V

**Subject Name: INTRODUCTION TO INDIAN PHILOSOPHY AND VEDIC CULTURE**

**Subject Code: BS-CT 501**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

### **Objective:**

After studying this subject student can able to undersatand

- Various Indian philosophies.
- Shaddarshanas
- Various features of traditional Indian culture

### **UNIT 1. INTRODUCTION TO INDIA PHILOSOPHY [10 HRS]**

Meaning and definition of Philosophy, Importance of philosophy in life, special features and importance of philosophy, various systems of philosophy- Vaidic & Avidic drashan, three domains of philosophy- Jnana mimamsa (praman mimamsa- epistemology), Tatva mimamsa (metaphysics), Niti mimamsa (Achaar mimamsa- ethical theory).

### **UNIT 2. INTRODUCTION TO SHADDARSHAN [20 HRS]**

General introduction, Metaphysical & ethical principals of Vaidik Philosophies (Nyaya, Vaisheshik, Samkhya, Yoga, Mimamsa and Vedant).

### **UNIT 3. INTRODUCTION TO JAIN, BUDHHA AND CHARVAK PHILOSOPHY [10 HRS]**

General introduction, Metaphysical & ethical principals of non vaidik Philosophies (Jain, budhha, charvak).

### **UNIT 4. INTRODUCTION TO CULTURE [10 HRS]**

Meaning and definition of culture, introduction to Indian scriptures i.e. Vedas, Upnishad, Ramayana, Mahabharata, Gita.

### **UNIT 5. FEATURES OF INDIAN CULTURE [10 HRS]**

Purushaarth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva.

### **TEXT BOOKS**

Bhartiya Darshan	:	Acharya Baldev
Sarvadarshan Samgrah	:	Madhvacharya
Vaidic Sahiya evam darshan	:	Dr. Kapildev Shastri
Dharma Darshan Sanskriti	:	Dr. Roopkishore Shastri

### **REFERENCE BOOKS:**

A critical Study of Indian Philosophy	:	Dr. R.P. Sharma
Bhartiya Darshan	⌘	Dr. Sarvapalli Radhakrishnan
Darshan pravesch	:	Yogirishi Swami Ramdev, Divya prakashan, Haridwar
Bhartiya Sanskriti ka itihaas	:	Dr. Satyaketu vidyalankaar.

**Subject Name: YOGA THERAPY-I**

**Subject Code: BS-CT502**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

- To understand the principles of Yoga Therapy according to diseases.
- To prepare standard Yoga Therapy protocol according to diseases.
- To understand the cause of disease and the role of Yoga in health and healing.

**UNIT-1: FUNDAMENTALS OF YOGA THERAPY [15 HRS.]**

Concept of Yoga therapy, Meaning, definition, principles, impact factors and limitations, qualities of Yoga therapy, therapeutic physiology of Shatkarma Asan, Pranayam, Mudra, Bandha, Dharna and Dhyana.

**UNIT-2: CARDIOVASCULAR DISORDERS [15 HRS.]**

Introduction to Cardio vascular disorders- hypertension; (definition, etio- pathogenesis, classification and its Yogic management), atherosclerosis/coronary artery disease(definition, etio- pathogenesis, classification and its Yogic management), Ischemic heart disease- Angina pectoris/myocardial infarction (definition, etio- pathogenesis, classification and its Yogic management)

**UNIT-3: RESPIRATORY DISORDERS [15 HRS.]**

Introduction to respiratory disorder, Bronchial Asthma (definition, etio- pathogenesis, classification and its Yogic management), Chronic Obstruction Pulmonary disorders (COPD), (definition, etio- pathogenesis, classification and its Yogic management), Allergic Rhinitis (definition, etio- pathogenesis, classification and its Yogic management), Pulmonary tuberculosis (definition, etio- pathogenesis, classification and its Yogic management).

**UNIT-4: GASTRO INTESTINAL DISORDERS. [15 HRS.]**

Gastro Intestinal disorder, Acid peptic disease (definition, etio- pathogenesis, classification and its Yogic management), Irritable Bowel Syndrome (definition, etio- pathogenesis, classification and its Yogic management), Hepatitis (definition, etio- pathogenesis, classification and its Yogic management), Diabetes Mellitus (definition, etio- pathogenesis, classification and its Yogic management), and Hypo/Hyper Thyroidism (definition, etio- pathogenesis, classification and its Yogic management).

**TEXT BOOKS**

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
5. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

**BOOKS FOR REFERENCE**

1. Yogic Management of Common Ailments: Kaivalyadhama, Lonavla, Pune.
2. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
3. Yogic management of Asthma & Diabetes: Dr Shankardevananda; Yoga Publication Trust, Munger, Bihar.
4. Yogrishi Swami Ramdev: Yoga in synergy with Medicakl Science, Divya Prakashan, 2007

**Subject Name: COMPLEMENTARY & ALTERNATIVE THERAPY**

**Subject Code: BS-CT503**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives**

Following the completion of the course, students shall be able to

- To understand fundamentals of complementary medicine.
- To understand the fundamentals of Alternative Therapy.
- To know the basics of Acupressure to discuss protocol for CAT specific disease management.
- To discuss protocol for CAT specific disease management.

**UNIT- I: FUNDAMENTALS OF CAT [10 HRS.]**

CAT History meaning, definition, objectives and types, Prevalence; Contemporary need, Applications and Limitations; Yoga Therapy as Mind Body Therapy: origin, meaning definition aims, principles and practice, Impact, prevalence, applications and limitations.

**UNIT- 2: MANIPULATIVE-BODY BASED THERAPY (MBT): [10 HRS.]**

Manipulative body based therapy its meaning, definition, aims, principles, types, prevalence, impacts, applications and limitations. ,

**UNIT- 3: ACUPRESSURE AND ENERGY MEDICINE– [30 HRS.]**

Acupressure- (origin, meaning, definition, principles), five-elements theory, chi-clock cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology. Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions;

**UNIT- 4: COMPLEMENTARY AND ALTERNATIVE THERAPIES [10 HRS.]**

Complementary and Alternative Therapies for hyperacidity, migraine, insomnia, Depression and anxiety, menstrual disorders, Asthma and Pneumonia, low back pain, arthritis, obesity, diabetes, Hyper/ Hypotension, Hyperthyroidism, Hypothyroidism, Epilepsy, Anxiety, Obsessive compulsive disorder (OCD), Leucorrhoea.

**TEXT BOOKS**

1. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.
2. Sharma, S. (2013). Pran Chikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
3. Micozzi, M. S. (2015). Fundamentals of complementary and alternative medicine (5th ed.). China
- 4.

**REFERENCE**

1. Sui, M. C. K. (2005). Advanced pranic healing. Bangalore, India: World India Pranic Healing Foundation-India.
2. Sui, M. C. K. (2005). Pranic Psychotherapy (2nd ed.). Bangalore, India: World India Pranic Healing Foundation-India.
3. Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
4. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pictorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.

**Subject Name: COMMUNICATIVE ENGLISH**

**Subject Code: BS-AECCT 504**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15Marks**

**Objective**

Following the completion of this course, students shall be able to

- Communicate in English
- Develop reading and writing skills in English
- To communicate in English while teachings of Yoga

**UNIT 1- COMMUNICATION [10 HRS]**

Paragraph writing, Reading comprehensions, listening comprehensions, Note making, Summary, Referencing to encyclopedia and dictionary, debate writing, speech writing, article writing, Phonetics transcription, Precise writing

**UNIT 2- INTERVIEW (05 HRS)**

Group discussion, personal interview, Telephonic interview, Resume writing etc.

**UNIT 3- LITERATURE [15 HRS]**

- Ramayana
- Srimadbhagwad Geeta
- Panchtantra

**REFERENCES**

1. Ethan F. Becher: Mastering communication at work: How to lead, manage and influence, 2009.
2. Mathew Mckey, Martha Devis, Patrick: Messages: The communication skill book, 2009
3. P.S Perkins, Les Brown: The Art and Science of communication, 2008
4. Robin Quinn, Joe Kohl: Talk like a winner; 21 simple rules for achieving everyday communication success, 2008
5. Srimadbhagwadgeeta by Paramhansa Yogananda.

**Subject Name: HUMAN SYSTEM ACCORDING TO YOGA**  
**Subject Code: DSE-505**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15 Marks**

**Objective**

Following the completion of this course, students shall be able to

- Know about ytraditional concept of evolution
- Understand the traditional concept of body and its origin and development.
- Understand the subtle nature of body energies.

**Unit-1: EVOLUTION OF BODY [10 Hrs.]**

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāṅkhya Yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body.

**Unit-2: PANCHA KOSA THEORY [5 Hrs.]**

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

**Unit-3: CHAKRAS AND MANDALAS [5 Hrs.]**

Introduction to Tantra, brief of Tantra Yog, Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādhishthāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mandalas, types and their work.

**Unit-4: VAYUS, NADIS AND SVARA YOGA [10 Hrs.]**

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Pīgalā and Sushumnā; Effects of SvaraYoga as explained in the Haōha Yogic texts, Relevance of Svara-vijnāna in daytoday life and the importance of Svarodaya in health and disease.

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayam Rahasya: Divya Prakashan, Haridwar, 2009
2. Tantra Nadi Kriya Vijnana: CCRYN Publication, New Delhi
3. Nityananda Paramhamsa: Tantra Darshan
4. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
5. Taitriyaupnishad

**REFERENCE BOOKS**

1. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health,Swami Vivekananda Yoga Prakashana, Bangalore.
2. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.
3. Swami Harshananda: The Six Systems of Hindu Philosophy, Ramakrishna Math, Bangalore, 2000
4. Shivswarodaya, Kaivalyadhama, Lonavla, Pune.

**Subject Name: YOGA PRACTICUM 9- DISEASE SPECIFIC YOGA THERAPY MODULES-I**  
**Subject Code: BS-CP506**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objective**

Following the completion of this course, students shall be able to

- Understand about various therapeutic Yoga modules.
- Understand the way of application of Yoga therapy modules.
- Know disease wise application of Yoga therapy modules.
- Differentiate between Yoga training and therapeutic application of Yoga

**UNIT 1- ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES [20 HRS]**

Mechanism of Asana, difference between Asana and exercise

**UNIT 2- YOGA THERAPY MODULES FOR CARDIOVASCULAR DISORDERS [30 HRS]**

Hypertension; hypotension, atherosclerosis, coronary artery disease, Angina pectoris/myocardial infarction

**UNIT-3: RESPIRATORY DISORDERS [25 HRS.]**

Bronchial Asthma, Chronic Obstruction Pulmonary disorders (COPD), Allergic Rhinitis, Pulmonary tuberculosis

**UNIT-4: GASTRO INTESTINAL DISORDERS. [25 HRS.]**

Gastro Intestinal disorder, Acid peptic disease, Irritable Bowel Syndrome, Hepatitis, Diabetes Mellitus and Hypothyroidism, Hyperthyroidism.

**UNIT -5: SWASTIVACHANA (16-31 VERSES) [ 20 HRS]**

Understanding, memorization and recitation of Mantras

**TEXT BOOKS**

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
5. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

**BOOKS FOR REFERENCE**

1. Science Studies Pranayam, Patanjali Research Foundation, Haridwar 2011
2. Yogic Management of Common Ailments: Kaivalyadhama, Lonavla, Pune.
3. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
4. Yogic management of Asthma & Diabetes: Dr Shankardevananda; Yoga Publication Trust, Munger, Bihar.
5. Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007



**Subject Name: YOGA PRACTICUM 10 - STUDY TOUR**  
**Subject Code: BS-ST507**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15Marks**

#### **UNIT-1: STUDY TOUR**

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged by the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also **counter signed by the Course Coordinator**. The Study Tour will carry marks as mentioned in the Scheme of examination.

#### **UNIT-2: PRESENTATION**

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

**Subject Name: COMPLEMENTARY AND ALTERNATIVE THERAPY PRACTICUM**

**Subject Code: BS-CP508**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15 Marks**

**Duration – 60 Hrs.**

Aims of the paper: The teaching-learning of this paper will enable learner to –

1. Practice skills of therapeutics related to acupressure, for managing some of the common health problems and rejuvenation. **[30HRS]**
2. Demonstration of Complementary and Alternative therapies of low back pain, Arthritis, obesity, diabetes, hyper/ hypotension, Hyper/ Hypothyroidism, Hyperacidity, , migrain, insomnia, Depression, Anxiety, Menstrual disorders & Asthma, Pneumonia. **[30HRS]**

## Semester-VI

**Subject Name: YOGA AND HUMAN VALUES**

**Subject Code: BS-CT601**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

### Objectives

Following the completion of the course, students shall be able to

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an understanding about our social responsibility.

### UNIT-1: CONCEPT OF VALUES [10 HRS.]

Value- Meaning, definition, Types, Need, Importance, Relevance in present era, Basis of Values, Global Values.

### UNIT -2: VALUES IN INDIAN CONTEXT [20 HRS.]

Values in Vedas, Upanishads, Ramayana, Mahabharata, Manuscript, Philosophical Texts- Yoga, Vedanta, Buddhism Jainism , Values in Indian constitution

### UNIT -3: VALUES IN WESTERN CONTEXT [10 HRS.]

European values, American Values, Values in Greek Philosophy- Socrates, Plato & Aristotle, Value & in Christianity, Values in Post-Renaissance Period, Global values in Modern era-Justice, Freedom, Equality etc.

### UNIT -4: YOGA, VALUES & HUMAN RELATIONSHIP [20 HRS.]

Yogic life style as value based life style, Role of Yoga in developing the value oriented personality and ethics, Values and ethics in Family, Yogic concept of human relationship- Maitri, Karuna, Mudita, Upeksha, Harmony in society through Yoga, Yoga as a Global value- a remedy for all global problems.

### TEXT BOOKS

1. Acharya Balkrishna: Grihastha Yog Sathak ke Guna: Divya Prakashan, Haridwar 2017.
2. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
3. Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001.

### BOOKS FOR REFERENCE

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008
5. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008

**Subject Name: YOGA THERAPY-II**

**Subject code: BS-CT503**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objectives:**

Following the completion of the course, students shall be able to

- Understand the principle of Yoga therapy for each disease
- Write standard Yoga therapy protocol for each disease.
- Understand the causes of disease and the role of Yoga for its healing.

**UNIT -1: NEURO MUSCULAR DISORDERS [15 HRS.]**

Neuro muscular: Back Pain (definition, etio- pathogenesis, classification and its Yogic management), Rheumatoid Arthritis (definition, etio- pathogenesis, classification and its Yogic management), Inter vertebral disc Prolapse (IVDP) (definition, etio- pathogenesis, classification and its Yogic management), spondylosis (definition, etio- pathogenesis, classification and its Yogic management), spondylolisthesis (definition, etio- pathogenesis, classification and its Yogic management), Radiculopathy (definition, etio- pathogenesis, classification and its Yogic management).

**UNIT-2: OBSTETRICS & GYNECOLOGICAL DISORDERS [15 HRS.]**

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause.

**UNIT -3: NEUROLOGICAL DISORDER [15 HRS.]**

Headache/ Migraine (definition, etio- pathogenesis, classification and its Yogic management), Idiopathic Parkinsonism Disease (definition, etio- pathogenesis, classification and its Yogic management), Schizophrenia (definition, etio- pathogenesis, classification and its Yogic management), Obsessive Compulsive Disorders (OCD) (definition, etio- pathogenesis, classification and its Yogic management), Epilepsy (definition, etio- pathogenesis, classification and its Yogic management).

**UNIT- 4: CANCER MANAGEMENT [15 HRS.]**

Cancer; its causes, types, clinical features, side effects of chemotherapy, radiotherapy and its Yogic management.

**TEXT BOOKS**

1. **Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar**
2. **Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.**
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
5. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011

**BOOKS FOR REFERENCE**

1. **Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007**
2. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005.
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992).
4. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990
6. Yogic management of Common Diseases: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
7. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts

**Subject Name: RESEARCH METHODOLOGY AND STATISTICS**

**Subject code: BS-CT603**

**Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks**

**Objectives**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

**UNIT- 1: INTRODUCTION TO RESEARCH METHODOLOGY [15 HRS.]**

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically about Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

**UNIT- 2: INTRODUCTION TO RESEARCH PROCESS [15 HRS.]**

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.

**UNIT-3: INTRODUCTION TO RESEARCH DESIGN [15 HRS.]**

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to followup, Controls, Ethical issues, Issues of bias and confounding.

**UNIT-4: STATISTICS**

Normal distribution– Skewness and kurtosis; Frequency distribution; Measures of central tendency– mean, median, mode; Measures of dispersion– range, variance and standard deviation; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

**UNIT-5: REPORTING RESEARCH**

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

**TEXT BOOKS:**

1. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.
2. Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
3. Research Publications: Patanjali Research Foundation, Haridwar

**REFERENCE BOOKS:**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

**Subject Name: INTRODUCTION TO NATUROPATHY**

**Subject Code: BS-AECCT604**

**Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15Marks**

**Objectives**

Following the completion of the course, students shall be able to

- Understand fundamentals of Naturopathy
- Know fundamentals of healthy living
- Know lifestyle regimes according to naturecure.

**Unit-1: INTRODUCTION TO NATUROPATHY [10 Hrs.]**

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

**Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY [10 Hrs.]**

Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

**Unit-3: NATUROPATHY [10 Hrs.]**

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

**TEXT BOOKS**

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy

**REFERENCE BOOKS**

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi. : My Nature Cure
3. Dr Jitendra Arya; Nature Cure, Pune.
4. M.K.Gandhi : The story of my experiment with truth

**Subject Name: INTRODUCTION TO AYURVEDA**

**Subject code: BS-DSE605**

**Final Exam (SEE)-35 Marks**

**Internal Assessment (CT+TA)-15 Marks**

**Objectives**

Following the completion of the course, students shall be able to

- Understand fundamentals of Ayurveda
- Know fundamentals of healthy living
- Know lifestyle regimens according to nature.
- Know medicinal cleansing processes.

**Unit-1: GENERAL INTRODUCTION TO AYURVEDA [15 Hrs.]**

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Concept of Health according to Ayurveda and its utility in health promotion and prevention.

**Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & AACHAAR RASAAYANA [10 HRS.]**

Basic principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Aachaar Rasaayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava.

**Unit-3: AHARA AND PANCHKARMA [15 Hrs.]**

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention. Introduction to Panchkarma as Shodhan Chikitsa with its three domain.

**TEXT BOOKS**

1. Acharya Balkrishna: Ayurveda Sidhant Rahasya, Patanjali Yogpeetha Trust.
2. Acharya Balkrishna: Siddhasaar Samgrah, Divya Prakashan, Haridwar
3. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukambha Sanskrit Pratishthan, Delhi, Reprint edition of 2003

**REFERENCE BOOK**

1. Acharya Balkrishna: Ayurveda Mahodadhi: Divya Prakashan, Haridwar, 2015
2. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008.

**Subject Name: Yoga Practicum 11- DISEASE SPECIFIC YOGA THERAPY MODULES-II**  
**Subject code: BS-CP606**

**Final Exam (SEE)-70 Marks**  
**Internal Assessment (CT+TA)-30Marks**

**Objective**

Following the completion of this course, students shall be able to

- Understand about various therapeutic Yoga modules.
- Understand the way of application of Yoga therapy modules.
- Know disease wise application of yoga therapy modules.
- Differentiate between Yoga training and therapeutic application of Yoga

**UNIT -1: NEURO MUSCULAR DISORDERS [25 HRS.]**

Back Pain, Rheumatoid Arthritis, Inter vertebral disc Prolapse (IVDP), spondylosis, spondylolisthesis Radiculopathy.

**UNIT-2: OBSTETRICS & GYNECOLOGICAL DISORDERS [25 HRS.]**

Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders  
Infertility; Menopause.

**UNIT -3: NEUROLOGICAL DISORDER [25 HRS.]**

Headache/ Migraine, Idiopathic Parkinsonism Disease, Schizophrenia, Obsessive Compulsive Disorders (OCD)  
Epilepsy.

**UNIT- 4: CANCER MANAGEMENT [25 HRS.]**

Cancer; side effects of chemotherapy and radiotherapy.

**UNIT -5 ALL THE YOGA THERAPY MODULES OF YOGA PRACTICUM 9. [20HRS]**

**TEXT BOOKS**

1. Yogrishi Swami Ram Dev: *Yog Sadhana evam Yog Chikitsa Rahasya*: Divya Prakashan, Haridwar
2. Acharya Balkrishna: *Yog Vijnanam*, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: *Yoga Therapy Series*, MDNIY, New Delhi
4. Reddy M Venkata & others: *Yogic Therapy*, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
5. Ramesh Bijlan : *Back to Health Through Yoga*, Rupa Publications India Pvt. Ltd, 2011

**BOOKS FOR REFERENCE**

1. Yogrishi Swami Ramdev: *Yoga in synergy with Medical Science*, Divya Prakashan, 2007
2. Swami Satyananda Saraswati : *Yoga and Cardio Vascular Management*, Yoga Publication Trust, Munger, 2005.
3. Clennell, B and Iyengar, G.S. : *The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness)* (Paperback - Dec 3, 1992).
4. Nagarathna R and Nagendra H R: *Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices*, Swami Vivekananda Yoga Prakasana, Bangalore, 2000.
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: *Yoga for Common Ailments*, Guia Publication, U.K., 1990
6. *Yogic management of Common Diseases*: Dr Swami Karmananda; Yoga Publication Trust, Munger, Bihar.
7. Dr. Manmath M Gharote, Dr. Vijay Kant : *Therapeutic reference in Traditional Yoga texts*.



**Subject Name: YOGA PRACTICUM -12**

**Subjectb code: BS-CP607**

**Final Exam (SEE)-35 Marks**

**Internal Assesment (CT+TA)-15 Marks**

**Objectives:**

Following the completion of the course, students shall be able to

Know all the techniques of Yoga Practical

Know how to conduct Yoga Training Classes

Know how to conduct Yoga Therapy Classes

Know how to conduct Yoga Classes for special groups

**UNIT – 1 ALL THE YOGA PRACTICALS OF THE PREVIOUS SEMESTERS FROM YOGA PRACTICUM 1 – 10 OF THE SYLLABUS [ 60 HRS]**

**Subject Name: PRACTICAL RESEARCH & STATISTICS**

**Subject code: BS-CP608**

**Final Exam (SEE)-35 Marks**  
**Internal Assessment (CT+TA)-15 Marks**

**Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.
- Write a research project

**STATISTICS PRACTICALS:**

1. Introduction to MS-Word, Basic Operations (like open, saving, cut, copy, paste, printing a document etc.) and thier advantages in Research, Introduction to APA style (font size, alignment, headings, etc.).
2. Preparation of Bio-data (using various formatting options in MS-Word).
3. Learning and performing various operations in MS-Word.
  - a. Creating a table, entering text & contents in a table.
  - b. Toolbars in word, using various toolbars options.
  - c. Watermarks and Water-marking in a document.
  - d. Inserting clip arts/picture, Hyper-linking a text.
  - e. Header/Footers.
4. Introduction about MS-Excel, Parametric and Non Parametric Statistics (like how to enter data, calculation of mean, median, mode, standard-deviation, t-test, ANNOVA, Correlation), copying data from MS-Word to MS-Excel.
5. Learning and performing various options/operations in MS-Excel.
  - a. Creating and saving a new Workbook.
  - b. Deleting and Renaming a Worksheet.
6. Introducing about MS Power-point explaining its various features and steps for performing various general operations in the field of research.
7. Analysis of data through SPSS.
8. Writing Research Report.

**RESEARCH PRACTICAL**

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

This pilot research should be submitted to the supervisor and the course coordinator.

पतंजलिविश्वविद्यालयः, हरिद्वारम्  
पाठ्यक्रम  
परास्नातक(MA) संस्कृतम् Semester-I

Paper Code	Paper Name	Examination Marks		
		External	Internal CT+ TA	Total
MAS-101	वैदिक संहिताएँ	70	30	100
MAS-102	व्याकरणम्	70	30	100
MAS-103	भारतीय दर्शन	70	30	100
MAS-104	काव्य एवं नाटक	70	30	100
MAS-105	संस्कृत वाङ्मय का इतिहास	70	30	100

MA- संस्कृतम् Semester-II

PaperCode	Paper Name	Examination Marks		
		External	Internal	Total
MAS-201	वेदांग और उपनिषद्	70	30	100
MAS-202	व्याकरणम्	70	30	100
MAS-203	भारतीय दर्शन	70	30	100
MAS-204	काव्य और काव्यशास्त्र	70	30	100
MAS-205	धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद	70	30	100

MA- संस्कृतम् Semester-III

Paper Code	Paper Name	Examination Marks		
		External	Internal	Total
MAS-301	काव्यशास्त्र	70	30	100
MAS-302	गद्य, पद्य, काव्य एवं व्याकरण	70	30	100
MAS-303	नाट्यसाहित्य	70	30	100
MAS-304	काव्यशास्त्र	70	30	100
MAS-305	महाकाव्य व खण्डकाव्य	70	30	100

**MA- संस्कृतम् Semester-IV**

Paper Code	Paper Name	Examination Marks		
		External	Internal	Total
MAS-401	दशरूपक व नाटयशास्त्र	70	30	100
MAS-402	काव्यशास्त्र	70	30	100
MAS-403	चम्प व नाटक	70	30	100
MAS-404	आधुनिक काव्य व विश्वकाव्य	70	30	100
MAS-405	प्रतिष्ठित कवि अध्ययन	70	30	100

एम.ए. संस्कृतम् पाठ्यक्रमस्य प्रथमसत्रम्  
प्रथमपत्रम् - वैदिक संहिताएँ

पेपर कोड :MAS-CT-101

उद्देश्य-

- विद्यार्थियों को वैदिक संहिताओं के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को वैदिक संहिताओं में सन्निहित देवताओं के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को वैदिक संहिताओं के अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र वेद संहिताओं से पूर्णरूप से परिचित हो जाता है।
- छात्र वेद मन्त्रों के देवता एवं उनके प्रतिपाद्य विषयों में निष्णात हो जाता है।
- वैदिक संहिताओं में निहित ज्ञान का सरलता से बोध हो जाता है, जिससे विद्यार्थी व्यवहारिक एवं व्यावसायिक दक्षता को प्राप्त कर लेता है।

## पाठ्यक्रम का नाम- वैदिक संहिताएँ

पेपर कोड:- MAS&CT 101

पाठ्यक्रम के उद्देश्य

वैदिक संहिताएँ पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को वैदिक संहिताओं के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को वैदिक संहिताओं में सन्निहित देवताओं के विषय में जानकारी प्रदान करना।
3. विद्यार्थियों को वैदिक संहिताओं के अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** अग्नि, इन्द्र, सवितृ, संघटन, शिवसंकल्प सूक्तों का पारम्परिक और आधुनिक पद्धति से अध्ययन द्वारा वैदिक काल की परम्पराओं का ज्ञान प्रदान करना। (15 Lect.)

**इकाई 2.** प्रातः पाठ (प्रातरग्नि प्रातरिन्द्रम), श्रद्धा, पुरुष, हिरण्यगर्भ, नासदीय सूक्तों का पारम्परिक और आधुनिक पद्धति से अध्ययन द्वारा वैदिक काल की परम्पराओं का ज्ञान प्रदान करना। (15 Lect.)

**इकाई 3.** यजुर्वेद-36 वाँ अध्याय पारम्परिक और आधुनिक पद्धति से अध्ययन द्वारा वैदिक यज्ञ परम्पराओं का ज्ञान प्रदान। (15 Lect.)

**इकाई 4.** यजुर्वेद-40 वाँ अध्याय के पारम्परिक और आधुनिक पद्धति से अध्ययन द्वारा वैदिक यज्ञ परम्पराओं का ज्ञान प्रदान। (15 Lect.)

पाठ्य और सन्दर्भ ग्रन्थ:-

- ऋक्सूक्तसंग्रह. कृष्ण कुमार एवं हरीदत्त शास्त्री. साहित्य भण्डार. मेरठ।
- ऋक्सूक्तसंग्रह. डॉ. वेद प्रकाश उपाध्याय. अनराग प्रकाशन. इलाहाबाद।
- ईशादि नौ उपनिषद. गीता प्रेस. गोरखपुर

एम.ए. संस्कृतम् पाठ्यक्रमस्य प्रथमसत्रम्  
द्वितीयपत्रम् - व्याकरणम्

पेपर कोड :MAS-CT-102

उद्देश्य -

- विद्यार्थियों को व्याकरण के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनना।
- विद्यार्थियों को व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र संस्कृत भाषा के व्याकरण के नियमों में निष्णात हो जाता है।
- छात्र व्याकरण के माध्यम से भाषा के लेखन, पठन एवं सम्भाषण में दक्षता को प्राप्त कर लेता है।
- छात्र व्याकरण की निर्माण विधि से भी परिचित हो जाता है।

**पाठ्यक्रम का नाम- व्याकरण**

**पेपर कोड:- MAS&CT 102**

**पाठ्यक्रम के उद्देश्य**

**व्याकरण पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को व्याकरण के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनना।
3. विद्यार्थियों को व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** लघुसिद्धान्तकौमुदी के संज्ञाप्रकरण एवं संधिप्रकरण के ज्ञान द्वारा भाषा के लेखन. पठन में दक्षता प्रदान करना। (15 Lect.)

**इकाई 2.** लघुसिद्धान्तकौमुदी के अजन्त प्रकरण द्वारा शब्द निधि का ज्ञान प्रदान करना। (15 Lect.)

**इकाई 3.** लघुसिद्धान्तकौमुदी के हलन्त प्रकरण द्वारा शब्द निधि का ज्ञान प्रदान। (15 Lect.)

**इकाई 4.** भाषा दक्षता हेतु निबन्ध एवं अनवाद ज्ञान प्रदान। (15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- लघुसिद्धान्तकौमुदी. आचार्य विश्वनाथ शास्त्री. मोतीलाल बनारसीदास प्रकाशन. वाराणसी।
- लघुसिद्धान्तकौमुदी. डॉ० सुरेन्द्रदेव स्नातक. चौखम्बा प्रकाशन. नई दिल्ली।
- रचनानवादकौमुदी. कपिलदेव द्विवेदी।



एम.ए. संस्कृतम् पाठ्यक्रमस्य प्रथमसत्रम्  
तृतीयपत्रम् - दर्शनम्

पेपर कोड :MAS-CT-103

उद्देश्य -

- विद्यार्थियों को दर्शन के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को दर्शन के ज्ञान के द्वारा अमूर्त विषयों के लेखन, पठन में दक्ष बनाना।
- विद्यार्थियों को दर्शन की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र को दर्शनों के विषय का बोध हो जाता है।
- दर्शनों के प्रतिपाद्य विषय हेय, हेयहेतु, हान, हानोपाय का पूर्णरूप से बोध हो जाता है।

## पाठ्यक्रम का नाम- दर्शन

पेपर कोड:- MAS&CT 103

पाठ्यक्रम के उद्देश्य

दर्शन पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को दर्शन के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को दर्शन के ज्ञान के द्वारा अमूर्त विषयों के लेखन, पठन में दक्ष बनना।
3. विद्यार्थियों को दर्शन की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

इकाई 1. तर्कसंग्रह द्वारा तार्किक ज्ञान प्रदान करना। ( 15 Lect.)

इकाई 2. योगदर्शन द्वारा योग के मूल सिद्धान्तों का ज्ञान प्रदान करना। (15 Lect.)

इकाई 3. योगदर्शन द्वारा योग के मूल सिद्धान्तों, वैज्ञानिकता का ज्ञान प्रदान करना। (15 Lect.)

इकाई 4. सांख्यकारिका द्वारा सांख्य के मूल सिद्धान्तों का ज्ञान प्रदान। (15 Lect.)

### पाठ्य और सन्दर्भ ग्रन्थ:-

- तर्कसंग्रह-अन्नभट्ट. चौखम्बा सं. सीरिज. वाराणसी।
- योगदर्शन. स्वामी रामदेव. पतंजलि योगपीठ. हरिद्वार. उत्तराखण्ड।
- सांख्यकारिका. गजानन शास्त्री. चौखम्बा प्रकाशन. नई दिल्ली।
- सांख्यकारिका. ब्रजमोहन चतर्वेदी. नेशनल पब्लिशिंग हाउस. नई दिल्ली।

एम.ए. संस्कृतम् पाठ्यक्रमस्य प्रथमसत्रम्  
चतुर्थपत्रम् -काव्य एवं नाटक

पेपर कोड :MAS-CT-104

उद्देश्य-

- विद्यार्थियों को काव्य, नाटक के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को काव्य, नाटक में सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को काव्य, नाटक में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- बुद्धचरित के अध्ययन में विद्यार्थी महात्मा बुद्ध के जीवन को समग्र रूप से समझने में अग्रसर होता है।
- दूतवाक्य के अध्ययन से प्राचीन दूत परम्परा, दूत का आचरण/कर्तव्य/नियम/मर्यादा का बोध कर वाग् व्यवहार में कुशलता को प्राप्त करता है।
- कर्णभार, शिवराज विजय आदि के अध्ययन से विद्यार्थी का नाट्य परम्परा एवं देशभक्ति से परिचय होता है।
- काव्य एवं नाटक की रचना विधि से पूर्णरूप से अवगत हो जाता है।

**पाठ्यक्रम का नाम- काव्य एवं नाटक**

**पेपर कोड:- MAS&CT 104**

**पाठ्यक्रम के उद्देश्य**

**काव्य एवं नाटक पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को काव्य, नाटक के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को काव्य, नाटक में सन्निहित व्यावहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को काव्य, नाटक में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

<b>Total Number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** बुद्धचरितम् में सन्निहित बुद्ध की प्राचीन ज्ञान परम्परा के विषय में बोध प्रदान करना।  
(15 Lect.)

**इकाई 2** दूतवाक्य में सन्निहित प्राचीन दूत परम्परा के विषय में बोध प्रदान करना।  
(15 Lect.)

**इकाई 3.** कर्णभार में सन्निहित एकांकी नाट्य परम्परा के विषय में बोध प्रदान करना।  
(15 Lect.)

**इकाई 4.** शिवराजविजय में सन्निहित शिववीर के देशभक्ति के विषय में बोध प्रदान करना।  
(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- बुद्धचरितम्. सूर्यनाराण चौधरी. मोतीलाल बनारसीदास प्रकाशन. दिल्ली।
- दूतवाक्यम्. मोतीलाल बनारसीदास प्रकाशन. दिल्ली।
- कर्णभार. भासनाटचक्रम्. भास चौखम्भा विद्याभवन. वाराणसी।
- शिवराजविजय. अम्बिका दत्त.

**एम.ए. संस्कृतम् पाठ्यक्रमस्य प्रथमसत्रम्**  
**संस्कृत वाङ्मय का इतिहास**

पेपर कोड :MAS-CT-105

**उद्देश्य -**

- विद्यार्थियों को संस्कृत वाङ्मय के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को संस्कृत वाङ्मय सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को संस्कृत वाङ्मय में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

**परिणाम-**

- छात्रों को सम्पूर्ण संस्कृत साहित्य के विषय का बोध हो जाता है।
- संस्कृत वाङ्मय सन्निहित मान्यताओं से परिचित हो जाता है।
- वेद, उपनिषद्, दर्शन आदि विषयों का ज्ञान प्राप्त कर लेता है।

**पाठ्यक्रम का नाम- संस्कृत वाङ्मय का इतिहास**

**पेपर कोड:- MAS&CT 105**

**पाठ्यक्रम के उद्देश्य**

**संस्कृत वाङ्मय का इतिहास पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को संस्कृत वाङ्मय विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को संस्कृत वाङ्मय सन्निहित व्यावहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को संस्कृत वाङ्मय में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** वैदिक इतिहास की प्राचीन ज्ञान परम्परा के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 2** उपनिषद् में सन्निहित ब्रह्म के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 3.** सभी दर्शनों के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 4** रामायण, महाभारत एवं पुराण के विषय में सामान्य बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- वैदिक साहित्य का इतिहास, डॉ. कर्णसिंह.....
- वैदिक संस्कृति और साहित्य, कपिल देवद्विवेदी.....
- वैदिक वाङ्मय का इतिहास, डॉ. रमाकान्त शास्त्री, चौखम्बा प्रकाशन, नई दिल्ली।
- भारतीय दर्शन, बलदेव उपाध्या, वाराणसी।
- वेदांग परिचय, आचार्य आनन्द प्रकाश, आर्ष शोध संस्थान, अलियाबाद, आंध्रप्रदेश।

एम.ए. संस्कृतम् पाठ्यक्रमस्य द्वितीयसत्रम्  
प्रथमपत्रम् -वेदांग और उपनिषद्

पेपर कोड :MAS-CT-201

उद्देश्य -

- विद्यार्थियों को वेदांग और उपनिषद् के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को वेदांग और उपनिषद् सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को वेदांग और उपनिषद् में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र षड्वेदाङ्ग एवं उपनिषद् में सन्निहित विषयों से पूर्णरूप से अवगत हो जाता है।
- छात्र वेदाङ्ग की आवश्यकता एवं उसके निर्माण काल से अवगत होता है।

## पाठ्यक्रम का नाम- वेदांग और उपनिषद्

पेपर कोड:- MAS&CT 201

पाठ्यक्रम के उद्देश्य

वेदांग और उपनिषद् पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को वेदांग और उपनिषद् विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को वेदांग और उपनिषद् सन्निहित व्यावहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को वेदांग और उपनिषद् में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100			
Final Exam (SEE)	Internal Assessment(CT+TA)		
70	30		

इकाई 1. कठोपनिषद् की प्राचीन ज्ञान परम्परा के विषय में बोध प्रदान करना।

(15 Lect.)

इकाई 2 कठोपनिषद् में सन्निहित ब्रह्म के विषय में बोध प्रदान करना।

(15 Lect.)

इकाई 3. निरुक्त के व्युत्पत्ति के विषय में बोध प्रदान करना।

(15 Lect.)

इकाई 4 निरुक्त के व्युत्पत्ति निधि के विषय में बोध प्रदान करना।

(15 Lect.)

पाठ्य और सन्दर्भ ग्रन्थ:-

- ईशादि नौ उपनिषद्, गीता प्रेस, गोरखपुर।
- निरुक्त, हिन्दी अनुवाद पं. शिवनारायण, इण्डोलिजिकल बुक हाउस, दिल्ली।
- निरुक्त, हिन्दी टीका सहित, डॉ. उमा शंकर, चौखम्भा प्रकाशन, नई दिल्ली।
- निरुक्त, कपिल देव शास्त्री, साहित्यभण्डार, मेरठ।



एम.ए. संस्कृतम् पाठ्यक्रमस्य द्वितीयसत्रम्  
द्वितीयपत्रम् -व्याकरणम्

पेपर कोड :MAS-CT-202

उद्देश्य -

- विद्यार्थियों को व्याकरण के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनना।
- विद्यार्थियों को व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र व्याकरण ज्ञान से परिचित हो जाता है।
- व्याकरण के माध्यम से संस्कृत भाषा, लेखन, अध्ययन और सम्भाषण प्रवीणता को प्राप्त कर लेता है।
- छात्र को व्याकरण की मान्यताओं का बोध हो जाता है।

**पाठ्यक्रम का नाम- व्याकरण**

**पेपर कोड:- MAS&CT 202**

**पाठ्यक्रम के उद्देश्य**

**व्याकरण पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को व्याकरण के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनना।
3. विद्यार्थियों को व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** लघुसिद्धान्तकौमुदी के तिङन्तप्रकरण के ज्ञान द्वारा भाषा के क्रिया लेखन, पठन में दक्षता प्रदान करना। (15 Lect.)

**इकाई 2.** लघुसिद्धान्तकौमुदी के तिङन्तप्रकरण द्वारा धातु निधि का ज्ञान प्रदान करना। (15 Lect.)

**इकाई 3.** लघुसिद्धान्तकौमुदी के कृत्य एवं कदन्त प्रकरण द्वारा शब्द निर्माण का ज्ञान प्रदान। (15 Lect.)

**इकाई 4.** लघुसिद्धान्तकौमुदी के समास प्रकरण द्वारा भाषा दक्षता हेतु ज्ञान प्रदान। (15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- लघुसिद्धान्तकौमुदी. आचार्य विश्वनाथ शास्त्री. मोतीलाल बनारसीदास प्रकाशन. वाराणसी।
- लघुसिद्धान्तकौमुदी. डॉ० सरेन्द्रदेव स्नातक. चौखम्बा प्रकाशन. नई दिल्ली।

एम.ए. संस्कृतम् पाठ्यक्रमस्य द्वितीयसत्रम्  
तृतीयपत्रम् -भारतीय दर्शन

पेपर कोड :MAS-CT-203

उद्देश्य -

- विद्यार्थियों को दर्शन के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को दर्शन के ज्ञान के द्वारा अमूर्त विषयों के लेखन, पठन में दक्ष बनना।
- विद्यार्थियों को दर्शन की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र भारतीय षड्दर्शन के ज्ञान से पूर्णरूप से अवगत हो जाता है।
- सभी दर्शनों के मूल, प्रतिपादित विषय कैवल्य के मार्ग को समझ जाता है।
- दर्शनों की मान्यताओं से भी अवगत हो जाता है।

### पाठ्यक्रम का नाम- भारतीय दर्शन

पेपर कोड:- MAS&CT 203

पाठ्यक्रम के उद्देश्य

भारतीय दर्शन पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को दर्शन के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को दर्शन के ज्ञान के द्वारा अमूर्त विषयों के लेखन, पठन में दक्ष बनना।
3. विद्यार्थियों को दर्शन की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

इकाई 1. सांख्यकारिका द्वारा सांख्य के मूल सिद्धान्तों का ज्ञान प्रदान। ( 15 Lect.)

इकाई 2. योगदर्शन द्वारा योग के मूल सिद्धान्तों का ज्ञान प्रदान करना। (15 Lect.)

इकाई 3. योगदर्शन द्वारा योग के मूल सिद्धान्तों, वैज्ञानिकता का ज्ञान प्रदान करना। (15 Lect.)

इकाई 4. कणादगौतमीय द्वारा न्याय एवं वैशेषिक के मूल सिद्धान्तों का ज्ञान प्रदान। (15 Lect.)

#### पाठ्य और सन्दर्भ ग्रन्थ:-

- तर्कसंग्रह-अन्नभट्ट. चौखम्बा सं. सीरिज. वाराणसी।
- योगदर्शन. स्वामी रामदेव. पतंजलि योगपीठ. हरिद्वार. उत्तराखण्ड।
- सांख्यकारिका. गजानन शास्त्री. चौखम्बा प्रकाशन. नई दिल्ली।
- सांख्यकारिका. ब्रजमोहन चतर्वेदी. नेशनल पब्लिशिंग हाउस. नई दिल्ली।

एम.ए. संस्कृतम् पाठ्यक्रमस्य द्वितीयसत्रम्  
चतुर्थपत्रम् -काव्य और काव्यशास्त्र

पेपर कोड :MAS-CT-204

उद्देश्य -

- विद्यार्थियों को काव्य, काव्यशास्त्र के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को काव्य, काव्यशास्त्र में सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को काव्य, काव्यशास्त्र में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- कादम्बरी के अध्ययन से विद्यार्थी को साहित्य रचना रचने का उपाय सरलता से समझ में आ जाता है।
- छात्र काव्यशास्त्र की रचना शैली से अवगत हो जाता है।
- काव्यशास्त्र में निहित मान्यताओं का बोध कर लेता है।

**पाठ्यक्रम का नाम- काव्य और काव्यशास्त्र**

**पेपर कोड:- MAS&CT 204**

**पाठ्यक्रम के उद्देश्य**

**काव्य और काव्यशास्त्र पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को काव्य, काव्यशास्त्र के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को काव्य, काव्यशास्त्र में सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को काव्य, काव्यशास्त्र में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

- इकाई 1.** कादम्बरी में सन्निहित तीन जन्मों की कथा के विषय में बोध प्रदान करना।  
(15 Lect.)
- इकाई 2** हंससन्देश में सन्निहित वर्तमान दूत परम्परा के विषय में बोध प्रदान करना।  
(15 Lect.)
- इकाई 3.** साहित्यदर्पण में सन्निहित काव्य स्वरूप के विषय में बोध प्रदान करना।  
(15 Lect.)
- इकाई 4** साहित्यदर्पण में सन्निहित शब्दशक्ति के विषय में बोध प्रदान करना।  
(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- साहित्यदर्पण. श्रीनिवासशास्त्री. विद्या प्रकाशन. वाराणसी।
- साहित्यदर्पण. शालीग्राम शास्त्री. मोतीलाल बनारसीदास।
- कादम्बरी, आचार्य शेषराज शर्मा रेग्मी, चौखम्भा पब्लिकेशन. नई दिल्ली।
- हंससन्देश-राष्ट्रीय संस्कृत संस्थान. नई दिल्ली।

एम.ए. संस्कृतम् पाठ्यक्रमस्य द्वितीयसत्रम्  
धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद

पेपर कोड :MAS-CT-205

उद्देश्य -

- विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद में सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र धर्मशास्त्र, अर्थशास्त्र एवं आयुर्वेद के विषयों को आत्मसात कर लेता है।
- इनके अध्ययन से शारीरिक, आर्थिक एवं धार्मादि अनेक विद्याओं का बोध कर लेता है।

**पाठ्यक्रम का नाम- -धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद**

**पेपर कोड:- MAS&CT 205**

**पाठ्यक्रम के उद्देश्य**

**धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद में सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को धर्मशास्त्र, अर्थशास्त्र और आयुर्वेद सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** धर्मशास्त्र में सन्निहित धार्मिक विषय में बोध प्रदान करना।

**(15 Lect.)**

**इकाई 2** आयुर्वेद में सन्निहित दिनचर्या के विषय में बोध प्रदान करना।

**(15 Lect.)**

**इकाई 3.** अर्थशास्त्र में सन्निहित राजव्यवस्था के विषय में बोध प्रदान करना।

**(15 Lect.)**

**इकाई 4** अर्थशास्त्र में सन्निहित राजकर्तव्य के विषय में बोध प्रदान करना।

**(15 Lect.)**

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- मनुस्मृति रामेश्वरभट्ट कृत हिन्दी व्याख्या, चौखम्भा पब्लिकेशन, नई दिल्ली।
- अर्थशास्त्र-एक परिशीलन, प्रो. पुष्पेन्द्र कुमार, चौखम्भा पब्लिकेशन, नई दिल्ली।
- अष्टांगहृदय.....



एम.ए. संस्कृतम् पाठ्यक्रमस्य तृतीयसत्रम्  
प्रथमपत्रम् -काव्यशास्त्र

पेपर कोड :MAS-CT-301

उद्देश्य -

- विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- छात्र काव्यशास्त्र के रस सम्प्रदाय, रीति सम्प्रदाय आदि अनेक विषयों से अवगत हो जाता है।
- इनके अध्ययन से छात्र काव्य की रचना शैली से परिचित हो जाता है।
- काव्य के माध्यम से अनेक शास्त्रों को हृदयसात करने, दक्षता प्राप्त कर लेता है।

**पाठ्यक्रम का नाम- काव्यशास्त्र**

**पेपर कोड:- MAS&CT 301**

**पाठ्यक्रम के उद्देश्य**

**काव्यशास्त्र पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** रस संप्रदाय, रीतिसंप्रदाय, अलंकार संप्रदाय. ध्वनि संप्रदाय. वक्रोक्ति संप्रदाय. औचित्यसंप्रदाय के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 2** काव्यहेत. काव्यप्रयोजन. काव्यलक्षण. रसदोषनिरूपण. रससत्रविमर्श विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 3.** काव्यशास्त्रीय ग्रन्थ एवं ग्रन्थकारों का संक्षिप्त परिचय के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 4** काव्यशास्त्रीय ग्रन्थ एवं ग्रन्थकारों के विषय में बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- अलंकारशास्त्र का बृहद इतिहास. डॉ. कृष्णकुमार. रचना प्रकाशन. जयपुर।
- काव्यशास्त्र के मापदण्ड. डॉ. रामनिवास गुप्त. वाणी प्रकाशन. दिल्ली।
- अभिनव काव्यशास्त्र. शंकरदेव अवतरे. साहित्य सहकार. दिल्ली।
- निबन्धशतकम्. कपिलदेव. चौखम्भा. चौखम्भा पब्लिकेशन. नई दिल्ली।
- संस्कृत काव्यशास्त्र का आलोचनात्मक इतिहास. कालिदास संस्थान. 28 महामनापरी. वाराणसी।

एम.ए. संस्कृतम् पाठ्यक्रमस्य तृतीयसत्रम्  
द्वितीयपत्रम् -नाट्यसाहित्य

पेपर कोड :MAS-CT-302

उद्देश्य -

- विद्यार्थियों को नाट्यसाहित्य के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को नाट्यसाहित्य सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को नाट्यसाहित्य सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- इनके अध्ययन से छात्र नाट्य साहित्य विषय में निपुणता प्राप्त कर लेता है।
- इनके अध्ययन से नाट्य साहित्य की निर्माण शैली से परिचित हो जाता है।
- नाट्य शास्त्र के मूल उद्देश्यों को आत्मसात करके व्यवहारिक ज्ञान में लाभ प्राप्त कर लेता है।

**पाठ्यक्रम का नाम- नाट्यसाहित्य**

**पेपर कोड:- MAS&CT 302**

**पाठ्यक्रम के उद्देश्य**

**नाट्यसाहित्य पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को नाट्यसाहित्य के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को नाट्यसाहित्य सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को नाट्यसाहित्य सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** स्वप्नवासवदत्तम् की नाटकीयता के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 2** मृच्छकटिकम् की प्रकरणविषयता का बोध प्रदान करना।

(15 Lect.)

**इकाई 3.** मुद्राराक्षस की नाटकीयता के विषय में बोध प्रदान करना।

(15 Lect.)

**इकाई 4** अभिज्ञानशाकुन्तल की नाटकीयता के विषय में बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- अभिज्ञानशाकुन्तलम्, चौखम्भा प्रकाशन, नई दिल्ली।
- मृच्छकटिकम्, श्रीनिवासशास्त्री, हार्डग्रेडप्रिन्टर्स, नई दिल्ली।
- मृच्छकटिकम्, आचार्यरामानन्दद्विवेदी, भारतीय विद्या प्रकाशन, वाराणसी।
- मुद्राराक्षस, .....

एम.ए. संस्कृतम् पाठ्यक्रमस्य तृतीयसत्रम्  
तृतीयपत्रम् -गद्य, पद्य, काव्य एवं व्याकरण

पेपर कोड :MAS-CT-303

उद्देश्य -

- विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनाना।
- विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- इनके अध्ययन से गद्य, पद, व्याकरण विषयों के नियमों से अगवत होकर भाषा में निपुणता प्राप्त कर लेता है।
- छात्र व्याकरण के माध्यम से भाषा, पठन, विषय में दक्षता प्राप्त कर लेता है।

**पाठ्यक्रम का नाम- गद्य. पद्य. काव्य एवं व्याकरण**  
**पेपर कोड:- MAS&CT 303**

**पाठ्यक्रम के उद्देश्य**

**गद्य. पद्य. काव्य एवं व्याकरण पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण के ज्ञान के द्वारा संस्कृत भाषा के लेखन, पठन में दक्ष बनाना।
3. विद्यार्थियों को गद्य, पद्य, काव्य एवं व्याकरण की अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** दशकुमारचरितम् में गद्यकाव्य की उत्कृष्टता का बोध प्रदान करना। (15 Lect.)

**इकाई 2.** अर्जुनरावणीय में महाकाव्य की उत्कृष्टता का बोध प्रदान करना। (15 Lect.)

**इकाई 3.** लघुसिद्धान्तकौमुदी के उत्तरकृदन्त प्रकरण द्वारा शब्द निर्माण का ज्ञान प्रदान करना ।  
(15 Lect.)

**इकाई 4.** सिद्धान्तकौमुदी के समास प्रकरण द्वारा भाषा दक्षता हेतु ज्ञान प्रदान करना । (15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- दशकुमारचरितम्, दण्डी, मोतीलाल बनारसी दास, दिल्ली।
- अर्जुनरावणीय, महाकवि भूमभट्ट, आर्षसाहित्य संस्थान, श्रीमददयानन्द, वेदार्थमहाविद्यालय, 119 गौतमनगर, नई दिल्ली।
- लघुसिद्धान्तकौमुदी, आचार्य विश्वनाथ शास्त्री, मोतीलाल बनारसीदास प्रकाशन, वाराणसी।
- सिद्धान्तकौमुदी, चौखम्भा प्रकाशन, नई दिल्ली।

एम.ए. संस्कृतम् पाठ्यक्रमस्य तृतीयसत्रम्  
चतुर्थपत्रम् -काव्यशास्त्र

पेपर कोड :MAS-CT-304

उद्देश्य -

- विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- काव्य शास्त्र के अध्ययन से शब्दशक्तियों के विषय में पूर्णरूप से अवगत हो जाता है।
- काव्यशास्त्र की आत्मा, रस, अलंकार आदि अनेक गुणों को आत्मसात करके आनन्द का अनुभव करता है।
- काव्यशास्त्र की विविध शैलियों से परिचित हो जाता है।

**पाठ्यक्रम का नाम- काव्यशास्त्र**

**पेपर कोड:- MAS&CT 304**

**पाठ्यक्रम के उद्देश्य**

**काव्यशास्त्र पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

<b>Total Number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** काव्यप्रकाश मे काव्य स्वरूप एवं प्रकार का बोध प्रदान करना।(15 Lect.)

**इकाई 2** काव्यप्रकाश मे शब्दशक्तियों एवं रसों का बोध प्रदान करना।(15 Lect.)

**इकाई 3** काव्यप्रकाश मे अलंकारो का बोध प्रदान करना। (15 Lect.)

**इकाई 4** ध्वन्यालोक में ध्वनि के विषय में बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- काव्यप्रकाश. श्रीविश्वेश्वर प्रसाद. ज्ञानमण्डल लिमिटेड. वाराणसी।
- ध्वन्यालोक. श्रीविश्वेश्वर प्रसाद. ज्ञानमण्डल लिमिटेड. वाराणसी।
- काव्यप्रकाश. रघुनाथ चतर्वेदी. चौखम्भा पब्लिकेशन. दिल्ली।



एम.ए. संस्कृतम् पाठ्यक्रमस्य तृतीयसत्रम्  
महाकाव्य व खण्डकाव्य

पेपर कोड :MAS-GT-305

उद्देश्य -

- विद्यार्थियों को महाकाव्य व खण्डकाव्य के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को महाकाव्य व खण्डकाव्य सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को महाकाव्य व खण्डकाव्य सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- इनके अध्ययन से महाकाव्य एवं खण्डात्मक काव्यों का बोध हो जाता है।
- काव्यशास्त्रों से सन्निहित पुरुषार्थ चतुष्टय विषय का भी बोध कर लेता है।
- इनके अध्ययन से छात्र की भाषा विषय में सम्यक् गति हो जाती है।

**पाठ्यक्रम का नाम- महाकाव्य व खण्डकाव्य**

**पेपर कोड:- MAS&CT 305**

**पाठ्यक्रम के उद्देश्य**

**महाकाव्य व खण्डकाव्य पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को महाकाव्य व खण्डकाव्य के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को महाकाव्य व खण्डकाव्य सन्निहित व्यवहारिकता की जानकारी देना।
3. विद्यार्थियों को महाकाव्य व खण्डकाव्य सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** रघुवंश में रघुवंशीय राजाओं का चरित बोध प्रदान करना।(15 Lect.)

**इकाई 2** भट्टिकाव्य में राम के चरित का बोध प्रदान करना।(15 Lect.)

**इकाई 3** किरातार्जुनीय में पौराणिक आख्यान का बोध प्रदान करना। (15 Lect.)

**इकाई 4** शिशुपालवध में पौराणिक आख्यान विषय में बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- भट्टिकाव्य. श्री भट्ट. भारतीय विद्या प्रकाशन. वाराणसी।
- रघुवंश. चौखम्भा प्रकाशन. नई दिल्ली।
- किरातार्जुनीयम् (प्रथम सर्ग). चौखम्भा प्रकाशन. नई दिल्ली।
- किरातार्जुनीयम् (प्रथम सर्ग). भारतीय विद्या प्रकाशन. वाराणसी।

एम.ए. संस्कृतम् पाठ्यक्रमस्य चतुर्थसत्रम्  
प्रथमपत्रम् -दशरूपक व नाट्यशास्त्र

पेपर कोड :MAS-CT-401

उद्देश्य -

- विद्यार्थियों को दशरूपक व नाट्यशास्त्र के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को दशरूपक व नाट्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को दशरूपक व नाट्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- नाट्यशास्त्र के अध्ययन से छात्र इनकी विभिन्न विधाओं से अवगत हो जाता है।
- इनके अध्ययन से छात्र को अभिनय की विविध शैलियों का बोध हो जाता है।
- भाषा विषयक ज्ञान वृद्धि होती है।

**पाठ्यक्रम का नाम- दशरूपक व नाटयशास्त्र**

**पेपर कोड:- MAS&CT 401**

**पाठ्यक्रम के उद्देश्य**

**दशरूपक व नाटयशास्त्र पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को दशरूपक व नाटयशास्त्र के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को दशरूपक व नाटयशास्त्र सन्निहित व्यवहारिकता की जानकारी देना।
3. विद्यार्थियों को दशरूपक व नाटयशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** दशरूपक में नाटयशास्त्रीय विषयों का बोध प्रदान करना।(15 Lect.)

**इकाई 2** दशरूपक में नाटयशास्त्रीय विषयों का सविस्तार बोध प्रदान करना।(15 Lect.)

**इकाई 3** नाटयशास्त्र में नाटयशास्त्रीय विन्दुओं का बोध प्रदान करना। (15 Lect.)

**इकाई 4** नाटयशास्त्र में नाटयशास्त्रीय विन्दुओं का सविस्तार बोध प्रदान करना।

(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- दशरूपक. भोलाशंकर व्यास
- नाटयशास्त्र. लोचन टीका. बाबुलाल शुक्ल. चौखंबा. दिल्ली।
- दशरूपक, श्रीनिवास शास्त्री, साहित्य भण्डार, मेरठ।  
नाटयशास्त्र. लोचन टीका. पं. केदारनाथ. भारतीय विद्या प्रकाशन

एम.ए. संस्कृतम् पाठ्यक्रमस्य चतुर्थसत्रम्  
द्वितीयपत्रम् -काव्यशास्त्र

पेपर कोड :MAS-CT-402

उद्देश्य -

- विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- इनके अध्ययन से छात्र को काव्य सम्बन्धित अनेक विषयों का बोध होता है।
- काव्यशास्त्र के माध्यम से भाषा सम्बन्धि अनेक विषयों का ज्ञान होता है।
- काव्य से विद्यार्थी काव्य निर्माण शैली से परिचित हो जाता है।

## पाठ्यक्रम का नाम- काव्यशास्त्र

पेपर कोड:- MAS&CT 402

पाठ्यक्रम के उद्देश्य

काव्यशास्त्र पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को काव्यशास्त्र के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को काव्यशास्त्र सन्निहित व्यवहारिकता की जानकारी देना।
3. विद्यार्थियों को काव्यशास्त्र सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

- इकाई 1. काव्यप्रकाश में शब्दशक्तियों के विषयों का बोध प्रदान करना। (15 Lect.)
- इकाई 2 काव्यप्रकाश में गुणों एवं शब्दालंकारों का बोध प्रदान करना। (15 Lect.)
- इकाई 3 काव्यमीमांसा में काव्यशास्त्रीय विन्दुओं का बोध प्रदान करना। (15 Lect.)
- इकाई 4 वक्रोक्तिजीवितम में वक्रोक्ति का बोध प्रदान करना। (15 Lect.)

पाठ्य और सन्दर्भ ग्रन्थ:-

- काव्यप्रकाश. श्रीविश्वेश्वर प्रसाद. चौखम्बा प्रकाशन. नई दिल्ली।
- काव्यमीमांसा. डॉ. रमाकांत पाण्डेय. जगदीश संस्कृत पुस्तकालय. जयपुर।
- वक्रोक्तिजीवितम. डॉ. नागेन्द्र. हिन्दी अनुसंधान परिषद दिल्ली।
- काव्यमीमांसा. डॉ. गंगासागर राय. चौखम्बा।

एम.ए. संस्कृतम् पाठ्यक्रमस्य चतुर्थसत्रम्  
तृतीयपत्रम् -चम्पू व नाटक

पेपर कोड :MAS-CT-403

उद्देश्य -

- विद्यार्थियों को चम्पू व नाटक के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को चम्पू व नाटक सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
- विद्यार्थियों को चम्पू व नाटक सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- इनके अध्ययन से छात्र को चम्पू, नाटक, काव्य, खण्डकाव्य आदि अनेक विधाओं का बोध होता है।
- इनके माध्यम से छात्र अनेक महापुरुषों के जीवनवृत्त से परिचित हो जाता है।
- अपने भावों की अभिव्यक्ति की कला से छात्र परिचित होता है।

## पाठ्यक्रम का नाम- चम्प व नाटक

पेपर कोड:- MAS&CT 403

पाठ्यक्रम के उद्देश्य

चम्प व नाटक पाठ्यक्रम के उद्देश्य हैं-

1. विद्यार्थियों को चम्पू व नाटक के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को चम्पू व नाटक सन्निहित व्यवहारिकता की जानकारी देना।
3. विद्यार्थियों को चम्प व नाटक सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

- इकाई 1. नलचम्पू के नलविषयक उत्कृष्ट चरित का बोध प्रदान करना। (15 Lect.)
- इकाई 2 मुद्राराक्षस में आचार्य चाणक्य द्वारा प्रदर्शित देशप्रेम का बोध प्रदान करना। (15 Lect.)
- इकाई 3 मुद्राराक्षस में निहित राजनैतिक विषयों का बोध प्रदान करना। । (15 Lect.)
- इकाई 4 कर्णभारम में कर्णविषयक कथा का बोध प्रदान करना।  
(15 Lect.)

पाठ्य और सन्दर्भ ग्रन्थ:-

- नलचम्पू. मोतीलालबनारसीदास. वाराणसी।
- मुद्राराक्षस. डॉ. गंगा सागर. चौखम्बा पब्लिकेशन. नई दिल्ली।
- मुद्राराक्षस. आचार्य माधव. भारतीय विद्या प्रकाशन. वाराणसी।
- कर्णभार. चौखम्बा पब्लिकेशन. दिल्ली।



एम.ए. संस्कृतम् पाठ्यक्रमस्य चतुर्थसत्रम्  
चतुर्थपत्रम् -आधुनिक काव्य व विश्वकाव्य

पेपर कोड :MAS-CT-404

उद्देश्य -

1. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य सन्निहित व्यवहारिकता की जानकारी प्रदान करना।
3. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

1. आधुनिक व विश्वकाव्यों के अध्ययन से छात्र तुलनात्मक अध्ययन करने में सक्षम होता है।
2. आधुनिक की शैली परिचित हो जाती है।
3. आधुनिक काव्यों के अध्ययन से भाषा सम्बन्धि ज्ञान वृद्धि होती है।

**पाठ्यक्रम का नाम- आधुनिक काव्य व विश्वकाव्य**

**पेपर कोड:- MAS&CT 404**

**पाठ्यक्रम के उद्देश्य,**

**आधुनिक काव्य व विश्वकाव्य पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य में सन्निहित व्यवहारिकता की जानकारी देना।
3. विद्यार्थियों को आधुनिक काव्य व विश्वकाव्य में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

<b>Total Number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** महर्षिदयानन्द-दिग्विजयम् में वैदिक कार्यों का बोध प्रदान करना। (15 Lect.)

**इकाई 2** भक्त फूलसिंह द्वारा प्रदर्शित देशप्रेम का बोध प्रदान करना। (15 Lect.)

**इकाई 3** यूथिका में निहित उत्कृष्ट काव्य विषयों का बोध प्रदान करना। (15 Lect.)

**इकाई 4** यथिका में निहित उत्कृष्ट काव्यगत चिन्तनों का बोध प्रदान करना।  
(15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- यूथिका. कालिदास संस्थान. 28. महामनापुरी. वाराणसी।
- दयानन्ददिग्विजय, आचार्य मेधाव्रत, कन्या गुरुकुल महाविद्यालय, नरेला, दिल्ली।  
श्रीभक्तफलसिंह. आचार्यविद्यानिधि. विद्याधि शोध संस्थान क्षीरा कालोनी. करुक्षेत्र।

एम.ए. संस्कृतम् पाठ्यक्रमस्य चतुर्थसत्रम्  
प्रतिष्ठित कवि अध्ययन

पेपर कोड :MAS-CT-405

उद्देश्य -

- विद्यार्थियों को प्रतिष्ठित कवि अध्ययन के विषय में जानकारी प्रदान करना।
- विद्यार्थियों को प्रतिष्ठित कवि अध्ययन में सन्निहित रचनात्मकता की जानकारी प्रदान करना।
- विद्यार्थियों को प्रतिष्ठित कवि अध्ययन में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

परिणाम-

- कवियों के अध्ययन से छात्र को उनके कृतित्व और व्यक्तित्व का बोध होता है।
- कवियों के अध्ययन से उनके व्यक्तित्व से उनको प्रेरणाएं प्राप्त कर हम अपने जीवन को उन्नत कर सकते हैं।

**पाठ्यक्रम का नाम- प्रतिष्ठित कवि अध्ययन**

**पेपर कोड:- MAS&CT 405**

**पाठ्यक्रम के उद्देश्य,**

**प्रतिष्ठित कवि अध्ययन पाठ्यक्रम के उद्देश्य हैं-**

1. विद्यार्थियों को प्रतिष्ठित कवि अध्ययन के विषय में जानकारी प्रदान करना।
2. विद्यार्थियों को प्रतिष्ठित कवि अध्ययन में सन्निहित रचनात्मकता की जानकारी देना।
3. विद्यार्थियों को प्रतिष्ठित कवि अध्ययन में सन्निहित अवधारणाओं के माध्यम से व्यावसायिक दक्षता प्रदान करना।

Total Number of Hrs:60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory: 100</b>			
Final Exam (SEE)	Internal Assessment(CT+TA)		
<b>70</b>	<b>30</b>		

**इकाई 1.** भास, कालिदास, भारवि, भर्तृहरि, दिङ्नाग के कृतित्व व व्यक्तित्व का बोध प्रदान करना। (15 Lect.)

**इकाई 2** माघ, अश्वघोष, भवभूति, श्रीहर्ष, बाण के कृतित्व व व्यक्तित्व का बोध प्रदान करना। (15 Lect.)

**इकाई 3** भट्टि, कुमारदास, राजशेखर, जयदेव, कल्हण के कृतित्व व व्यक्तित्व का बोध प्रदान करना। (15 Lect.)

**इकाई 4** आधुनिक-सत्यव्रत शास्त्री, अभिराज राजेन्द्र मिश्र, राधावल्लभ त्रिपाठी, रेवाप्रसाद. रमाकांत शुक्ल के कृतित्व व व्यक्तित्व का बोध प्रदान करना। (15 Lect.)

**पाठ्य और सन्दर्भ ग्रन्थ:-**

- अभिनव संस्कृत साहित्य का इतिहास. राधावल्लभ त्रिपाठी. विद्या प्रकाशन. वाराणसी।
- संस्कृत साहित्य का इतिहास. वाचस्पती गैरोला. चौखम्बा प्रकाशन. नई दिल्ली।
- संस्कृत साहित्य 20वीं शताब्दी. डॉ. राधावल्लभ त्रिपाठी. परिमल प्रकाशन दिल्ली।
- साहित्यकल्पतरु. डॉ. राजेन्द्र मिश्र. इलाहाबाद प्रकाशन।
- संस्कृत के अभिनव रचनाधर्मी राधावल्लभ त्रिपाठी. कसमभय. सप्तम प्रकाशन दिल्ली।
- साहित्य साधना. कमलानंद. नई दिल्ली।
- श्रीहीरकप्राभतम. 4 खण्ड. रमाकांत शक्ल. देववाणी परिषद. दिल्ली।



पतंजलि विश्वविद्यालय

University of Patanjali

एम.ए. संस्कृतव्याकरणम्

2019-2020

## एम.ए. व्याकरण पाठ्यक्रम

### उद्देश्य :

महर्षि पाणिनि प्रणीत अष्टाध्यायी कात्यायनमुनि प्रणीत वार्तिक एवं स्वकृत (भाष्यकारकृत) पदों की सूत्रानुसारी बृहद् व्याख्या महर्षि पतञ्जलि द्वारा जिसे ग्रन्थ में कि गई है उसी का नाम महाभाष्य है। इस ग्रन्थ का अध्यापन कराने के निम्नलिखित उद्देश्य हैं :-

- अष्टाध्यायी में निर्दिष्ट सम्पूर्ण व्याकरणशास्त्र के सिद्धान्तों का बोध कराना।
- कात्यायन मुनि प्रणीत वार्तिक एवं स्वकृत (भाष्यकारकृत) पदों की सूत्रानुसारी व्याख्या से अवगत कराना।
- व्याकरणशास्त्र की निर्माण विधि एवं शब्दशास्त्र का सम्पूर्णता से बोध कराना। 'यतो हि न सोऽस्ति प्रत्ययो लोके यः शब्दादृते', ऐसा कोई भी ज्ञान लोक में नहीं है जो शब्द के बिना हो। 'तत्त्वावबोधः शब्दानां नास्ति व्याकरणादृते' और शब्दों का तात्त्विक ज्ञान व्याकरण के बिना सम्भव नहीं। अतः व्याकरणशास्त्र का अध्यापन कराया जाता है।
- व्याकरणशास्त्र के जो दार्शनिक सिद्धान्त हैं, उनका बोध कराना।
- भारतीय संस्कृति सभ्यता एवं मानवीय आदर्शों से अवगत करना। क्योंकि महाभाष्य केवल संस्कृत व्याकरण का ही ग्रन्थ नहीं है, अपितु यह विद्याओं का वारिधि है। अतः भर्तृहरि लिखते हैं -  
'कृतेऽथ पतञ्जलिना गुरुणा तीर्थदर्शिना। सर्वेषां न्यायबीजानां महाभाष्ये निबन्धने।

- आचार्य सायण विरचित धातुवृत्ति ग्रन्थ के माध्यम से धातुओं का विविध प्रक्रियाओं में बोध कराना।
- वैदिक साहित्य एवं संस्कृत साहित्य के कुछ ग्रन्थों का अध्ययन कराना।

### परिणाम -

1. इन पाठ्यक्रम के अध्ययन से संस्कृत भाषा सम्बन्धी सम्पूर्ण सिद्धान्तों से पूर्णरूप से अवगत हो जाता है।
2. सम्पूर्ण व्याकरण महाभाष्य को महर्षि पतञ्जलि ने पूर्वपक्ष एवं उत्तरपक्ष की चर्चा के रूप में प्रस्तुत किया है अतः विद्यार्थी भी इस शैली का ज्ञान प्राप्त कर तत्व निर्णय करने में समर्थ हो जाता है।
3. महाभाष्य में व्याकरण के साथ ही हमें उस समय की सामाजिक स्थिति संस्कृतिक सभ्यता एवं मानवीय आदर्शों का भी बोध हो जाता है।

## एम. ए. (व्याकरण) कक्षाया: पाठ्यक्रम:

एम. ए. पाठ्यक्रम का उद्देश्य— इस पाठ्यक्रम का उद्देश्य विद्यार्थियों को व्याकरण का गहन परिचय कराना है।

एम. ए. (व्याकरण) द्विवार्षिक पाठ्यक्रम है।

सामान्यनियमा:—

- प्रत्येक वर्ष में दो सत्र होंगे। अतः एम. ए. के पाठ्यक्रम में कुल ४ सत्र होंगे।
- प्रत्येक सत्र में ५ पत्र होंगे, अतः एम. ए. के पाठ्यक्रम में कुल २० पत्र होंगे।
- प्रत्येक पत्र १०० अङ्क का होगा, इसमें ७० अंक बाह्य परीक्षा के व ३० अङ्क आन्तरिक मूल्याङ्कन के होंगे।
- आन्तरिक ३० अङ्कों में से १० अङ्क सत्र के मध्य ली जाने वाली लिखित परीक्षा के होंगे, २० अङ्क विषयगत मौखिक परीक्षा के होंगे।
- प्रत्येक सत्र की बाह्य परीक्षा का समय ३ घण्टे निर्धारित है।
- अध्ययन-अध्यापन एवं परीक्षा का माध्यम संस्कृत ही रहेगा।

*Zaitunetel*  
*m r*

## शिक्षण और मूल्यांकन की योजना

### एम .ए. पाठ्यक्रम: (प्रथमसत्रम्)

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
MV-101	संस्कृतव्याकरणम् (क)	७०	३०
MV-102	संस्कृतव्याकरणम् (ख)	७०	३०
MV-103	संस्कृतव्याकरणम् (ग)	७०	३०
MV-104	संस्कृतव्याकरणम् (घ)	७०	३०
MV-105	संस्कृतसाहित्यम्	७०	३०

### एम .ए. पाठ्यक्रम: (द्वितीयसत्रम्)

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
MV-201	संस्कृतव्याकरणम् (क)	७०	३०
MV-202	संस्कृतव्याकरणम् (ख)	७०	३०
MV-203	संस्कृतव्याकरणम् (ग)	७०	३०
MV-204	संस्कृतव्याकरणम् (घ)	७०	३०
MV-205	संस्कृतसाहित्यम्	७०	३०



एम .ए. पाठ्यक्रम: (तृतीयसत्रम्)

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
MV-301	संस्कृतव्याकरणम् (क)	७०	३०
MV-302	संस्कृतव्याकरणम् (ख)	७०	३०
MV-303	संस्कृतव्याकरणम् (ग)	७०	३०
MV-304	संस्कृतव्याकरणम् (घ)	७०	३०
MV-305	संस्कृतसाहित्यम्	७०	३०

एम .ए. पाठ्यक्रम: (चतुर्थसत्रम्)

कोड	पाठ्यक्रमस्य रूपरेखा	बाह्याङ्काः	आन्तरिकाङ्काः
MV-401	संस्कृतव्याकरणम् (क)	७०	३०
MV-402	संस्कृतव्याकरणम् (ख)	७०	३०
MV-403	संस्कृतव्याकरणम् (ग)	७०	३०
MV-404	संस्कृतव्याकरणम् (घ)	७०	३०
MV-405	संस्कृतसाहित्यम्	७०	३०

# एम. ए. पाठ्यक्रमस्य प्रथमसत्रम्

प्रथमपत्रम्- संस्कृतव्याकरणम् (क)

MV-101

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य-

- शब्दानुशासन का प्रस्ताव, शब्द का स्वरूप, शब्दानुशासन के प्रयोजन, शब्दानुशासन निर्माणरीति, पाणिनी आचार्य के शास्त्र की प्रवृत्ति, शब्द के ज्ञानमें धर्म आहोस्विद् प्रयोग में, व्याकरण शब्द का अर्थ विषयों से अवगत कराना ।
- वर्णमाला में निर्दिष्ट वर्णों एवं प्रत्याहार सूत्रों पर पक्ष प्रतिपक्ष पूर्वक विचार।

परिणाम-

- इससे विद्यार्थियों को शब्दानुशासन का प्रस्ताव, शब्द का स्वरूप, शब्दानुशासन के प्रयोजन व निर्माणरीति का ज्ञान धर्म होने से वे संस्कृत वाङ्मय में प्रवीण हो जाते हैं।
- इससे विद्यार्थी वर्णमाला में निर्दिष्ट वर्णों व प्रत्याहार सूत्रों के बारे में जानने में समर्थ हो जाते हैं।

व्याकरणमहाभाष्यम् ( प्रथमाध्यायस्य प्रथमः पादः ) ( १, २ आह्निक )

७०

इकाई-1

१८

शब्दानुशासनस्य प्रस्तावः, शब्दस्य स्वरूपम्, शब्दानुशासनस्य प्रयोजनानि

इकाई-2

१८

शब्दानुशासननिर्माणरीतिः, पाणिन्याचार्यस्य शास्त्रस्य प्रवृत्तिः, शब्दस्य ज्ञान धर्म आहोस्वित् प्रयोग, व्याकरण शब्दस्य अर्थः

इकाई-3

१७

अइउण्- एओङ् (सूत्राणां व्याख्या)

इकाई-4

१७

हयवरट्- झभञ् (सूत्राणां व्याख्या)

सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य प्रथमसत्रम्

द्वितीयपत्रम्- संस्कृतव्याकरणम् (ख)

MV-102

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः-होरात्रयम्

## उद्देश्य-

- महर्षि पाणिनि विरचित अष्टाध्यायी के वृद्धिरादैच् से क्तक्वतू निष्ठा सूत्रों पर महर्षि पतञ्जलि कृत महाभाष्य का ज्ञान कराना ।

## परिणाम-

- विद्यार्थी वृद्धिरादैच्, अदेङ्गुणः सूत्र के अध्ययन से संज्ञा संज्ञी निरूपण का विस्तार से जानने में समर्थ हो जाते हैं।
- प्रगृह्य संज्ञा विधायक सूत्र के अध्ययन से विधि वाक्यों में प्रकृति भाव का ज्ञान होने से तद्विषयक वाक्य संरचना का ज्ञान हो जाता है।

व्याकरणमहाभाष्यम् (प्रथमाध्यायस्य प्रथमः पादः) ( 3, 4, 5 आह्निके )

७०

इकाई-1 ( आह्निक-३ )

१८

वृद्धिरादैच्(१.१.१)- इको गुणवृद्धी (१.१.३)

इकाई-2 ( आह्निक-४ )

१३

न धातुलोप आर्धधातुके (१.१.४)-दीधीवेवीटाम् (१.१.६)

इकाई-3 ( आह्निक-४ )

१३

हलोऽनन्तराः संयोगः (१.१.७)- नाञ्जलौ (१.१.१०)

इकाई-4 ( आह्निक-५ )

१३

ईदूदेद् द्विवचनं प्रगृह्यम् (१.१.११)- ईदूतौ च सप्तम्यर्थे (१.१.१९)

इकाई-5 ( आह्निक-५ )

१३

दाधा घ्वदाप् (१.१.२०)- क्तक्वतू निष्ठा (१.१.२६)

## सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंगलो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

## प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य प्रथमसत्रम्

## तृतीयपत्रम्-संस्कृतव्याकरणम् (ग)

MV-103

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- अष्टाध्यायी सूत्रों के 'सर्वादीनि सर्वनामानि' सूत्र से 'अनेकाल्शिन् सर्वस्य' पर्यन्त सूत्रों पर महाष पतञ्जालकृत महाभाष्य का बोध ।

### परिणाम-

- इससे विद्यार्थी को सर्वनाम संज्ञा, अव्यय संज्ञा और इनके संज्ञियों का ज्ञान हो जाता है। विभाषा के स्वरूप व उसके प्राप्ताप्राप्तादि भेदों के बारे में बोध हो जाता है।
- “अनेकाल्शिन् सर्वस्य” आदि सूत्रों के अध्ययन से आदेश की स्थान व्यवस्था के बारे में ज्ञान हो जाता है।

### व्याकरणमहाभाष्यम् ( प्रथमाध्यायस्य प्रथमः पादः ) ( ६, ७ आह्निक )

७०

इकाई-1 ( आह्निक-६ )

१८

सर्वादीनि सर्वनामानि (१.१.२७)- पूर्वपरावरदक्षिणोत्तरा... (१.१.३४)

इकाई-2 ( आह्निक-६ )

१३

स्वमज्ञातिधना... (१.१.३५)- कृन्मेजन्तः (१.१.३९)

इकाई-3 ( आह्निक-६ )

१३

अव्ययीभावश्च (१.१.४१)- न वेति विभाषा (१.१.४४)

इकाई-4 ( आह्निक-७ )

१३

इग् यणः सम्प्रसारणम् (१.१.४५) - षष्ठी स्थानेयोगा (१.१.४९)

इकाई-5 ( आह्निक-७ )

१३

स्थानेऽन्तरतमः (१.१.५०) - अनेकाल्शिन् सर्वस्य (१.१.५५)

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंगलो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य प्रथमसत्रम्

## चतुर्थपत्रम्- संस्कृतव्याकरणम् (घ)

MV-104

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- अष्टाध्यायी सूत्रों के 'स्थानिवदादेशोऽनल्विधौ' आदि अतिदेश सूत्रों से आरम्भ करके 'एङ्प्राचादेशे' पर्यन्त सूत्रों पर महर्षि पतञ्जलि कृत महाभाष्य का बोध।

### परिणाम-

- 'स्थानिवदादेशोऽनल्विधौ' इसके अध्ययन से विद्यार्थी स्थानि व आदेश के स्वरूप बोध के साथ स्थानिकार्य आदेश में प्रतिपादित करने में सफल हो जाता है।
- विद्यार्थी 'स्वरूपं शब्दस्याशब्दसंज्ञा' इत्यादि ग्राहक सूत्र के अध्ययन से गृहीत शब्द तथा वर्ण को आसानी से समझ जाते हैं।

### व्याकरणमहाभाष्यम् ( प्रथमाध्यायस्य प्रथमः पादः ) ( ८, ९ आह्निक )

७०

इकाई-1 ( आह्निक-8 )

१८

स्थानिवदादेशोऽनल्विधौ ( १.१.५६ )

इकाई-2 ( आह्निक-8 )

१३

अचः परस्मिन्.... ( १.१.५७ )- द्विर्वचनेऽचि ( १.१.५९ )

इकाई-3 ( आह्निक-9 )

१३

अदर्शनं लोपः ( १.१.६० )- तस्मिन्निति निर्दिष्टे..... ( १.१.६६ )

इकाई-4 ( आह्निक-9 )

१३

स्वं रूपं शब्दस्य.... ( १.१.६८ ) - एङ् प्राचां देशे ( १.१.७५ )

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतञ्जलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः ( ४५ )

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः ( २५ )

**एम. ए. पाठ्यक्रमस्य प्रथमसत्रम्**  
**पंचमपत्रम्-संस्कृतसाहित्यम्**

पूर्णाङ्कः - १००  
बाह्यमूल्याङ्कनाङ्कः- ७०  
आन्तरिकमूल्याङ्कनाङ्कः- ३०

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**उद्देश्य-**

- श्रीमद्भगवद्गीता के माध्यम से क्षेत्र और क्षेत्रज्ञ का तथा उसके विभाग का बोध प्रदान करना।
- उपनिषद् के याज्ञवल्क्य मैत्रेयी सम्वाद से वित्त की परमज्ञान के विषय में अनुपयोगिता एवं आत्मा की महत्ता का बोध प्रदान करना।
- काव्य के स्वरूप का ज्ञान प्रदान करना।
- महात्मा बुद्ध के माध्यम से तत्त्व का बोध प्रदान करना।

**परिणाम-**

- क्षेत्र और क्षेत्रज्ञ का स्पष्ट बोध करके वह संसार से अप्रभावित रहने में समर्थ हो जाता है।
- परमज्ञान के महत्व को समझकर अपने आचरणों में सुधार करता है और उच्च जीवन जीता है।
- काव्य के स्वरूप और प्रयोजन को जानकर उसमें उसकी अभिरूचि तथा काव्य रचना के प्रति प्रीति उत्पन्न हो जाती है।
- तत्त्वबोध से उसका जीवन उन्नत होने लगता है।

**१. गीता-(क्षेत्रक्षेत्रज्ञविभागयोगः )**

२०

(क) श्लोकपूर्ति:

१०

(ख) श्लोकव्याख्या

१०

**२. उपनिषद् (बृहदारण्यकोपनिषद्- अध्याय-४, ब्रह्मण-५ याज्ञवल्क्य-मैत्रेयीसंवाद )**

२०

(क) भावबोधनम्

१०

(ख) विषयात्मकप्रश्नाः

१०

**३. काव्यप्रकाशः-(प्रथमोऽल्लासः)**

१५

(क) विषयात्मकप्रश्नाः

१५

**४. सौन्दरानन्दम् (प्रथमसर्गः)**

१५

(क) काव्यगतविशेषता / भावबोधनम्

०५

(ख) श्लोकपदपदार्थज्ञापनम्

१०

सहायकग्रन्थाः—

१. (क) श्रीमद्भगवद्गीतामृतः—

प्रकाशकः— दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

(ख) श्रीमद्भगवद्गीताः—

प्रकाशकः— गीताप्रेस गोरखपुर।

२. (क) बृहदारण्यकोपनिषद्—

प्रकाशकः— गीताप्रेस गोरखपुर।

(ख) एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार।

प्रकाशकः— विजयकुमार गोविन्दराम हासानन्द।

३. काव्यप्रकाशः— मम्मटः

प्रकाशकः—चौखम्बा प्रकाशन, वाराणसी।

४. सौन्दरानन्दम् — अश्वघोषः

प्रकाशकः— चौखम्बा प्रकाशन, वाराणसी।

# एम. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

प्रथमपत्रम्- संस्कृतव्याकरणम् (क)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य-

- अष्टाध्यायी के प्रथम अध्याय के द्वितीय पद के अन्तर्गत विद्यमान- अतिदेश प्रकरण, स्वर प्रकरण, आशिष्य प्रकरण तथा एक शेष वृत्ति पर विस्तृत विवेचन।

परिणाम-

- 'गाङ्कुटादिभ्योऽज्जिन्डित्' आदि सूत्रों के अध्ययन से कित् डित् का अतिदेश तथा इसके प्रतिषेध का ज्ञान सम्यक् रूप से कर लेते हैं तथा प्रयोग स्थलों में गुणवृद्धि निषेधादि कार्यो को विद्यार्थी सरलता से कर लेते हैं।
- एकशेष प्रकरण का अध्ययन करने से विद्यार्थी अनेक शब्द प्रयोग स्थलों में एक शब्द प्रयोग करने के साथ संस्कृत भाषा में उन्नत गति प्राप्त कर लेता है।

व्याकरणमहाभाष्यम् ( प्रथमाध्यायस्य द्वितीयपादः )

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इकाई-१ ( आह्निक-१ )

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गाङ्कुटादिभ्योऽज्जिन्डित् (1.2.1)- एकविभक्ति चापूर्वनिपाते (1.2.44)

इकाई-२ ( आह्निक-२ )

१७

अर्थवदधातुरप्रत्ययः.... (1.2.45)- तिष्यपुनर्वस्वोर्नक्षत्र.....(1.2.63)

इकाई-३ ( आह्निक-३ )

१७

सरूपाणामेकशेषः....(1.2.64)- ग्राम्यपशुसङ्घेष्व.....(1.2.73)

इकाई-४

१९

वाक्यपदीयम् ( ब्रह्मकाण्डम् )

सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

३. वाक्यपदीयम् - सम्पाकः- डॉ. शिवशंकर अवस्थी।

प्रकाशकः:- चौखम्बा विद्याभवन, वाराणसी।

प्रश्न पत्र विषय का निर्देशः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)



# एम. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

## द्वितीयपत्रम्- संस्कृतव्याकरणम् (ख)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- इत् संज्ञा तथा आत्मनेपद परस्मैपद विषयक लक्षणों पर विस्तृत व्याख्या का बोध।
- नदी, घि, कारक, निपात, उपसर्ग, गति, कर्मप्रवचनीय इत्यादि संज्ञाओं पर विस्तृत व्याख्या का बोध।

### परिणाम-

- इस पाठ्यक्रम का अध्ययन करने से विविध धातुओं के आत्मनेपद व परस्मैपद विषय के बारे में जानने में समर्थ हो जाते हैं।
- 'कारके' इत्यादि सूत्रों के अध्ययन में विभिन्न कर्मादि कारकों का ज्ञान विद्यार्थी सरलतापूर्वक कर लेते हैं।

### व्याकरणमहाभाष्यम्

७०

इकाई-१ ( प्रथमाध्यायस्य तृतीयपादः ) ( आह्निक-१ )

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भूवादयो धातवः ( 1.3.1 )- स्वरितेनाधिकारः ( 1.3.11 )

इकाई-२ ( प्रथमाध्यायस्य तृतीयपादः ) ( आह्निक-१ )

१४

अनुदात्तङित आत्मनेपदम् ( 1.3.12 )- लुटि च क्लृपः ( 1.3.93 )

इकाई-३ ( प्रथमाध्यायस्य चतुर्थपादः ) ( आह्निक-१ )

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आ कडारादेका संज्ञा ( 1.4.1 )

इकाई-४ ( प्रथमाध्यायस्य चतुर्थपादः ) ( आह्निक-२ )

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यू स्त्र्याख्यौ नदी ( 1.4.3 )- बहुषु बहुवचनम् ( 1.4.21 )

इकाई-५ ( प्रथमाध्यायस्य चतुर्थपादः ) ( आह्निक-३, ४ )

२०

कारके ( 1.4.23 )- परः संनिकर्षः संहिता ( 1.4.108 )

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

## तृतीयपत्रम्- संस्कृतव्याकरणम् (ग)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः - ७०

आन्तरिकमूल्याङ्कनाङ्कः - ३०

समयः-होरात्रयम्

### उद्देश्य-

- पद सम्बन्धि विधि, अव्ययीभाव, तत्पुरुष, बहुव्रीही और द्वन्द्व समासों पर विवेचन एवं समास में पूर्व पर प्रयोग विषयक विचार।

### परिणाम-

- समर्थः पदविधिः सूत्र के अध्ययन से ऐक्य पद्य, ऐक्य स्वरता का ज्ञान के साथ समस्तपद व विग्रहवाक्यता का सुचारु रूप से ज्ञान कर लेता है।
- इस प्रकारण के अध्ययन से उपसर्जन व अनुपसर्जन शब्दों की पहचान के साथ उनके पूर्व प्रयोग व पर प्रयोग का ज्ञान समस्तपदों में आसानी से कर लेते हैं।

### व्याकरणमहाभाष्यम्

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इकाई-१ ( द्वितीयाध्यायस्य प्रथमः पादः ) ( आह्निक-१ )

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समर्थः पदविधिः ( 2.1.1 )

इकाई-२ ( द्वितीयाध्यायस्य प्रथमः पादः ) ( आह्निक-२ )

१४

सुबामन्त्रिते पराङ्गवत् स्वरे ( 2.1.2 )- पूर्वकालैकसर्वजरत्... ( 2.1.48 )

इकाई-३ ( द्वितीयाध्यायस्य प्रथमः पादः ) ( आह्निक-३ )

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तद्धितार्थोत्तरपद... ( 2.1.50 )- मयूरव्यंसकादयश्च ( 2.1.71 )

इकाई-४ ( द्वितीयाध्यायस्य द्वितीयः पादः ) ( आह्निक-१ )

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अर्थ नपुंसकम् ( 2.2.2 )- शेषो बहुव्रीहिः ( 2.2.23 )

इकाई-५ ( द्वितीयाध्यायस्य द्वितीयः पादः ) ( आह्निक-२ )

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अनेकमन्यपदार्थे ( 2.2.24 ) - कडाराः कर्मधारये ( 2.2.38 )

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः ( ४५ )

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः ( २५ )

# एम. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

चतुर्थपत्रम्- संस्कृतव्याकरणम् (घ)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य-

- कारक विभक्ति एवं उपपदविभक्ति सम्बन्धि सूत्रों पर महर्षि पतंजलिकृत भाष्य का बोध ।
- समास में एकवद् भाव एवं लिङ्ग विषयक विधान पर महाभाष्य का ज्ञान प्रदान करना।
- तद्राजसंज्ञक प्रत्ययों, धातुओं एवं अव्ययों से विहित प्रत्ययो का लुक् विषयक विचार।

परिणाम-

- इस प्रकरण के अध्ययन से विद्यार्थी विभिन्न कारकों से सम्यक् विभक्ति संयोजन करने में समर्थ हो जाता है।
- इस पाठ्यक्रम का अध्ययन करने के उपरान्त विद्यार्थी काव्य, महाकाव्य तथा नाटकादि के वाक्यस्वरूप को आसानी से हृदयाङ्गम करने में समर्थ हो जाता है।
- द्विगु तथा द्वन्द्व आदि समास के लिङ्ग विषयक का ज्ञान करने में विद्यार्थी समर्थ हो जाता है।

व्याकरणमहाभाष्यम्

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इकाई-१ ( द्वितीयाध्यायस्य तृतीयः पादः ) ( आह्निक-१ )

१५

अनभिहिते (2.3.1)- मन्यकर्मण्यनादरे.....(2.3.17)

इकाई-२ ( द्वितीयाध्यायस्य तृतीयः पादः ) ( आह्निक-२ )

१२

कर्तृकरणयोस्तृतीया (2.3.18)- नक्षत्रे च लुपि (2.3.45)

इकाई-३ ( द्वितीयाध्यायस्य तृतीयः पादः ) ( आह्निक-३ )

१४

प्रातिपदिकार्थलिङ्ग... (2.3.46)- कृत्यानां कर्तरि वा (2.3.71)

इकाई-४ ( द्वितीयाध्यायस्य चतुर्थः पादः ) ( आह्निक-१ )

१५

द्विगुरेकवचनम् (2.4.1)- ण्यक्षत्रियार्षजितो.... (2.4.58)

इकाई-५ ( द्वितीयाध्यायस्य चतुर्थः पादः ) ( आह्निक-२ )

१४

तद्राजस्य बहुषु..... (2.4.62)- लुटः प्रथमस्य डारौरसः(2.4.85)

सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- पं. युधिष्ठिरो मीमांसकः

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

## एम. ए. पाठ्यक्रमस्य द्वितीयसत्रम्

### पंचमपत्रम्-संस्कृतसाहित्यम्

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

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#### उद्देश्य-

- सत्त्व, रजस्, और तमस् गुणों के विषय में बोध प्रदान करना।
- रसों के परिचय के द्वारा काव्य के सौन्दर्य का बोध कराना।
- महर्षि दयानन्द जी के जीवन व कार्यों का ज्ञान कराना।

#### परिणाम-

- सत्त्व, रजस्, और तमस् के यथार्थ ज्ञान से वह रजस् और तमस् का परिहार करके सत्त्व में अवस्थित रहने के लिये तत्पर रहता है।
- काव्य के सौन्दर्य के बोध से वह काव्य रचना करने के लिये तत्पर हो जाता है।
- महर्षि दयानन्द जी के जीवन से प्रेरणा लेकर वह अच्छे कर्मों में प्रवृत्त हो जाता है।

#### १. गीता-(गुणत्रयविभागयोग :)

२०

(क) श्लोकपूर्ति:

१०

(ख) श्लोकव्याख्या

१०

#### २. उपनिषद् (तैत्तिरीयोपनिषद्- भृगुवल्ली)

२०

(क) भावबोधनम्

१०

(ख) विषयात्मकप्रश्नाः

१०

#### ३. नाट्यशास्त्रम् :-(लेखक परिचयः , रस परिचयः)

१५

(क) विषयात्मकप्रश्नाः

१५

#### ४. दयानन्दनलहरी (प्रथमोऽध्यायः)

१५

(क) काव्यगतविशेषता / भावबोधनम्

०५

(ख) श्लोकपदपदार्थज्ञापनम्

१०

सहायकग्रन्थाः—

१. (क) श्रीमद्भगवद्गीतामृतः—

प्रकाशकः— दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

(ख) श्रीमद्भगवद्गीताः—

प्रकाशकः— गीताप्रेस गोरखपुर।

२. (क) ईशादि नौ उपनिषद्—

प्रकाशकः— गीताप्रेस गोरखपुर।

(ख) एकादशोपनिषद्— डॉ. सत्यव्रत सिद्धान्तालंकार।

प्रकाशकः— विजयकुमार गोविन्दराम हासानन्द।

३. नाट्यशास्त्रम्—भरतमुनिः

प्रकाशकः—कालीदास संस्कृत अकादमी, उज्जैन।

४. दयानन्दनलहरी - आचार्य मेधाव्रतः

प्रकाशकः—गुरुकुल झज्जर, हरियाणा।

# एम.ए. पाठ्यक्रमस्य तृतीयसत्रम्

## प्रथमपत्रम् - संस्कृतव्याकरणम् (क)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- सनन्त, नामधातु, यङन्त, णिजन्त एवं अयादि धातुओं का बोध ।
- आख्यात में प्रयुक्त होने वाले विकरण प्रत्यय तथा धातु से प्रयुक्त कृत् एवं कृत्य प्रत्ययों का बोध ।
- कर्म एवं सुबन्त उपपद रहते धातुओं से प्रत्यय विधान तथा भूत एवं वर्तमान काल में निर्दिष्ट प्रत्ययों का बोध ।
- उणादि तथा कर्ताभिन्नकारक संज्ञा भाव में विहित प्रत्ययों एवं खलर्थ प्रत्ययों का बोध ।
- क्त्वा और णमुल प्रत्यय विषयक बोध तथा अनेक विषयों के विधि सूत्रों का बोध ।

### परिणाम-

- इस प्रकरण में विद्यार्थी सनन्त, यङन्तादि धातुओं के बारे में सूक्ष्मता से अध्ययन करके तत् तत् विषय में निःशंक हो जाता है।
- इसमें धातुओं से होने वाले सभी प्रमुख प्रत्ययों का विस्तृत विवेचन होने से विद्यार्थी सम्पूर्ण संस्कृत वाङ्मय को सरलता से समझने में समर्थ हो जाता है।
- 'उणादयो बहुलम्' इस सूत्र का अध्ययन करके विद्यार्थी शब्दों की निष्पत्ति आसानी से करने में समर्थ हो जाता है।

### व्याकरणमहाभाष्यम्

७०

इकाई-१ ( तृतीयाध्यायस्य प्रथमः पादः ) ( आह्निक-१, २ )

१४

प्रत्ययः (३.१.१)- हेतुमति च (३.१.२६)

इकाई-२ ( तृतीयाध्यायस्य प्रथमः पादः ) ( आह्निक-३, ४ )

१४

कण्ड्वादिभ्यो यक् (३.१.२७)- लिङ्याशिष्यङ् (३.१.८६)

इकाई-३ ( तृतीयाध्यायस्य प्रथमः पादः ) ( आह्निक-५, ६ )

१४

कर्मवत् कर्मणा.... (३.१.८७)- प्रसृत्वः समभिहारे वुन् (३.१.१४९)

इकाई-४ ( तृतीयाध्यायस्य द्वितीयः पादः ) ( आह्निक-१, २, ३ )

१४

कर्मण्यण् (३.२.१)- मतिबुद्धिपूजार्थे.... (३.२.१८८)

इकाई ५ ( तृतीयाध्यायस्य तृतीयचतुर्थपादौ )

१४

उणादयो बहुलम् (३.३.१)- आर्धधातुकं शेषः (३.४.११४)

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- डॉ० सुद्युम्न आचार्य

प्रकाशकः- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम.ए. पाठ्यक्रमस्य तृतीयसत्रम्

## द्वितीयपत्रम्- संस्कृतव्याकरणम् (ख)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- स्वादि एवं तद्धित प्रत्ययों की प्रकृति तथा स्त्रीप्रत्ययों का बोध ।
- तद्धित के अधिकार में अपत्यार्थ, चातुरर्थिक, शैषिकार्थिक तथा अन्य प्रत्ययों का बोध।

### परिणाम-

- इसके अध्ययन से छात्र को स्वादि एवं तद्धित प्रत्ययों के साथ स्त्रीलिङ्ग प्रत्ययों का ज्ञान होता है।
- तद्धित प्रत्ययान्त शब्दों के ज्ञान में सुगमता रहती है।
- अपत्यार्थ आदि अर्थों के बोध से समाज की तत्कालिक व्यवस्था का ज्ञान होता है।

### व्याकरणमहाभाष्यम्

७०

इकाई-1 (चतुर्थाध्यायस्य प्रथमः पादः) (आह्निक-1)

१४

डच्चाप्रातिपदिकात् (4.1.1)- अनुपसर्जनात् (4.1.14)

इकाई-2 (चतुर्थाध्यायस्य प्रथमः पादः) (आह्निक-2)

१४

टिड्ढाणञ्द्वयसज्.....(4.1.15)- गोत्रावयवात् (4.1.76)

इकाई-3 (चतुर्थाध्यायस्य प्रथमः पादः) (आह्निक-3, 4)

१४

समर्थानां प्रथमाद् वा (4.1.82)- अतश्च (4.1.177)

इकाई-4 (चतुर्थाध्यायस्य द्वितीयः पादः) (आह्निक-1, 2)

१४

तेन रक्तं रागात् (4.2.1)- वृद्धादकेकान्तखोपधात् (4.2.141)

इकाई-5 (चतुर्थाध्यायस्य तृतीयचतुर्थपादौ)

१४

युष्मदस्मदोरन्यतरस्यां.....(4.3.1)- वसोः समूहे च (4.4.140)

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- डॉ० सुद्युम्न आचार्य

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम.ए. पाठ्यक्रमस्य तृतीयसत्रम्

तृतीयपत्रम्- संस्कृतव्याकरणम् (ग)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

## उद्देश्य-

- तद्धित के अधिकार में विहित आर्हीयार्थिक तथा भाव एवं कर्म में विहित त्वतल् आदि प्रत्ययों का बोध।
- विभक्ति संज्ञक, आतिशायिक, स्वार्थिक, समासान्त तथा अन्य अर्थों में विहित प्रत्ययों का बोध।

## परिणाम-

- संस्कृत भाषा में प्रचलित अनेक प्रकार के तद्धित प्रत्ययान्त शब्दों का सम्पूर्ण बोध हो जाता है।
- छात्र संस्कृत भाषा के लेखन, सम्भाषण और अध्ययन में निष्णात हो जाता है।
- इनके अध्ययन से व्याकरण शास्त्र की निर्माण विधि का भी बोध होता है।

## व्याकरणमहाभाष्यम्

७०

इकाई-१ ( पञ्चमाध्यायस्य प्रथमः पादः ) ( आह्निक-१ )

१४

प्राक् क्रीताच्छः ( 5.1.1 )- संख्यायाः संज्ञासङ्घः....( 5.1.58 )

इकाई-२ ( पञ्चमाध्यायस्य प्रथमः पादः ) ( आह्निक-२ )

१४

पङ्क्तिविंशतित्रिं....( 5.1.59 )- हायनान्तयुवादि... ( 5.1.130 )

इकाई-३ ( पञ्चमाध्यायस्य द्वितीयः पादः ) ( आह्निक-१ )

१४

विभाषा तिलमाषो.... ( 5.2.4 )- क्षेत्रियच् परक्षेत्रे... ( 5.2.92 )

इकाई-४ ( पञ्चमाध्यायस्य द्वितीयतृतीयपादौ ) ( आह्निक-२.२, ३.१ )

१४

तदस्यास्त्यस्मिन् ....( 5.2.94 )- एकादाकिनिच्चा.... ( 5.3.52 )

इकाई-५ ( पञ्चमाध्यायस्य तृतीयचतुर्थपादौ ) ( आह्निक-३.२, ४.१ )

१४

अतिशायने तमब्.... ( 5.3.55 )- ईयसश्च ( 5.4.156 )

## सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः:- डॉ० सुद्युम्न आचार्य

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

## प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः ( ४५ )

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः ( २५ )



# एम.ए. पाठ्यक्रमस्य तृतीयसत्रम्

चतुर्थपत्रम्- संस्कृतव्याकरणम् (घ)

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पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः-होरात्रयम्

उद्देश्य-

- आचार्य सायण विरचित धातुवृत्ति ग्रन्थ के माध्यम से भ्वादिगण में स्थित धातुओं का विविध प्रक्रियाओं में बोध प्रदान करना।

परिणाम-

- इसके अध्ययन से संस्कृत भाषा में प्रचलित सम्पूर्ण तिङन्त पदों का ज्ञान होता है।

धातुवृत्ति ( भ्वादिगणः )-

इकाई-1

भू, सत्तायाम् (1.1)- एजृ कम्पने (1.143)

इकाई-2

टुओस्फूर्जा, वज्रनिर्घोषे- (1.144)- पन, च (1.299)

इकाई-३

भाम, क्रोधे- (1.300)- तूष, तुष्टौ (1.452)

इकाई-४

पूष, वृद्धौ- (1.453)- शद्लृ, शातने (1.594)

इकाई-५

क्रुश, आह्वाने रोदने च.....- (1.595)- टुओश्चि, गतवृद्धयोः..... (1.736)

सहायकग्रन्थाः-

१- माधवीय धातुवृत्तिः - सम्पादकः- विजयपालो विद्यावारिधिः।

प्रकाशकः- १- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

प्रश्नपत्रविषयका निर्देशाः

- |   |    |
|---|----|
| (क) पृष्ठेषु सप्तसु पञ्चानां धातूनां कर्तरि लटि, लोटि, लुङि च रूपाणि लेखनीयानि।                                     | १० |
| (ख) पृष्ठेषु सप्तसु पञ्चानां धातूनां कर्मकर्तरि, सनि कर्तरि च लटि, लुटि, लुङि च प्रथम पुरुषैकवचने रूपाणि लेखनीयानि। | १० |
| (ग) पृष्ठेषु सप्तसु पञ्चानां धातूनां यङि, लुकि च कर्तरि लटि, लोटि, लुङि च मध्यम पुरुषैकवचने रूपाणि लेखनीयानि।       | १० |
| (घ) पृष्ठेषु सप्तसु पञ्चानां धातूनां णिचि, कर्तरि कर्मणि च लटि, लुटि, लुङि च प्रथमपुरुषैकवचने रूपाणि लेखनीयानि।     | १० |
| (ङ) पृष्ठेषु सप्तसु पञ्च प्रयोगाः सुसाध्याः।  | २० |
| (च) पृष्ठेषु अष्टासु पञ्चानां शब्दानां द्वयोः वाक्ययोः प्रयोगः करणीयः।  | १० |

# एम.ए. पाठ्यक्रमस्य तृतीयसत्रम्

## पञ्चमपत्रम्- संस्कृतसाहित्य

MV-305

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- रामचरितामृतं ग्रन्थ के माध्यम से श्रीराम और भरत के गुणों का बोध कराना।
- किरातार्जुनीयम् ग्रन्थ के माध्यम से द्रौपदी की व्यथा तथा भीमसेन और युधिष्ठिर की परिचर्चा का बोध कराना।
- तैत्तिरीयोपनिषद् के माध्यम से आनन्द की विविध श्रेणियों का ज्ञान कराना।
- ऋग्वेदादि भाष्य भूमिका के माध्यम से राज प्रजा धर्म विषय का ज्ञान कराना।

### परिणाम-

- श्री रामचन्द्र के आदर्शों का समग्ररूप से बोध हो जाता है।
- किरातार्जुनीयम् ग्रन्थ के माध्यम से पाण्डवों के जीवन का ज्ञान हो जाता है।
- उपनिषद् के अध्ययन से परमानन्द की प्राप्ति के उपायों का ज्ञान हो जाता है।
- ऋग्वेदादिभाष्य भूमिका से मुक्ति-बन्ध, राज प्रजा धर्मादि विषयों का सरलता से बोध हो जाता है।

### इकाई-1 रामचरितामृतम्- ( आदितः 100 श्लोकाः )

15

भगवान् श्रीराम एवं भरत के गुणों का वर्णन। अयोध्या नगरी के ऐश्वर्य एवं धर्मज्ञप्रजा का वर्णन।

(क) विषयात्मक प्रश्नाः

### इकाई-2 किरातार्जुनीयम् ( द्वितीयसर्ग )

15

द्रौपदी के व्यथापूर्वक नीति वचनों को भीमसेन द्वारा राजायुधिष्ठिर से कहना।

युधिष्ठिर द्वारा भीम को समझाना एवं विषम परिस्थितियों में विवेकपूर्वक निर्णय लेने की सलाह देना।

(क) विषयात्मक प्रश्नाः

### इकाई-३ उपनिषद् - तैत्तिरीयोपनिषद् ( ब्रह्मानन्दवल्ली-अष्टमोऽनुवाकः )

20

ईश्वर की शक्ति से संसार का चलायमान होना।

मनुष्य से ब्रह्मा पर्यन्त सभी के उत्तरोत्तर आनन्द की अधिकता का वर्णन।

परमात्मा के एकत्व का वर्णन। (क) विषयात्मक प्रश्नाः

### इकाई-४ ऋग्वेदादिभाष्य भूमिका ( राजप्रजाधर्मविषयः )

20

सृष्टि का पालक जो परम राजा है उसकी आज्ञा में चलना।

राजा का धर्मज्ञ विवेकशील मन्त्रियों के साथ विचार-विमर्श करना।

राजा द्वारा प्रजा सेना एवं राज्य को सुदृढ़ करना। (क) विषयात्मक प्रश्नाः

### पाठ्यपुस्तकम्

१. रामचरितामृतम् चारुदेवशास्त्री, राष्ट्रीय संस्कृत संस्थान
२. किरातार्जुनीयम्, चौखम्भा प्रकाशन, नई दिल्ली।
३. किरातार्जुनीयम्, भारतीय विद्या प्रकाशन, वाराणसी।
४. एकादशोपनिषद् - डॉ० सत्यव्रत सिद्धान्तालङ्कार, प्रकाशक- विजय कुमार गोविन्दराम हासानन्द
५. ऋग्वेदादिभाष्यभूमिका - श्रीमत्स्वामिदयानन्द सरस्वती, प्रकाशक - आर्ष साहित्य प्रचार ट्रस्ट, रामलाल कपूर ट्रस्ट।

# एम. ए. पाठ्यक्रमस्य चतुर्थसत्रम्

## प्रथमपत्रम् - संस्कृतव्याकरणम् (क)

MV-401

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य :

- धातु को द्वित्व, सम्प्रसारण, आकारादेश एवं संहिता के अधिकार में विहित सन्धि एवं अन्य कार्यों का बोध ।
- उत्तरपद के रहते अलुग् तथा अन्य कार्यों का बोध ।
- अङ्ग के अधिकार में निर्दिष्ट दीर्घ, असिद्धवत् आर्धधातुक विषयक तथा भसंज्ञा सम्बन्धि कार्यों का बोध

परिणाम-

- सन्धियों का विस्तृत प्रकरण यहाँ विद्यमान है। जिनके ज्ञान से शास्त्रों में प्रयुक्त सन्धि युक्त शब्दों को अतीव सरलता से समझने में समर्थ हो जाता है।
- उदात्त, अनुदात्त, स्वरित स्वरों से सम्बद्ध एक विस्तृत प्रकरण का बोध प्राप्त कर वह स्वरों के विज्ञान को समझने में सक्षम हो जाता है।

## व्याकरणमहाभाष्यम्

७०

इकाई-1 ( षष्ठाध्यायस्य प्रथमः पादः ) ( आह्निक-1, 2, 3 )

१४

एकाचो द्वे प्रथमस्य (6.1.1)- भय्यप्रवय्ये चच्छन्दसि (6.1.83)

इकाई-2 ( षष्ठाध्यायस्य प्रथमः पादः ) ( आह्निक- 4, 5, 6 )

१४

एकः पूर्वपरयोः (6.1.84)- समासस्य (6.1.223)

इकाई-3 ( षष्ठाध्यायस्य द्वितीयतृतीयपादौ )

१४

बहुव्रीहौ प्रकृत्या पूर्वपदम् (6.2.1)- सम्प्रसारणस्य (6.3.139)

इकाई-4 ( षष्ठाध्यायस्य चतुर्थः पादः ) ( आह्निक-1, 2 )

१४

अङ्गस्य (6.4.1)- विभाषापः (6.4.57)

इकाई 5 ( षष्ठाध्यायस्य चतुर्थः पादः ) ( आह्निक-3, 4 )

१४

स्यसिच्सीयुट्तासिषु... (6.4.62)- दाण्डिनायनहास्ति..... (6.4.174)

## सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः:- डॉ० सुद्युम्न आचाय

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

## प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५) (ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य चतुर्थसत्रम्

## द्वितीयपत्रम्- संस्कृतव्याकरणम् (ख)

MV-402

पूर्णाङ्काः - १००

बाह्यमूल्याङ्कनाङ्काः- ७०

आन्तरिकमूल्याङ्कनाङ्काः- ३०

समयः-होरात्रयम्

उद्देश्य :

- तिङ् तथा सुप् प्रत्ययों को आदेश एवं आगमों के विधान का ज्ञान ।
- परस्मैपदपरक वृद्धि, आर्धधातुक प्रत्ययों को इट् निषेध, इट् विधि, तथा युष्मद् अस्मद् इत्यादि सर्वनाम शब्दों को विभक्ति के परे रहत कार्यों के विधान का बोध ।
- पूर्वोत्तरपद वृद्धि, धातु एवं विभक्ति सम्बन्धी विविध कार्यों का बोध ।
- धातु एवं अभ्यास सम्बन्धी विविध कार्यों का ज्ञान ।

परिणाम-

- सम्पूर्ण सप्तमाध्याय में विधि सूत्रों का संग्रह है अर्थात् शब्दों की सिद्धि में जो विधान होते हैं उनका ज्ञान यहाँ से विस्तृत रूप में प्राप्त हो जाता है और वह शब्दों के स्वरूप को समझने में समर्थ हो जाता है।

### व्याकरणमहाभाष्यम्

७०

इकाई-1 ( सप्तमाध्यायस्य प्रथमः पादः ) ( आह्निक-1,2 )

१४

युवोरनाकौ (7.1.1)- उदोष्ठ्यपूर्वस्य (7.1.102)

इकाई-2 ( सप्तमाध्यायस्य द्वितीयः पादः ) ( आह्निक-1,2 )

१४

सिचि वृद्धिः.....(7.2.1)- ईडजनोर्ध्वे च (7.2.78)

इकाई-3 ( सप्तमाध्यायस्य द्वितीयतृतीयपादौ ) ( आह्निक-2.2, 3.1 )

१४

अतो येयः (7.2.80)- भस्त्रैषाजाज्ञा.....(7.3.47)

इकाई-4 ( सप्तमाध्यायस्य तृतीयः पादः ) ( आह्निक- 2 )

१४

ठस्येकः (7.3.50)- आडो नास्त्रियाम् (7.3.120)

इकाई-5 ( सप्तमाध्यायस्य चतुर्थः पादः ) ( आह्निक- 1 )

१४

णौ चङ्युपधाया ह्रस्वः (7.4.1)- सन्वल्लघुनि चङ्परे....(7.4.96)

### सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः- डॉ० सुद्युम्न आचार्य

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

### प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य चतुर्थसत्रम्

तृतीयपत्रम्- संस्कृतव्याकरणम् (ग)

MV-403

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य :

- पदसम्बन्धि द्वित्व पद से उत्तर युष्मद् अस्मद् को आदेश एवं स्वरविषयक बोध ।
- पूर्वत्रा सिद्ध प्रकरण के अन्तर्गत निष्ठा, प्लुत उदात्त एवं संहिता विषयक मूर्धन्य, णत्व इत्यादि विविध कार्यों का बोध ।

परिणाम-

- द्वित्व आदि प्रक्रिया एवं स्वर सम्बन्धि ज्ञान प्राप्त कर वेदमन्त्रों में प्रयुक्त स्वर व्यवस्था को समझने में समर्थ हो जाता है।
- 'पूर्वत्रासिद्धम्' जैसे विशिष्ट प्रक्रिया का ज्ञान प्राप्तकर शब्दों की सिद्धि करने में अधिक निपुण हो जाता है।

## व्याकरणमहाभाष्यम्

७०

इकाई-1 ( अष्टमाध्यायस्य प्रथमः पादः ) ( आह्निक-1, 2 )

१४

सर्वस्य द्वे (8.1.1)- सामान्यवचनं विभाषितं.....(8.1.80)

इकाई-2 ( अष्टमाध्यायस्य द्वितीयः पादः ) ( आह्निक-1 )

१४

पूर्वत्रासिद्धम् (8.2.1)- झषस्तथोर्धोऽधः (8.2.40)

इकाई-3 ( अष्टमाध्यायस्य द्वितीयः पादः ) ( आह्निक-1, 2 )

१४

रदाभ्यां निष्ठातो नः..... (8.2.42)- तयोर्व्यावचि.....(8.2.108)

इकाई-4 ( अष्टमाध्यायस्य तृतीयः पादः ) ( आह्निक-1, 2 )

१४

मतुवसो रु सम्बुद्धौ.....(8.3.1)- सदेः परस्य लिटि (8.3.118)

इकाई-5 ( अष्टमाध्यायस्य चतुर्थः पादः ) ( आह्निक-1, 2 )

१४

रषाभ्यां नो णः.....(8.4.1)- अ अ (8.4.68)

## सहायकग्रन्थाः-

१. व्याकरणमहाभाष्यम्:- महर्षिपतंजलिविरचितम्

प्रकाशकः:- चौखम्बा संस्कृत प्रतिष्ठान, ३८ यू. ए. बैंग्लो रोड, जवाहर नगर, दिल्ली-७

२. व्याकरणमहाभाष्यम्:- व्याख्याकारः:- डॉ० सुद्युम्न आचार्य

प्रकाशकः:- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

## प्रश्नपत्रविषयका निर्देशाः

(क) पृष्ठेषु पञ्चसु त्रयः प्रश्नाः समाधेयाः (४५)

(ख) पृष्ठेषु अष्टासु पञ्च प्रश्नाः समाधेयाः (२५)

# एम. ए. पाठ्यक्रमस्य चतुर्थसत्रम्

चतुर्थपत्रम्- संस्कृतव्याकरणम् (घ)

MV-404

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

उद्देश्य-

- आचार्य सायण विरचित धातुवृत्ति ग्रन्थ के माध्यम से भ्वादिगण अतिरिक्त गणों में स्थित धातुओं का विविध प्रक्रियाओं में बोध प्रदान करना।

परिणाम-

- अदादिगण से आरम्भ करके कण्ड्वादिगण पर्यन्त धातुओं के स्वरूप का ज्ञान प्राप्त कर उनका प्रयोग करने में तथा शास्त्रों में प्रयुक्त शब्दों को समझने में पूर्णतः समर्थ हो जाता है।

धातुवृत्ति

इकाई-१

अदादिगणः

इकाई-२

जुहोत्यादिगणः दिवादिगणः

इकाई-३

स्वादिगणः, तुदादिगणः

इकाई-४

रुधादिगणः, तनादिगणः, क्र्यादिगणः

इकाई-५

चुरादिगणः, कण्ड्वादिगणः

सहायकग्रन्थाः-

१- माधवीय धातुवृत्तिः - सम्पादकः- विजयपालो विद्यावारिधिः।

प्रकाशकः- १- रामलाल कपूर ट्रस्ट रेवली, सोनीपत, हरियाणा।

प्रश्नपत्रविषयका निर्देशाः

- |   |    |
|---|----|
| (क) पृष्ठेषु सप्तसु पञ्चानां धातूनां कर्तरि लटि, लोटि, लुङि च रूपाणि लेखनीयानि।                                     | १० |
| (ख) पृष्ठेषु सप्तसु पञ्चानां धातूनां कर्मकर्तरि, सनि कर्तरि च लटि, लुटि, लुङि च प्रथम पुरुषैकवचने रूपाणि लेखनीयानि। | १० |
| (ग) पृष्ठेषु सप्तसु पञ्चानां धातूनां यङि, लुकि च कर्तरि लटि, लोटि, लुङि च मध्यम पुरुषैकवचने रूपाणि लेखनीयानि।       | १० |
| (घ) पृष्ठेषु सप्तसु पञ्चानां धातूनां णिचि, कर्तरि कर्मणि च लटि, लुटि, लुङि च प्रथमपुरुषैकवचने रूपाणि लेखनीयानि।     | १० |
| (ङ) पृष्ठेषु सप्तसु पञ्च प्रयोगाः सुसाध्याः।  | २० |
| (च) पृष्ठेषु अष्टासु पञ्चानां शब्दानां द्वयोः वाक्ययोः प्रयोगः करणीयः।  | १० |

# एम. ए. पाठ्यक्रमस्य चतुर्थसत्रम्

## पञ्चमपत्रम्- संस्कृतसाहित्य

MV-405

पूर्णाङ्कः - १००

बाह्यमूल्याङ्कनाङ्कः- ७०

आन्तरिकमूल्याङ्कनाङ्कः- ३०

समयः-होरात्रयम्

### उद्देश्य-

- आरुणि श्वेतकेतु संवाद के माध्यम से परमात्मा के स्वरूप का बोध कराना।
- संन्यास का महत्व संन्यास धर्म तथा संन्यासी के कर्तव्यों का बोध कराना।
- विभिन्न व्रतों एवं वैराग्य विषय का विस्तार से ज्ञान कराना।

### परिणाम-

- संन्यास के महत्व को समझ जाने से उसके जीवन में त्याग की महत्ता और ईश्वर-प्रीति का विकास होता है।
- वैराग्य के तत्वों को जानकर वैराग्य को महत्व प्रदान करता है और अपने जीवन में धारण करता है।

इकाई-1	छान्दोग्योपनिषद् (षष्ठप्रपाठकः)	20
	आरुणि का अपने पुत्र श्वेतकेतु के प्रति परमात्मा का उपदेश देना। अनादि अद्वितीय परमात्मा का वर्णन। सृष्टि संरचना। खाये हुए अन्न का तीन रूप में विभक्त होना।	
इकाई-2	संन्यास प्रकरणम्	15
	संन्यास का महत्व, संन्यास धर्म। तीन प्रकार के संन्यास का वर्णन। ईश्वर द्वारा श्रुतियों के माध्यम से संन्यासी को उपदेश।	
इकाई-३	ऋग्वेदादिभाष्यभूमिका (वेदाक्तधर्मविषयः)	20
	प्रेमपूर्वक मिलकर चलने आदि वेदोक्त धर्म का वर्णन। चातुर्वर्णादि धर्मों का वर्णन। व्रतादि के द्वारा सत्य की प्राप्ति।	
इकाई-४	वैराग्यमार्तण्ड (आदितः श्लोकशतम्)	15
	वैराग्यविषयक विविध श्लोकों का अध्ययन।	

### पाठ्यपुस्तकम् -

- १- एकादशोपनिषद्- डॉ. सत्यव्रत सिद्धान्तालंकार। प्रकाशकः - विजयकुमार गोविन्दराम हासानन्द।
- २- संस्कार विधि - श्रीमत्स्वामिदयानन्दसरस्वती। प्रकाशकः - आर्ष साहित्य संस्थान, अजमेर।
- ३- ऋग्वेदादिभाष्यभूमिका - महर्षिदयानन्दः। प्रकाशकः - रामलाल कपूर ट्रस्ट, सोनीपत, हरियाणा।

# पतञ्जलि विश्वविद्यालय, ( हरिद्वार )

पाठ्यक्रम - M.A. - दर्शन  
वर्ष- 2019-20





# पतञ्जलि विश्वविद्यालय, हरिद्वार

एम.ए.-( दर्शन ) पाठ्यक्रम

प्रथम एवं द्वितीय वर्ष

विषय- दर्शनशास्त्र

## एम.ए. - दर्शन पाठ्यक्रम के सामान्य नियम

- ❖ प्रस्तुत पाठ्यक्रम दो वर्ष का होगा, जिसमें चार सत्र होंगे।
- ❖ प्रत्येक सत्र में चार प्रश्नपत्र होंगे, किन्तु अन्तिम सत्र में पाँचवाँ प्रश्नपत्र वैकल्पिक रूप से लघु शोध प्रबन्ध/निबन्ध परक होगा।
- ❖ प्रत्येक प्रश्नपत्र 100 अंक का होगा।
- ❖ प्रत्येक पत्र में 30 अंकों की आन्तरिक एवं 70 अंको की बाह्य परीक्षा होगी।
- ❖ परीक्षा का माध्यम इच्छानुसार हिन्दी/संस्कृत/अंग्रेजी होगा।
- ❖ प्रत्येक परीक्षा का निर्धारित समय 3 घण्टे होगा।
- ❖ परीक्षा में 50% अंक प्राप्त करने वाले छात्र को ही उत्तीर्ण माना जायेगा।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( प्रथम सेमेस्टर )

### प्रश्नपत्र-प्रथम वैदिक साहित्य एवं सांख्य-योग-1

Paper Code MD-101

पूर्णांक- 100

( 70+30 )

उद्देश्य- 1. वैदिक साहित्य का परिचय का बोध।

2. सांख्य के 25 तत्वों का ज्ञान।
3. मूल सूत्रों के वाचन का बोध।
4. मूल सूत्रों के लेखन का बोध।

खण्ड ( क ) वैदिक साहित्य का परिचय-

- 35

विषय -

- वैदिक साहित्य का परिचय
- वेदों की रचना - अपौरुषेय या पौरुषेय (तुलनात्मक अध्ययन)
- वेदों में बहुदेवतावाद, एकेश्वरवाद (तुलनात्मक अध्ययन)
- वेद एवं उपनिषदों में सृष्टिरचना विषय।

निर्धारित पाठ्य ग्रन्थ- ऋग्वेदादि भाष्य भूमिका

प्रकाशक- आर्ष साहित्य प्रचार ट्रस्ट- 427, गली मन्दिर वाली, नया बांस, दिल्ली-110006

खण्ड ( ख ) सांख्य-योग दर्शन- 1

- 35

सांख्यदर्शन- प्रथम अध्याय (विज्ञानभिक्षु भाष्य सहित)

विषय- त्रिविधदुःख, 25 तत्वों का निरूपण, भगवद् प्राप्ति हेतु तीन प्रकार के अधिकारी, प्रत्यक्ष, अनुमान व शब्द प्रमाण का निरूपण, चेतन पर्यन्त भोगप्राप्ति, प्रकृति की परार्थता, शरीरादि से भिन्न पुमान्, पुरुष बहुत्व, अद्वैतवाद का खण्डन, साक्षित्व निरूपण, नित्यमुक्तत्व इत्यादि।

निर्धारित पाठ्य ग्रन्थ- सांख्यदर्शन- (विज्ञानभिक्षु भाष्य सहित)

प्रकाशन- चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150 के. 37/116, गोपाल मन्दिर लेन, वाराणसी-221001

योगदर्शन - समाधिपाद (व्यासभाष्य सहित)

**विषय-** योग का स्वरूप, पञ्चवृत्तियाँ, द्रष्टा स्वरूप, अभ्यास-वैराग्य, सम्प्रज्ञात, असम्प्रज्ञात-ईश्वर प्रणिधान, ईश्वर का स्वरूप, चार प्रकार की भावनाएँ, समापत्ति, अध्यात्मप्रसाद, ऋतम्भरा प्रज्ञा, निर्बीज समाधि इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** योगदर्शन (व्यासभाष्य सहित)

**प्रकाशन-** वानप्रस्थ साधक आश्रम, आर्य वन, रोजड़, पत्रालय-सागपुर, जि. साबरकांठा, गुजरात-383307

**खण्ड ( ग ) उपर्युक्त ग्रन्थों का स्मरण**

- 30

**परिणाम-1.** वैदिक साहित्य का परिचय।

2. सांख्य के 25 तत्त्वों का निरूपण।
3. मूल सूत्र का वाचन।
4. मूल सूत्र का लेखन।

**सहायक ग्रन्थ-** भारतीय दर्शन (डॉ० राधा कृष्णन्), भारतीय दर्शन का इतिहास-प्रथम भाग (डॉ० जयदेव वेदालंकार)। सांख्यदर्शन-विद्योदय भाष्य सहित, (आचार्य उदयवीर शास्त्री-प्रकाशक-विजयकुमार हासानन्द- 4408, नई सड़क दिल्ली- 110006), सांख्यदर्शन भाष्य (ब्रह्ममुनि जी), वैदिक दर्शन (बलदेव उपाध्याय), वैदिकमुनि भाष्य, सांख्यदर्शन - (आचार्य आनन्द प्रकाश), भोजवृत्ति - (महाराज भोजदेव)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( प्रथम सेमेस्टर ) प्रश्नपत्र-द्वितीय न्याय-वैशेषिक-1

Paper Code MD-102

पूर्णांक- 100

( 70+30 )

- उद्देश्य- 1. षोडश पदार्थों का बोध।  
2. धर्म के स्वरूप का ज्ञान।  
3. अनुमान प्रमाण का बोध।  
4. न्यायसिद्धान्त मुक्तावली मूल कारिका का ज्ञान।

### खण्ड ( क ) न्याय दर्शन

- 30

प्रथम अध्याय (वात्स्यायनभाष्य सहित)

**विषय** - तर्क पर्यन्त षोडश पदार्थों का उद्देश्य व लक्षण निरूपण, दोष, प्रवृत्ति जन्मदुःख निरूपण, तत्त्वज्ञान-स्वरूप निर्देश, शास्त्र की त्रिविध प्रकृति, प्रत्यक्ष अनुमान-उपमान शब्द लक्षण, आत्मानुमापक हेतुओं की व्याख्या, शरीरइन्द्रिय-भूत, अर्थ व बुद्धि का लक्षण व निरूपण, अपवर्ग लक्षण, मोक्ष में नित्यसुख अभिव्यक्ति का पूर्व पक्ष तथा उसका समाधान, दृष्टान्त सिद्धान्त लक्षण निरूपण, तर्क की तत्त्वज्ञानार्थता। पञ्चावयव व विभाग निरूपण, वातजल्पवितण्डा, हेत्वाभास निरूपण, छल लक्षण, छल के भेद, जातिनिग्रहस्थान निरूपण इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** न्याय दर्शन (वात्स्यायनभाष्य सहित)

प्रकाशन- चौखम्भा संस्कृत भवन, पोस्ट बाक्स नं.- 1160 चौक, चित्रा सिनेमा के सामने (बैंक ऑफ बड़ौदा बिल्डिंग) वाराणसी-221001

### खण्ड ( ख ) वैशेषिक दर्शन

- 25

**प्रथम अध्याय-** धर्म का स्वरूप, द्रव्यादि षट् (द्रव्य, गुण, कर्म, सामान्य, विशेष समवाय) पदार्थों का तत्त्वज्ञान निःश्रेयस का साधन कैसे? गुणों व कर्मों का उद्देश, द्रव्यादि षट्पदार्थों का साधर्म्य-वैधर्म्य से निरूपण, कारण के अभाव से कार्य का अभाव, सत्ता व सत्ता सामान्य का लक्षण, गुणत्व गुणों से भिन्न, कर्मत्व कर्मों से भिन्न है इत्यादि।

**द्वितीयाध्याय-** पृथ्वी, जल, तेज व वायु का लक्षण, आकाश में रूपादि गुण नहीं, परमाणु नित्य है, वायु नाना है, सृष्टि संहार विधि, आकाश द्रव्य है, एक है, नित्य है। वस्त्र में पुष्पादिगन्ध औपाधिक,

उष्णता-तेज में नैर्गर्गिक है, शीतता-जल में नैसर्गिक है, काल द्रव्य है, नित्य है, एक है, दिशा का लक्षण, नित्यत्व, एकत्व, भेद औपाधिक, दिक् प्रकरण, शब्द प्रकरण निरूपण इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** वैशेषिक दर्शन (प्रशस्तपादभाष्य सहित)

प्रकाशन- चौखम्बा संस्कृत संस्थान, पोस्ट बाक्स नं.- 1139 के. 37/116, गोपाल मन्दिर लेन, गोलघर, वाराणसी-221001

**खण्ड ( ग ) -** न्यायसिद्धान्तमुक्तावलि। (अनुमान खण्ड)।

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विषय- परामर्श, करण, व्याप्ति, पक्ष व हेत्वाभास आदि।

**निर्धारित पाठ्य ग्रन्थ-** न्यायसिद्धान्तमुक्तावलि-विश्वनाथ पञ्चानन भट्टाचार्यविरचिता

प्रकाशक- चौखम्बा सुरभारती प्रकाशन, के. 37/117, गोपालमन्दिर लेन, पो. बा. नं. 1129, वाराणसी-221001

**खण्ड ( घ )** उपर्युक्त ग्रन्थों का स्मरण व लेखन।

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**परिणाम-**1. तर्क पर्यन्त षोडश पदार्थों का लक्षण।

2. धर्म का स्वरूप निरूपण।

3. अनुमान खण्ड का परिचय।

4. न्याय सिद्धान्त मुक्तावली मूल कारिका का वाचन।

**सहायक ग्रन्थ-** न्यायदर्शन- (विद्योदयभाष्य सहित आचार्य उदयवीर शास्त्री), न्यायकुसुमाञ्जलि (आचार्य उदयन), न्यायदर्शन (डॉ० राधाकृष्णन्), न्यायवार्तिक (वाचस्पति मिश्र), दुण्ढिराजशास्त्री। (विद्योदयभाष्य सहित आचार्य उदयवीर शास्त्री), आनन्दभाष्य सहित (आचार्य आनन्दप्रकाश)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( प्रथम सेमेस्टर )

### प्रश्नपत्र-तृतीय वेदान्त-मीमांसा-1

Paper Code MD-103

पूर्णांक- 100

( 70+30 )

- उद्देश्य- 1. ब्रह्म के स्वरूप का बोध।  
2. ब्रह्म और जीव में भेद का ज्ञान।  
3. मीमांसा शब्द का अर्थ एवं धर्म का बोध।  
4. मीमांसा के मूल सूत्रों का ज्ञान।

#### खण्ड ( क ) वेदान्त दर्शन- 1

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(ब्रह्मसूत्र)- प्रथम अध्याय

विषय- ब्रह्मनिरूपण, जीवात्मा निरूपण, ब्रह्म और जीव में भेद, जगदुत्पत्ति में परमात्मा निमित्त कारण, परमात्मा के अधीन प्रकृति उपादान कारण, परमात्मा की विभिन्न नामों से उपासना, उपासना व वेदाध्ययन में सब वर्णों का अधिकार इत्यादि।

निर्धारित पाठ्य ग्रन्थ- वेदान्त दर्शन- ब्रह्ममुनिभाष्य सहित

प्रकाशक- माता तुलसादेवी हुकमचन्द्र धर्मार्थ आर्ष साहित्य प्रकाशन, हिसार, (हरियाणा)

#### खण्ड ( ख ) मीमांसा दर्शन- 1

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मीमांसा दर्शन- प्रथम अध्याय प्रथम पाद (शाबरभाष्य सहित)

विषय- मीमांसा शब्द का अर्थ, धर्म का लक्षण, “चोदनालक्षणोऽर्थः धर्मः”, धर्म, विषयक जिज्ञासा- “अथातो धर्म जिज्ञासा”, धर्म का प्रमाण-(वेद), देहातिरिक्त आत्मा का अस्तित्व।

निर्धारित पाठ्य ग्रन्थ- मीमांसादर्शन (शाबरभाष्य सहित)

प्रकाशक- युधिष्ठिर मीमांसक, बहालगढ़, जिला- सोनीपत, हरियाणा।

#### खण्ड ( ग ) उपर्युक्त ग्रन्थों का स्मरण व लेखन।

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परिणाम-1. ब्रह्म का स्वरूप निरूपण।

2. ब्रह्म और जीव में भेद।
3. मीमांसा शब्द का अर्थ एवं धर्म लक्षण।

#### 4. मीमांसा, मूल सूत्र वाचन।

**सहायक ग्रन्थ-** वेदान्त दर्शन- वैदिकमुनिभाष्य, (विद्योदय भाष्य सहित आचार्य उदयवीर शास्त्री, प्रकाशक-विजयकुमार गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली-110006), ब्रह्ममुनिभाष्य, शांकरभाष्य। शाबरभाष्य व्याख्या -पं. युधिष्ठिर मीमांसक, मीमांसापरिभाषा, अर्थसंग्रह- (लौगाक्षि भास्कर)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( प्रथम सेमेस्टर ) प्रश्नपत्र-चतुर्थ वैदिकेतर दर्शन-1

Paper Code MD-104

पूर्णांक- 100

( 70+30 )

उद्देश्य- 1. चार्वाक दर्शन के मूल सिद्धान्तों का ज्ञान।

2. बौद्ध दर्शन के मूल सिद्धान्तों का ज्ञान।

3. जैन दर्शन के मूल सिद्धान्तों का ज्ञान।

4. मूल सूत्रों के वाचन एवं लेखन का बोध।

**खण्ड ( क )** माधवाचार्य के सर्वदर्शन संग्रह से चयनित दर्शन।

चार्वाक दर्शन

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बौद्ध दर्शन,

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जैन दर्शन,

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**खण्ड ( ख )** उपर्युक्त ग्रन्थों की आन्तरिक परीक्षा।

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**परिणाम-1.** चार्वाक दर्शन के मूल सिद्धान्तों का परिचय।

2. बौद्ध दर्शन के मूल सिद्धान्तों का परिचय।

3. जैन दर्शन के मूल सिद्धान्तों का परिचय।

4. मूल सूत्र वाचन एवं लेखन।

**निर्धारित पाठ्यपुस्तक-** सर्वदर्शन संग्रह (माधवाचार्यविरचितम्)

प्रकाशक-चौखम्बा विद्याभवन, चौक (बैंक ऑफ बड़ौदा भवन के पीछे), वाराणसी-221001

**सहायक ग्रन्थ** - भारतीय दर्शन का इतिहास, डॉ० दास गुप्ता, भारतीय दर्शन - डॉ० राधा कृष्णन्।

भारतीय दर्शन का इतिहास (चतुर्थ भाग), डॉ० जयदेव वेदालंकार।



# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( द्वितीय सेमेस्टर )

### प्रश्नपत्र-प्रथम सांख्य-योग-2

Paper Code MD-201

पूर्णांक- 100

( 70+30 )

- उद्देश्य-** 1. बहुश्रुत महिमा एवं सृष्टि प्रयोजन का बोध।  
2. त्रिविध प्रमाणों का बोध।  
3. 28 अशक्ति, नवधा तुष्टि एवं अष्ट सिद्धि का ज्ञान।  
4. क्रियायोग का बोध।

#### **खण्ड ( क ) सांख्यदर्शन -2**

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द्वितीय अध्याय ( विज्ञानभिक्षुभाष्य सहित )

**विषय-** बहुश्रुत महिमा, सृष्टि प्रयोजन, महतत्त्व के लक्षण का कथन, अहंकार लक्षण, अहंकार कार्य, इन्द्रियों के भौतिकत्व का खण्डन, ज्ञानेन्द्रियों व कर्मेन्द्रियों के विषयों का कथन, बुद्धि की प्रधानता।

**निर्धारित पाठ्य ग्रन्थ-** सांख्यदर्शन ( विज्ञानभिक्षुभाष्य सहित )

**प्रकाशन-** चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150 के. 37/116, गोपाल मन्दिर लेन, वाराणसी-221001

#### **खण्ड ( ख ) सांख्यकारिका - 01 से 72 तक ( गौडपाद भाष्य सहित )**

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**विषय-** सांख्य प्रतिपादित ज्ञान की उपादेयता, प्रमेयभूत 25 तत्त्वों का परिचय, त्रिविध प्रमाणों का निरूपण, विद्यमान पदार्थ की उपलब्धि व अनुपलब्धि में हेतु, गुणों का स्वरूप निरूपण, पुरुष बहुत्वम्, द्विविधा सृष्टि, बुद्धि का प्राधान्य सूक्ष्म शरीर निरूपण, बुद्धि सर्ग निरूपण, 28 अशक्ति, नवधा तुष्टि व आठ प्रकार की सिद्धियों का वर्णन, पुरुष के मोक्ष के लिए प्रकृति की प्रवृत्ति, तत्त्वाभास से ज्ञानोदय, सम्यक् ज्ञान से मुक्ति।

**निर्धारित पाठ्य ग्रन्थ-** सांख्यकारिका ( गौडपाद भाष्य सहित )

**प्रकाशक-** 41 यू.ए. बंगलो रोड, जवाहर नगर, दिल्ली-110007,

अशोक राजपथ, पटना-800004 एवं चौक, वाराणसी-221001

#### **खण्ड ( ग ) योग दर्शन**

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साधनपाद, व्यासभाष्य सहित

**विषय-** क्रियायोग, पञ्च क्लेश, अविधा का स्वरूप, दृश्य व दृष्टा का स्वरूप, हेय-हेयहेतु, हान-हानोपाय, अष्टाङ्ग योग एवं उसका फल, प्राणायाम निरूपण, प्रत्याहार निरूपण इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** योगदर्शन (व्यासभाष्य सहित)

प्रकाशन- वानप्रस्थ साधक आश्रम, आर्य वन, रोजड़, पत्रालय-सागपुर, जि. साबरकांठा,  
गुजरात-383307

**खण्ड (घ)** उपर्युक्त ग्रन्थों का स्मरण व लेखन।

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**परिणाम-** 1. बहुश्रुत महिमा एवं सृष्टि प्रयोजन।

2. त्रिविध प्रमाणों का निरूपण।

3. 28 अशक्ति, नवधा तुष्टि एवं अष्ट सिद्धि विवरण।

4. क्रियायोग निरूपण।

**सहायक ग्रन्थ-** सांख्यदर्शन-विद्योदय भाष्य सहित, (आचार्य उदयवीर शास्त्री-प्रकाशक-विजयकुमार हासानन्द- 4408, नई सड़क दिल्ली- 110006), दयानन्द दर्शन (स्वामी सत्यप्रकाश) अनुवादक रूपचन्द दीपक, सांख्यदर्शनभाष्य (ब्रह्ममुनि जी), वैदिक दर्शन (बलदेव उपाध्याय), वैदिकमुनिभाष्य, सांख्यदर्शन - (आचार्य आनन्दप्रकाश), भोजवृत्ति - (महाराज भोजदेव)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( द्वितीय सेमेस्टर ) प्रश्नपत्र-द्वितीय न्याय-वैशेषिक-2

Paper Code MD-202

पूर्णांक- 100

( 70+30 )

- उद्देश्य- 1. संशय का लक्षण एवं परीक्षा बोध।  
2. प्रमाण चतुष्टय की सिद्धि का बोध।  
3. शब्द बोध एवं शक्तिग्रह उपाय का ज्ञान।  
4. इन्द्रियों के विषयों का बोध।

### खण्ड ( क ) न्याय दर्शन

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द्वितीय अध्याय- वात्स्यायनभाष्य सहित

विषय- संशय का लक्षण एवं परीक्षा, अनुमान परीक्षा प्रकरण, अर्थवाद, अनुवाद एवं विधिवाक्य निरूपण, प्रमाण चतुष्टय की अनुपपत्ति का पूर्वपक्ष, व्यक्ति, आकृति, जाति पदार्थवाद का निरूपण इत्यादि।

निर्धारित पाठ्य ग्रन्थ- न्यायदर्शन, वात्स्यायनभाष्य सहित

प्रकाशन- चौखम्भा संस्कृत भवन, पोस्ट बाक्स नं.- 1160 चौक, चित्रा सिनेमा के सामने (बैंक ऑफ बड़ौदा बिल्डिंग) वाराणसी-221001

### खण्ड ( ख ) न्यायसिद्धान्तमुक्तावलि

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शब्दबोध, शक्तिग्रह उपाय अभिधा चतुर्विध शब्दभेद लक्षणा, तात्पर्यज्ञान।

निर्धारित पाठ्यपुस्तक- न्यायसिद्धान्तमुक्तावली- पं. विश्वनाथ विरचिताः।

प्रकाशक- चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150, के. 37/116, गोपाल मन्दिर लेन, गोलघर, समीप मैदागिन), वाराणसी-221001

### खण्ड ( ग ) वैशेषिक दर्शन-

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तृतीय व चतुर्थ अध्याय- (प्रशस्तपादभाष्य सहित)

विषय- इन्द्रियों के विषय, ज्ञानादिगुण-भौतिक देह के नहीं, हेत्वाभासों का निर्देश, मन की सिद्धि, आत्मा का लक्षण, आत्मा केवल आगमबोध्य नहीं, आत्मप्रकरण, कारण से कार्य का अनुमान मूल उपादान को अनित्य कहना अज्ञान है, गुणों का प्रत्यक्ष, गुण वैधर्म्य प्रकरण, रूप, रस गन्ध स्पर्श प्रकरण योनिज व अयोनिज दो प्रकार के शरीर, पृथ्वी के कार्य के भेद इत्यादि।

निर्धारित पाठ्य ग्रन्थ- वैशेषिक दर्शन- (प्रशस्तपादभाष्य सहित),

प्रकाशन- चौखम्भा संस्कृत संस्थान, पोस्ट बाक्स नं.- 1139 के. 37/116, गोपाल मन्दिर लेन,  
गोलघर, वाराणसी-221001

खण्ड (घ) तर्कसंग्रह

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खण्ड (ङ) उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।

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परिणाम- 1. संशय का लक्षण एवं परीक्षा।

2. प्रमाण चतुष्टय की सिद्धि।

3. शब्द बोध एवं शक्तिग्रह उपाय।

4. इन्द्रियों के विषयों का निरूपण।

सहायक ग्रन्थ- न्यायदर्शन- (विद्योदयभाष्य सहित आचार्य उदयवीर शास्त्री), न्यायकुसुमांजलि  
(आचार्य उदयन), न्याय दर्शन (डॉ० राधाकृष्णन्), न्यायवार्तिक (वाचस्पति मिश्र), दुण्ढिराजशास्त्री।  
आनन्दभाष्य सहित (आचार्य आनन्दप्रकाश)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( द्वितीय सेमेस्टर ) प्रश्नपत्र-तृतीय वेदान्त-मीमांसा-2

Paper Code MD-203  
पूर्णांक- 100  
( 70+30 )

- उद्देश्य-** 1. जीवात्मा के कर्म वैचित्र्य से जगत् वैचित्र्य का बोध।  
2. प्राण एवं इन्द्रियों की उत्पत्ति का ज्ञान।  
3. धर्म के लक्षणों का बोध।  
4. वाक्य एवं प्रकरण का बोध।

### खण्ड ( क ) वेदान्त दर्शन

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(ब्रह्मसूत्र) द्वितीय अध्याय (ब्रह्ममुनिभाष्य सहित)

**विषय-** जीवात्मा के कर्म वैचित्र्य से जगत् वैचित्र्य, परमात्मा को हस्त आदि करणों की अपेक्षा नहीं, असत्कारणवाद निराकरण, साकार ईश्वरवाद का खण्डन, भूतों व मन सहित इन्द्रियों की उत्पत्ति व लय का क्रम, जीवात्मा अनुत्पत्तिधर्मा, नित्यचेतन, अल्पज्ञ, अणु, कर्मकर्ता भोक्ता च, शरीर, प्राण व इन्द्रियों का उत्पत्तिकर्ता ईश्वर।

**निर्धारित पाठ्य ग्रन्थ-** वेदान्त दर्शन (ब्रह्मसूत्र), (ब्रह्ममुनिभाष्य सहित)

**प्रकाशक-** माता तुलसादेवी हुकमचन्द्र धर्मार्थ आर्ष साहित्य प्रकाशन, हिसार, (हरियाणा)

### खण्ड ( ख ) मीमांसा न्याय प्रकाश-1

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मीमांसान्यायप्रकाश (पूर्वार्द्ध)- आपदेव विरचित

**विषय-** धर्मलक्षण, विविध, भावना, वेदापौरुषेयत्व, वेद विभाग, विधि निरूपण, गुणविधि निरूपण, वाजपेयाधिकरण, गुणकर्माधिकरण, विधि भेद, वाक्यनिरूपण, प्रकरण निरूपण।

**निर्धारित पाठ्य ग्रन्थ-** मीमांसान्यायप्रकाश- आपदेव विरचित न्यायबोधिनीहिन्दीव्याख्या सहित।

**प्रकाशक-** चौखम्भा संस्कृत संस्थान, पो. बाक्स नं.-1139, के. 37/116, गोपाल मन्दिर लेन (गोलघर समीप मैदागिरी), वाराणसी-221001

### खण्ड ( ग ) उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।

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**परिणाम-**1. जीवात्मा के कर्मवैचित्र्य से जगत् वैचित्र्य निरूपण।

2. प्रमाण एवं इन्द्रियों का उत्पत्ति निरूपण।
3. धर्म लक्षण निरूपण।
4. वाक्य एवं प्रकरण निरूपण।

**सहायक ग्रन्थ-** शाबरभाष्य व्याख्या- पं. युधिष्ठिर मीमांसक, मीमांसा परिभाषा, अर्थसंग्रह- (लौगाक्षि भास्कर)। वेदान्त दर्शन- वैदिकमुनि भाष्य, (विद्योदय भाष्य सहित आचार्य उदयवीर शास्त्री,

प्रकाशक-विजयकुमार गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली-110006), ब्रह्ममुनिभाष्य, शांकर भाष्य।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन प्रथम वर्ष ( द्वितीय सेमेस्टर ) प्रश्नपत्र-चतुर्थ पाश्चात्य दर्शन

Paper Code MD-204

पूर्णांक- 100

( 70+30 )

- उद्देश्य- 1. ग्रीक दर्शन एवं दार्शनिकों का सामान्य बोध।  
2. सुकरात-प्लेटो- अरस्तु के सिद्धान्तों का ज्ञान।  
3. हेगल और कान्ट, लाइबनिट्ज एवं कम्प्यूसियस के दर्शन का बोध।

प्रश्नपत्र-चतुर्थ-

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- ( क ) (ii) ग्रीक दर्शन (Philosophy)- सुकरात, प्लेटो, अरस्तु ।  
(iii) लॉक, बर्कले और ह्यूम।  
( ख ) (i) हेगल और कान्ट।  
(ii) स्पिनोजा और लाइबनिट्ज।  
(iii) कम्प्यूसियस का दार्शनिक चिन्तन।  
( ग ) पाश्चात्य दर्शन का इतिहास

( घ ) आन्तरिक परीक्षा

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- परिणाम-1. ग्रीक दर्शन एवं दार्शनिकों का सामान्य परिचय।  
2. सुकरात-प्लेटो- अरस्तु के सिद्धान्तों का वर्णन।  
3. हेगल और कान्ट एवं स्पिनोजा और लाइबनिट्ज एवं कम्प्यूसियस का दार्शनिक चिन्तन।

निर्धारित पाठ्यपुस्तक- पाश्चात्य दर्शन- चन्द्रधर शर्मा।

प्रकाशक- मोतीलाल, बनारसीदास, 41 यू.ए. बंगलो रोड, जवाहर नगर, दिल्ली 110007

चौक, वाराणसी, 221001,

अशोक राजपथ, पटना- 800004

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष ( तृतीय सेमेस्टर )

### प्रश्नपत्र-प्रथम सांख्य-योग-3

Paper Code MD-301

पूर्णांक- 100

( 70+30 )

- उद्देश्य-** 1. पंच महाभूतों की उत्पत्ति का बोध।  
2. पुरुष के बन्धन एवं मोक्ष का ज्ञान।  
3. धारणा-ध्यान-समाधि एवं संयम का बोध।  
4. सांख्य दर्शन-अध्याय 3 व 4 के मूल सूत्रों के वाचन का बोध।

### खण्ड ( क ) सांख्य दर्शन-3

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तृतीय व चतुर्थ अध्याय- (विज्ञानभिक्षुभाष्य सहित)

तत्त्वसमास सूत्र सर्वोपकारिणी वृत्ति सहित (सांख्यसंग्रह ग्रन्थ से)

**विषय-** महाभूत उत्पत्ति, संसारावधि का वर्णन, दो प्रकार के शरीरों का वर्णन, लिङ्ग शरीर व्यापारवर्णन, ज्ञान से मोक्ष प्राप्ति, ज्ञान साधनों का वर्णन, प्रधान सृष्टि का प्रयोजन, पुरुष में बन्धन व मोक्ष का आरोप अवास्तविक, विवेक से कृत्यकृत्यता इत्यादि।

**चतुर्थाध्याय-** “परिग्रहदुःखे श्येनाख्यायिका” विवेकासाधनचिन्तने बन्ध इत्यत्र भरताख्यायिका, नैराश्ये सुखमित्यत्र पिङ्गला दृष्टान्तः, अनारम्भे सारादाने च दृष्टान्तः, योगचर्याप्रयोजनवर्णनम्, वैराग्योपायावधारणम् इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** सांख्यदर्शन (विज्ञानभिक्षुभाष्य सहित)

प्रकाशन- चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150 के. 37/116, गोपाल मन्दिर लेन, वाराणसी-221001

### खण्ड ( ख ) योग दर्शन-3

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तृतीय पाद (विभूति पाद) व्यासभाष्य सहित।

**विषय-** धारणा, ध्यान, समाधि व संयम का निरूपण, परिणामत्रय का वर्णन, विभूति वर्णन, उदान, समान प्राण पर संयम करने का प्रतिफल, भूतजय एवं इन्द्रियजय से उत्पन्न सिद्धियों का वर्णन, विवेक ज्ञान का स्वरूप एवं कैवल्य योग इत्यादि।



**निर्धारित पाठ्य ग्रन्थ-** योगदर्शन (व्यासभाष्य सहित)

प्रकाशन- वानप्रस्थ साधक आश्रम, आर्य वन, रोजड़, पत्रालय-सागपुर, जि. साबरकांठा,  
गुजरात-383307

**खण्ड ( ग ) उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।**

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**परिणाम-**

1. महाभूतों की उत्पत्ति का विवरण।
2. पुरुष के बंधन एवं मोक्ष का स्वरूप।
3. धारणा-ध्यान-समाधि एवं संयम का निरूपण।
4. सांख्य दर्शन-अध्याय 3 व 4 के मूल सूत्रों के वाचन।

**सहायक ग्रन्थ-** सांख्यदर्शन-विद्योदय भाष्य सहित, (आचार्य उदयवीर शास्त्री-प्रकाशक-विजयकुमार हासानन्द-4408, नई सड़क दिल्ली- 110006), सांख्यदर्शन भाष्य (ब्रह्ममुनि जी), वैदिक दर्शन (बलदेव उपाध्याय), वैदिकमुनिभाष्य, सांख्यदर्शन - (आचार्य आनन्दप्रकाश), भोजवृत्ति - (महाराज भोजदेव)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष ( तृतीय सेमेस्टर )

### प्रश्नपत्र-द्वितीय न्याय-वैशेषिक-3

Paper Code MD-302

पूर्णांक- 100

( 70+30 )

- उद्देश्य-** 1. इन्द्रिय, शरीर आदि से व्यतिरिक्त आत्मा का ज्ञान।  
2. पंच महाभूतों के धर्मों का बोध।  
3. गुण परीक्षा प्रकरण का ज्ञान।  
4. वैशेषिक दर्शन के अध्याय-5, 6, 7 के मूल सूत्रों के वाचन का बोध।

#### खण्ड ( क ) न्याय दर्शन

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तृतीय अध्याय- वात्स्यायनभाष्य सहित

**विषय-** इन्द्रियशरीर आदि से व्यतिरिक्त आत्मा का निरूपण, आत्मनित्यत्व परीक्षा, शरीर परीक्षा प्रकरण, इन्द्रिय परीक्षा प्रकरण, अर्थ परीक्षा प्रकरण, मन के अविभुत्व का उपपादन, बुद्धि के आत्मगुणत्व की परीक्षा, आत्मा में इच्छादि गुणों के समवाय का प्रतिपादन, स्मृति के निमित्तों का विवरण, मनः परीक्षा प्रकरण, शरीर की उत्पत्ति में अदृष्ट की कारणता का उत्पादन इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** न्यायदर्शन- वात्स्यायनभाष्य सहित,

प्रकाशन- चौखम्भा संस्कृत भवन, पोस्ट बाक्स नं.- 1160 चौक, चित्रा सिनेमा के सामने (बैंक ऑफ बड़ौदा बिल्डिंग) वाराणसी-221001

#### खण्ड ( ख ) वैशेषिक दर्शन

पञ्चम, षष्ठ व सप्तम अध्याय- (प्रशस्तपादभाष्य सहित)

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**विषय-** पृथ्वी के समान जल तेज और वायु में कर्म, सुखादि की उत्पत्ति के कारण, योग का स्वरूप, मोक्ष का स्वरूप, दिक्काल, आकाश, गुण व कर्म में क्रियाहीनता, कर्म पदार्थ निरूपण, समवायी असमवायी कारण इत्यादि।

**षष्ठाध्याय-** वेदों में वाक्य रचना ज्ञानपूर्वक, वेदों में दानक्रिया बुद्धिपूर्वक, निषिद्ध भोजन से वैदिक सत्कर्मों द्वारा भी अभ्युदय नहीं, अन्यो को कष्ट देकर प्राप्त उपभोग दोषपूर्ण, समाज में पारस्परिक सहयोग का आधार, मानव में बुराई भलाई, शुचि और अशुचि का स्वरूप, धर्माधर्म प्रकरण, रागद्वेष का कारण, इच्छाद्वेषप्रयत्न प्रकरण, मोक्ष का उपाय इत्यादि।

**सप्तमाध्याय-** गुण परीक्षा, पाकज प्रकरण, परिमाण परीक्षा, अणुमहत् व्यवहार, परमाणु निरूपण, परिमाण प्रकरण, पृथक्त्व प्रकरण, संख्या प्रकरण, संयोग प्रकरण, विभाग प्रकरण, परत्वापरत्व प्रकरण, समवाय पदार्थ इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** वैशेषिक दर्शन- (प्रशस्तपादभाष्य सहित),

प्रकाशन- चौखम्भा संस्कृत संस्थान, पोस्ट बाक्स नं.- 1139 के. 37/116, गोपाल मन्दिर लेन, गोलघर, वाराणसी-221001

**खण्ड ( ग )** उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।

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**परिणाम-**1. इन्द्रिय, शरीर आदि से व्यतिरिक्त आत्मा का निरूपण।

2. पंच महाभूतों के धर्मों का निरूपण।

3. गुण परीक्षा निरूपण।

4. वैशेषिक दर्शन के अध्याय-5, 6, 7 के मूल सूत्र वाचन।

**सहायक ग्रन्थ-** न्यायदर्शन- (विद्योदयभाष्य सहित आचार्य उदयवीर शास्त्री), न्यायकुसुमांजलि (आचार्य उदयन), न्याय दर्शन (डा० राधाकृष्णन्), न्यायवार्तिक (वाचस्पति मिश्र), ढुण्ढिराजशास्त्री, आनन्दभाष्य सहित (आचार्य आनन्दप्रकाश)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष ( तृतीय सेमेस्टर ) प्रश्नपत्र-तृतीय वेदान्त-मीमांसा-3

Paper Code MD-303

पूर्णांक- 100

( 70+30 )

- उद्देश्य-** 1. जीवात्मा के संसरण एवं पुनर्जन्म का बोध।  
2. मोक्ष प्राप्ति में अनेक जन्मों के प्रतिबन्ध के खण्डन का बोध।  
3. मन्त्र प्रयोजन एवं अपूर्व सिद्धि का बोध।  
4. वेदान्त तृतीय अध्याय के मूल सूत्रों का बोध।

### खण्ड ( क ) वेदान्त दर्शन-3

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तृतीय अध्याय - (विज्ञानभिक्षुभाष्य सहित)

**विषय-** सूक्ष्म शरीर के साथ जीवात्मा का प्रयाण एवं पुनर्जन्म वर्णन, जाग्रत, स्वप्न, सुषुप्ति अवस्था का वर्णन, योगाभ्यास से परमात्मतत्त्व की प्राप्ति तथा उसके साथ तादात्म्य सम्बन्ध, ब्रह्म के साथ नितान्त अभेद व विशिष्ट अभेद का खण्डन, जीवात्मा के कर्मफल का प्रदाता परमात्मा, सभी उपनिषदों में केवल एक ब्रह्म ही उपास्य है, देवयान मार्ग से मोक्ष प्राप्ति, संन्यास आश्रम ब्रह्म प्राप्ति के लिए, शम, दम आदि साधन के साथ स्वाश्रम कर्मों का अनुष्ठान, संन्यासी को अवर आश्रम में लौटने का विकल्प नहीं। मोक्ष प्राप्ति में अनेक जन्मों के प्रतिबन्ध का खण्डन इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** वेदान्त दर्शन (ब्रह्मसूत्र), (विज्ञानभिक्षुभाष्य सहित)

**प्रकाशक-** माता तुलसादेवी हुकमचन्द्र धर्मार्थ आर्ष साहित्य प्रकाशन, हिसार, (हरियाणा)

### खण्ड ( ख ) मीमांसा न्यायप्रकाश-2

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मीमांसान्यायप्रकाश (उत्तरार्द्ध)

**विषय-** मन्त्र प्रयोजनम्, अपूर्व विधि निरूपण, परिसंख्या कर्म, नामधेय निरूपण, पर्युदास निरूपण, अर्थवाद निरूपण, शाब्दीभावना, आर्थीभावना,

**निर्धारित पाठ्य ग्रन्थ-** मीमांसान्यायप्रकाश- आपदेव-विरचित न्यायबोधिनी-हिन्दीव्याख्यासहित।

**प्रकाशक-** चौखम्भा संस्कृत संस्थान, पो. बाक्स नं.-1139, के. 37/116, गोपाल मन्दिर लेन (गोलघर समीप मैदागि), वाराणसी-221001

**परिणाम-**1. सूक्ष्म शरीर के साथ जीवात्मा का संसरण एवं पुनर्जन्म वर्णन।

2. मोक्ष प्राप्ति में अनेक जन्मों के प्रतिबन्ध के प्रतिबन्ध का खण्डन।
3. मन्त्र प्रयोजन एवं अपूर्वविधि निरूपण।
4. वेदान्त तृतीय अध्याय के मूल सूत्र वाचन।

**सहायक ग्रन्थ-** वेदान्त दर्शन- वैदिकमुनिभाष्य, (विद्योदय भाष्य सहित आचार्य उदयवीर शास्त्री, प्रकाशक-विजयकुमार गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली-110006), विज्ञानभिक्षुभाष्य, शांकरभाष्य। शाबरभाष्य व्याख्या, -पं. युधिष्ठिर मीमांसक, मीमांसापरिभाषा, अर्थसंग्रह- (लौगाक्षि भास्कर)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष ( तृतीय सेमेस्टर ) प्रश्नपत्र-चतुर्थ सर्वदर्शन संग्रह-1

Paper Code MD-304

पूर्णांक- 100

( 70+30 )

**उद्देश्य-** 1. व्याकरण शास्त्र के प्रयोजन का बोध।

2. निर्गुण ब्रह्म का ज्ञान।
3. शैव दर्शनों का बोध।
4. भारतीय दर्शनों के इतिहास का ज्ञान।

( क ) माधवाचार्य के सर्वदर्शन संग्रह से चयनित दर्शन।

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- (i) पाणिनीय दर्शन
- (ii) मध्वदर्शन ( द्वैत दर्शन )
- (iii) प्रत्यभिज्ञा दर्शन
- (iv) भारतीय दर्शन का इतिहास

( ख ) आन्तरिक परीक्षा।

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**परिणाम-**1. व्याकरण शास्त्र का प्रयोजन।

2. निर्गुण ब्रह्म का निरूपण।
3. शैव दर्शनों का परिचय।
4. भारतीय दर्शनों के इतिहास का परिचय।

**निर्धारित पाठ्यपुस्तक-** सर्वदर्शन संग्रह ( माधवाचार्य )।

प्रकाशक-चौखम्बा विद्याभवन, चौक ( बैंक ऑफ बड़ौदा भवन के पीछे ), वाराणसी-221001

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष (चतुर्थ सेमेस्टर)

### प्रश्नपत्र-प्रथम सांख्य-योग-4

Paper Code MD-401  
पूर्णांक- 100  
( 70+30 )

- उद्देश्य-** 1. मूल चैतन्यवाद के खण्डन का बोध।  
2. बन्ध एवं मोक्ष के कारण का ज्ञान।  
3. समाधि के प्रकारों का बोध।  
4. चतुर्विध कर्मों का ज्ञान।

#### **खण्ड (क) सांख्य दर्शन-4**

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पञ्चम् व षष्ठ अध्याय (विज्ञानभिक्षुभाष्य सहित)

**विषय-** असंग परमेश्वर का अविद्या शक्ति के साथ सम्बन्ध असंभव, धर्माधर्म के प्रमाण का कथन, सुखादि की सिद्धि में अनुमान के पञ्चावयव का प्रयोग वेदों के पौरुषेयत्व का खण्डन एवं स्वतः प्रामाण्य व्यवस्थापन, स्फोटवाद का खण्डन, आत्मानात्म अभेद में बाधक कथन, आनन्द आत्मा का स्वरूप है इसका खण्डन, परमाणु के नित्यत्व का खण्डन, इन्द्रियों के अभौतिकत्व का व्यवस्थापन, समाधि, सुषुप्ति और मोक्ष की एकरूपता, भूतचैतन्यवाद का खण्डन।

**षष्ठाध्याय-** दुःखनिवृत्तिमात्र ही पुरुषार्थ है, बन्ध और मोक्ष के कारण का निरूपण, योग साधना का वर्णन, पुरुष बहुत्व व्यवस्थापन, उपाधि भेद से बन्ध-मोक्ष व्यवस्था का खण्डन, प्रकृति पुरुष का भोग्य भोक्तृभाव का अनादित्व स्थापन इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** सांख्यदर्शन (विज्ञानभिक्षुभाष्य सहित)

प्रकाशन- चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150 के. 37/116, गोपाल मन्दिर लेन, वाराणसी-221001

#### **खण्ड (ख) योग दर्शन**

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चतुर्थ पाद (कैवल्य पाद) व्यासभाष्य सहित

**विषय-** समाधि के प्रकार, चतुर्विध कर्म, हेतु फल आश्रय के आलम्बन के अभाव से दोषों का अभाव, धर्ममेघ समाधि का स्वरूप, क्लेश कर्म, निवृत्ति व उसका फल, गुणों की परिसमाप्ति, कैवल्य योग इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** योगदर्शन (व्यासभाष्य सहित)

प्रकाशन- वानप्रस्थ साधक आश्रम, आर्य वन, रोजड़, पत्रालय-सागपुर, जि. साबरकांठा,  
गुजरात-383307

**खण्ड ( ग ) उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।**

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**परिणाम-**1. भूल चैतन्यवाद का खण्डन।

2. बन्ध एवं मोक्ष के कारण का निरूपण।

3. समाधि के प्रकारों का निरूपण।

4. चतुर्विध कर्मों का परिचय।

**सहायक ग्रन्थ-** सांख्यदर्शन-विद्योदय भाष्य सहित, (आचार्य उदयवीर शास्त्री-प्रकाशक-विजयकुमार हासानन्द-4408, नई सड़क दिल्ली- 110006), दयानन्द दर्शन (स्वामी सत्यप्रकाश) अनुवादक रूपचन्द्र दीपक, सांख्यदर्शनभाष्य (ब्रह्ममुनि जी), वैदिक दर्शन (बलदेव उपाध्याय), वैदिकमुनिभाष्य, सांख्यदर्शन - (आचार्य आनन्दप्रकाश), भोजवृत्ति - (महाराज भोजदेव)।



# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष (चतुर्थ सेमेस्टर)

### प्रश्नपत्र-द्वितीय न्याय-वैशेषिक-4

Paper Code MD-402

पूर्णांक- 100

( 70+30 )

- उद्देश्य- 1. प्रवृत्ति दोष एवं प्रेत्यभाव का ज्ञान।  
2. सामान्य विशेष के ज्ञान से द्रव्यादि का ज्ञान।  
3. दृष्ट एवं अदृष्ट पदार्थों का ज्ञान।  
4. सप्त पदार्थों का बोध।

#### खण्ड ( क ) न्याय दर्शन - 4

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चतुर्थ व पञ्चम अध्याय (वात्स्यायनभाष्य सहित)

**विषय-** प्रकृति, दोष व प्रेत्यभाव परीक्षण, सर्व अनित्यवाद तथा उसका खण्डन, फल परीक्षा प्रकरण, तत्त्वज्ञानोत्पत्ति प्रकरण, अव्ययी प्रकरण, तत्त्वज्ञानपरिपालन प्रकरण इत्यादि।

**पञ्चमाध्याय-** 24 प्रकार की जातियों का वर्णन, षट्पक्षी निरूपण, 22 निग्रहस्थान के विभाग इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** न्यायदर्शन- वात्स्यायनभाष्य सहित,

प्रकाशन- चौखम्भा संस्कृत भवन, पोस्ट बाक्स नं.- 1160 चौक, चित्रा सिनेमा के सामने (बैंक ऑफ बड़ौदा बिल्डिंग) वाराणसी-221001

#### खण्ड- ( ख ) वैशेषिक दर्शन - 4

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अष्टम, नवम व दशम अध्याय- (प्रशस्तपादभाष्य सहित)

**विषय-** आत्मा और मन अप्रत्यक्ष, ज्ञानोत्पत्ति कैसे?, सामान्य विशेष के ज्ञान से द्रव्यादि का ज्ञान, “अर्थ” शब्द ग्राह्य= (द्रव्य, गुण, कर्म), घ्राण का उपादन पृथ्वी, अभाव का स्वरूप, अभाव का प्रत्यक्ष, लैङ्गिक ज्ञान व शब्द ज्ञान का विवरण, स्मृतिज्ञान के कारण, संस्कार प्रकरण, अविद्या के कारण व उसका स्वरूप, विद्या का स्वरूप, सुख दुःख का विवेचन, ज्ञानादि से अतिरिक्त आत्मगुण हैं, सुख-दुःख प्रकरण, समवायी, असमवायी कारण, दृष्ट-अदृष्ट पदार्थ ज्ञान एवं प्रयोग, अभ्युदय का प्रयोजक इत्यादि।

**निर्धारित पाठ्य ग्रन्थ-** वैशेषिक दर्शन- (प्रशस्तपादभाष्य सहित),

प्रकाशन- चौखम्भा संस्कृत संस्थान, पोस्ट बाक्स नं.- 1139 के. 37/116, गोपाल मन्दिर लेन, गोलघर, वाराणसी-221001

#### खण्ड ( ग ) न्यायसिद्धान्तमुक्तावली ( प्रत्यक्ष खण्ड )-

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मङ्गलवाद, सप्तपदार्थ, द्रव्यजाति साधन, गुणनिभाग, कर्मविभाग, सामान्य निरूपण, विशेष निरूपण समवाय निरूपण, अभाव निरूपण, कारण निरूपण, अन्यथासिद्ध निरूपण, पृथिव्यादिद्रव्य निरूपण, काल दिक्आत्मनोनिरूपण, प्रत्यक्ष लक्षण।

**निर्धारित पाठ्य ग्रन्थ-** न्यायसिद्धान्तमुक्तावली- पं. विश्वनाथ।

प्रकाशक- चौखम्भा प्रकाशन, पोस्ट बाक्स नं.- 1150, के. 37/116, गोपाल मन्दिर लेन, गोलघर, समीप मैदागिन), वाराणसी-221001

**खण्ड (घ)** उपर्युक्त ग्रन्थों का स्मरण एवं लेखन।

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**परिणाम-** 1. प्रवृत्ति दोष एवं प्रेत्यभाव परीक्षण।

2. सामान्य विशेष के ज्ञान से द्रव्यादि का विवरण।

3. दृष्ट एवं अदृष्ट पदार्थ ज्ञान एवं प्रयोग

4. सप्त पदार्थों का निरूपण।

**सहायक ग्रन्थ-** न्यायदर्शन- (विद्योदय भाष्य सहित आचार्य उदयवीर शास्त्री), न्यायकुसुमांजलि (आचार्य उदयन), न्यायदर्शन (डा० राधाकृष्णन्), न्यायवार्तिक (वाचस्पति मिश्र), दुण्ढिराजशास्त्री। (विद्योदयभाष्य सहित आचार्य उदयवीर शास्त्री), आनन्दभाष्य सहित (आचार्य आनन्दप्रकाश)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष (चतुर्थ सेमेस्टर)

### प्रश्नपत्र-तृतीय वेदान्त-मीमांसा-4

Paper Code MD-403  
पूर्णांक- 100  
( 70+30 )

- उद्देश्य- 1. प्रतीकोपासना का निषेध का बोध।  
2. इन्द्रियों के लय होने की प्रक्रिया का बोध।  
3. विधि एवं अर्थवाद का बोध।  
4. वेदान्त दर्शन के चतुर्थ अध्याय के मूल सूत्रों का ज्ञान।

#### खण्ड (क) वेदान्त दर्शन-4

- 35

चतुर्थ अध्याय - (विज्ञानभिक्षुभाष्य सहित)

विषय- जीवनपर्यन्त एकाग्रतादि साधन के द्वारा परमात्मा का ध्यान, प्रतीक उपासना का निषेध, उपासना से परमात्मा का साक्षात्कार होने पर पापों का असंस्पर्श तथा पुण्यकर्मों का फल, मरण काल में सर्वेन्द्रिय-शक्तियों का सूक्ष्म शरीर में लीन होना, ब्रह्मेपासक योगी का सहस्रार चक्र के माध्यम से उत्क्रान्ति तथा ब्रह्मलोक गमन, देवयान मार्ग से ब्रह्मलोक गमन मुक्ति में सूक्ष्म शरीर का वर्तमानत्व व स्वप्नवत व्यवहार।

निर्धारित पाठ्य ग्रन्थ- वेदान्त दर्शन (ब्रह्ममुनिभाष्य सहित)

प्रकाशक- माता तुलसादेवी हुकमचन्द्र धर्मार्थ आर्ष साहित्य प्रकाशन, हिसार, (हरियाणा)

#### खण्ड (ख) मीमांसा दर्शन-4

- 35

मीमांसा दर्शन- वाक्यार्थ बोध।

विधि एवं अर्थवाद, श्रुति, लिंग, वाक्य, प्रकरण, स्थान व समाख्या की समीक्षा।

तन्त्र निरूपण, आवाप निरूपण व प्रसंग निरूपण समीक्षा।

निर्धारित पाठ्य ग्रन्थ- मीमांसा दर्शन (शाबरभाष्य)।

प्रकाशक- युधिष्ठिर मीमांसक, बहालगढ़, जिला- सोनीपत, हरियाणा।

**परिणाम**-1. प्रतीकोपासना का निषेध।

2. मरणकाल में सर्वेन्द्रिय शक्तियों का सूक्ष्म शरीर में लीन होना।

3. विधि एवं अर्थवाद निरूपण।

4. वेदान्त दर्शन के चतुर्थ अध्याय के मूल सूत्र वाचन।

**सहायक ग्रन्थ**- वेदान्त दर्शन- वैदिकमुनिभाष्य, (विद्योदय भाष्य सहित आचार्य उदयवीर शास्त्री, प्रकाशक-विजयकुमार गोविन्दराम हासानन्द, 4408, नई सड़क, दिल्ली-110006), ब्रह्ममुनिभाष्य, शांकर भाष्य, शाबरभाष्य व्याख्या- पं. युधिष्ठिर मीमांसक, मीमांसापरिभाषा, अर्थसंग्रह- (लौगाक्षि भास्कर)।

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष (चतुर्थ सेमेस्टर) प्रश्नपत्र-चतुर्थ सर्वदर्शन संग्रह-2

Paper Code MD-404

पूर्णांक- 100  
( 70+30 )

- उद्देश्य-** 1. विशिष्टाद्वैतवाद में सगुण ब्रह्म का ज्ञान।  
2. परिणामवाद का बोध।  
3. सत्तात्रैविध्य का ज्ञान।  
4. विवर्तवाद का बोध।

( क ) माधवाचार्य के सर्वदर्शन संग्रह से चयनित दर्शन।

- (1) रामानुजाचार्य का विशिष्टाद्वैतदर्शनम्। - 35  
(2) शंकराचार्य का अद्वैतदर्शन। - 35  
( ख ) उपर्युक्त ग्रन्थों की आन्तरिक परीक्षा। - 30

- परिणाम-** 1. विशिष्टाद्वैतवाद में सगुण ब्रह्म निरूपण।  
2. परिणामवाद निरूपण।  
3. सत्तात्रैविध्य निरूपण।  
4. विवर्तवाद निरूपण।

**निर्धारित पाठ्यपुस्तक-** सर्वदर्शन संग्रह (माधवाचार्य विरचित)।

प्रकाशक-चौखम्बा विद्याभवन, चौक (बैंक ऑफ बड़ौदा भवन के पीछे), वाराणसी-221001

# पतञ्जलि विश्वविद्यालय, हरिद्वार

## एम.ए. दर्शन द्वितीय वर्ष ( चतुर्थ सेमेस्टर )

प्रश्नपत्र-पंचम

पूर्णांक- 100

Paper Code MD-405

( 50+50 )

### एम.ए. दर्शन में पठित विषय से सम्बन्धित किसी एक विषय पर सृजनात्मक व प्रामाणिक लघु शोध लेखन

**उद्देश्य-** दर्शन में पठित विषय से सम्बन्धित किसी एक विषय पर निबन्ध लेखन का बोध।  
यथा-

शास्त्रीय निबन्धाः

भारतीयदर्शनानां महत्त्वम्, दर्शनेषु प्रमाणानि।

नास्ति साख्यसमं ज्ञानम्, योगाङ्गानि, पदार्थाः, ब्रह्मस्वरूपम्, जीवस्वरूपम्।

दर्शनशास्त्रप्रणेताणां परिचयः, दर्शनानां मुख्यप्रतिपाद्यविषयाः- अविद्या, बन्धकारणानि

षड्दर्शन-समन्वयः, मोक्षस्वरूपम्, यज्ञस्वरूपम्।

अथवा

भारतीय नीतिदर्शन एवं भारतीय तर्कशास्त्र।

उपरोक्त विषयों से अतिरिक्त दर्शनशास्त्र से सम्बद्ध किसी रचनात्मक विषय का चयन भी छात्र अपनी रुचि व योग्यतानुसार कर सकते हैं।

**नोट :** लघु शोध लगभग 30-50 पृष्ठ में हो।

**परिणाम-** दर्शन में पठित विषय से सम्बन्धित किसी एक विषय पर निबन्ध लेखन का परिचय।

Syllabus of Masters of Yogic Arts & Science (M. Sc. Yoga)

Department of Yoga Science  
University of Patanjali



Haridwar-249405, India

May 2019

Handwritten signatures and dates in May 2019:

- 29-5/19
- 28/05/2019
- Approved
- 28/5/19
- 28/05/2019
- 28/05/2019
- 28/05/2019
- 28/05/2019
- 28/05/2019
- 28/05/2019

## **MASTER OF SCIENCE (YOGA) - MSc (Yoga)**

### **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

### **I. Title of the Programme**

The programme shall be called "**Master of science in Yoga**" (MS)

### **II. Aim of the Programme**

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

### **III. Objectives of the programme**

Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.



### III. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester – I										
1	MS-CT101	Insights into Indian Philosophy	3	1	0	4	20	10	70	100
2	MS-CT102	Applications of Hatha Yoga & Patanjali Yoga	3	1	0	4	20	10	70	100
3	MS-CT103	Biomechanics & Kinesiology	3	1	0	4	20	10	70	100
4	MS-CT104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MS-CT105	Yoga & Strategic Management	3	1	0	4	20	10	70	100
6	MS-CP106	Yoga Therapy Practices-I	0	0	8	4	20	10	70	100
7	MS-CP107	Biomechanics & Kinesiology Practical	0	0	4	2	10	5	35	50
32 Hrs						26	TOTAL			650
Semester – II										
1	MS-CT201	Applications of Yoga Vasistha & Bhagavad Gita	3	1	0	4	20	10	70	100
2	MS-CT202	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MS-CT203	Yoga, Dietetics & Nutrition	3	1	0	4	20	10	70	100
4	MS-CT204	Applied Yoga Psychology	3	1	0	4	20	10	70	100
5	MS-CT205	Research Methodology Statistics	3	1	0	4	20	10	70	100
6	MS-CP206	Contemporary Yoga Techniques for self-management	0	0	8	4	20	10	70	100
7	MS-CP207	Practical: Applied psychology and Counselling	0	0	4	2	10	5	35	50

36 Hrs							28	TOTAL		650
II Year										
Semester – III										
1	MS-SCT301	Principal Upanishads	3	1	0	4	20	10	70	100
2	MS-SCT302	Yoga as Synthesis of World Religions	3	1	0	4	20	10	70	100
3	MS-EL303	Elective-1	3	1	0	4	20	10	70	100
4	MS-FW304	Field Training-I	-	-	-	4	20	10	70	100
5	MS-PW305	Dissertation-I	0	0	-	4	-	-	-	200
15+Hrs						20	TOTAL		600	
Semester – IV										
1	MS-SCT401	Yoga Shastras-I*	3	1	0	4	20	10	70	100
2	MS-SCT402	Yoga Shastras-II**	3	1	0	4	20	10	70	100
3	MS-EL403	Elective-II	3	1	0	4	20	10	70	100
4	MS-FW404	Field Training-II	0	0	-	4	20	10	70	100
5	MS-PW405	Dissertation-II	0	0	-	4	-	-	-	200
15+ Hrs						20	TOTAL		600	
Total number of Credits						88	Total marks		2500	

*SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work*

*L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

*\* (Chatuh-sutri: Brahmasutra), Narada bhakti sutra, Vivekachudamani, Swami*

*Vivekananda's four*

*Yogas*

*\*\* Karma Yoga Sutra Shatakam, Samkhya Karika,*

## **Name of the Course: Insight into Indian Philosophy**

**Course Code: MS-CT 101**

### **Course Objectives:**

Following the completion of this course, students shall be able to

1. Appreciate the insight in the six systems of Indian philosophy.
2. Explain the understanding of Yoga as a philosophy and inculcate the essence.
3. Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory: 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Nyaya and Vaisesika [15hrs]**

Nature of physical world, concept of Individual soul, supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika, Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

### **UNIT 2: Samkhya and Yoga [15hrs]**

Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Three fold afflictions and means to overcome afflictions; Twenty five entities and means of knowledge according to Samkhya and; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

### **UNIT 3: Mimamasa (Purva and Uttara) [15hrs]**

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

#### **UNIT 4: Jain, Buddha And Carvaka Philosophy [15hrs]**

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

#### **RECOMMENDED BOOKS:**

- Bhushan, N., & Garfield, J. L. (2015). *Indian Philosophy in English: From Renaissance to Independence. Indian Philosophy in English: From Renaissance to Independence.* doi:10.1093/acprof:osobl/9780199769261.001.0001
- Bhushan, N., & Garfield, J. L. (2017). *Minds Without Fear: Philosophy in the Indian Renaissance.* New York, NY: Oxford University Press.
- Bilimoria, P. (2015). *Nature in Indian Philosophy and Cultural Traditions. Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures* (Vol. 12). New Delhi, India: Springer. doi:10.1007/978-81-322-2358-0
- Frauwallner, E. (1973). *History of Indian Philosophy, ( Vol 2.* Varanasi, India: Motilal Banaridass Publishers.
- Gupta, B. (2012). *An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom.* New York, NY: Routledge. doi:10.5840/ipq197717452
- Hiriyanna, M. (1994). *Outlines of Indian Philosophy.* Varanasi, India: Motilal Banaridass Publishers.
- I, B. S., Potter, K. H., Larson, G. J., Bhatlacharya, R. S., Philosophy, B., Karl, A. D. E., et al. (1995). *Encyclopedia of Indian Philosophies.*
- Mohanty, J. N. (2008). A History of Indian Philosophy. *A Companion to World Philosophies*, 24–48. doi:10.1002/9781405164566.ch2
- Potter, K. H. (1987). *Encyclopedia of Indian Philosophies Vol IV.* Delhi, India: Motilal Banaridass Publishers.
- Press, O. U. (1928). *Indian Philosophy: A Very Short Introduction. Mind* (Vol. 37). doi:10.1093/mind/XXXVII.145.130
- Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A Source Book in Indian Philosophy.* New Jersey, NJ: Princeton University Press.
- Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256
- Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.” Consciousness in Indian Philosophy: The Advaita Doctrine of “Awareness Only.”* doi:10.4324/9780203889176

## Name of the Course: Applications of Hatha and Patanjali Yoga

Course Code: MS-CT 102

### Course Objectives:

Following the completion of this course, students shall be able to

1. Apply its value in education.
2. Apply its value practically for the management of stress.
3. Introduce its value and insights for persons with special need.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## UNIT 1: Applications of Hatha Yoga in Stress Management & Personality Development [15 Hrs]

Holistic yogic approach for stress prevention and management: Shat kriyas (cleansing techniques), asanas (postures), bandha and mudras (locks and gestures), pranayama (breath regulation), dharana (concentration), dhyana (meditation).

*Physical level:* slim body, beauty, glow on face, healthy digestive fire and disease free state through yogic diet , shat kriyas (purifications of internal organs/ detoxification), asanas (for strength and stamina ).

*Prana level:* Purification of nadis and mastery over prana through mudras, bandhas and pranayama.

*Mental level:* personal and social discipline through yamas( don'ts) and niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana, and samadhi);

*Emotional level:* Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yjuyate anena it yogah* ( yoga is that which unites the individual consciousness with universal consciousness).

*Spiritual health:* Joy, bliss and equanimity under all circumstances through Practice of higher states of Meditation (Super consciousness states).

## UNIT 2: Application of Patanjali yoga in Stress Management [15 Hrs]

Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Culturing the life through Yama and Niyama;

Pratyahara for abstinence from sensual cravings; Applications of Hatha Yoga in personality development: Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet, Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina);

Prana level: Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama

Mental level: Personal and Social Discipline through five Yamas( don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

Emotional level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrender to the supreme); social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah ( yoga is that which unites the individual consciousness with universal consciousness);

Spiritual health: joy, bliss and equanimity under all circumstances through practice of advanced Meditation, Prayer, Selfless Service and Nad.

### **UNIT 3: Application of Hatha Yoga and Patanjali Yoga in Sports [15 Hrs]**

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training);

Vital Level: Pranayama (for Lung capacity);

Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques;

Cognitive abilities– Focus, creative skills and thinking; Willpower, Creativity;

Spiritual Level: concept of using sports for spiritual growth through intensified awareness.

### **UNIT 4: Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs [15 Hrs]**

Assessment of cognitive, emotional, physical needs of normal and special children. Specific modules of integrated yoga for children with down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability, Impaired vision & hearing, speech disorders, unhealthy behaviours, integrated yogic prescription to increase cognitive and motor skills in normal children, yoga practices for improving strength, Endurance, speed, agility, flexibility, and self- confidence.

#### **TEXT BOOKS:**

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Sahay G.S. : *HathaYoga Pradeepika of Svatomarama*, MDNIY Publication, 2013

Iyengar B.K.S. : *Light on the Yoga Sutras of Patanjali*, Published Thorsons, 2002

#### REFERENCE BOOKS:

Gharote ML: *Hatharatnavali*, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009

Gharote, M.M.: *Therapeutic references in Traditional Yoga Texts*, The Lonavla

Iyengar, B. K. S. (1982). *Light on Yoga. Yoga Dipika*. doi:10.1007/s13398-014-0173-7.2  
Institute, Lonavla, 2010.

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Iyengar, B. K. S. (2005). *The Illustrated Light on Yoga* (10th ed.). New Delhi: HarperCollins Publishers India. file:///C:/Users/Admin/Downloads/BKS IYENGAR-Illustrated Light on Yoga-harper collins (2005).pdf

Long, R. (2008). The Key Muscles of Hatha Yoga. papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (3rd ed.). Munger, India: Yoga Publications Trust. doi:10.1098/rsta.2012.0199

Rieker, H.-U. (1992). *Hatha Yoga Pradipika*. Detroit, MI: The Aquarian Press.  
<http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>

Rukmini T.S.: *Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV*, Munshiram Manoharlal Pvt. Ltd. New Delhi

Saraswati, S. S. (1995). *Asana, Pranayama, Mudra and Bandha*. Munger, India: Bihar School of Yoga.

Saraswati, S. S. (2001). *Kundalini Tantra*. Munger, India: Yoga Publications T rust.  
[http://www.amazon.de/Kundalini-Tantra-Swami-Satyananda-Saraswati/dp/3928831089/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1329666187&sr=1-1](http://www.amazon.de/Kundalini-Tantra-Swami-Satyananda-Saraswati/dp/3928831089/ref=sr_1_1?s=books&ie=UTF8&qid=1329666187&sr=1-1)

Saraswati, S. S. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Bihar School of Yoga*. Munger, India: Yoga Publications Trust

Sharma BR : *Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama*, Lonavala, 2013

Swami Vivekananda : *Rajayoga*, Advaita Ashram, Culcutta, 2000.

Woods, J.H.: *The Yoga System of Patanjali*, M.L.B.D., Delhi, 1988

## **Name of the Course: Biomechanics and Kinesiology**

**Course Code: MS-CT103**

### **Course Objectives:**

The biomechanics course objectives are

1. Helping learners to realize biomechanics importance to yoga practice;
2. To learn general biomechanics concepts and principles that influence human movement;
3. Illustrate the use of these general biomechanics concept in the professional skill for the diagnosis of the movement during yoga practices.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Biomechanics of Hip and Spine [15 Hrs]**

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures; Biomechanics of spine; Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spine during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures. Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

### **UNIT 2: Biomechanics of Shoulder, Elbow and Wrist [15 Hrs]**

Biomechanics of shoulder; Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow; Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the Special connective tissue in the hand.



### **UNIT 3: Kinesiology [15 Hrs]**

Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

### **UNIT 4: Muscle Biomechanics [15 HRS]**

Movement patterns – the essence of sports biomechanics, Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas, various Asanas and its health impact.

#### **TEXT BOOKS:**

Hay, J.G. and Reid, J.G.: *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.

Knudson, D.: *Fundamentals of biomechanics*. New York, NY: Springer, 2007

#### **REFERENCE BOOKS:**

Cael, C. (2010). *Functional Anatomy: Musculoskeletal anatomy, kinesiology, and palpation for manual therapists*. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Clay, J. H., & Pounds, D. M. (2008). *Basic clinical massage therapy : integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147.Hoon

Franc Bell: *Principles of Mechanics and Biomechanics*, Stanley Thornes Publications, 1998

Iwan W. Griffiths, *Principles of Biomechanics & Motion Analysis*, Published by Lippincott Williams & Wilkins, 2006

Jelvéus, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0

Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. U.S.A: Human Kinetics.

McGinnis, P.: *Biomechanics of sport and exercise*. Champaign, IL: Human Kinetics, 2013

Simon Borg-Olivier, & Machliss, B. (2011). *Applied anatomy & physiology of yoga*. Waverley, NSW: yogasynergy.

Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

## **Name of the Course: Therapeutic Yoga**

**Course Code: MS-CT104**

### **Course Objectives:**

Following the completion of this course, students shall be able:

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures therein

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Yogic Concepts of Health, Stress and Disease [15 Hrs.]**

Concept of Health According to WHO and Indian Systems of Medicines i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine; Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease; Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishtha); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Kleshas, Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhraṇtidarsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha, Daurmanasya, Angamejayatva and Svasa-prashvasa vichhepa.

### **UNIT 2: Preventive Healthcare According to Yoga [15 Hrs.]**

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhi prakriyas in yoga: role of shuddhi prakriyas in preventive and curative health, karma shuddhi (yama, niyama), ghata shuddhi (shatkarma), snayu shuddhi (asana), prana shuddhi (pranayama), indriya and mano shuddhi (pratyahara), mana, buddhi, ahankara and chitta shuddhi (dharana, dhyana and samadhi).

### **UNIT 3: Yoga for Prevention of Health [15 Hrs.]**

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind, body and spirit; Pranayama; Definition of Mental Health, Mental Hygiene & Total Health; Psycho-Social Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.

### **UNIT 4: Evidenced Psycho-Physiological Effects of Yoga [15 Hrs.]**

Literature on therapeutic benefits of yoga in health and diseases: cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmic, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health through asanas, kriyas, mudras, bandhas, pranayamas, and meditation techniques.

### TEXT BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Preeti Goel & Rita Jain: *Spectrum of Health* (Sports Publications, New Delhi, 2003)

M. M. Gore: *Anatomy and Physiology of Yogic Practices* (New Age Books, New Delhi, 2008)

### REFERENCE BOOKS:

Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from file:///C:/Users/Admin/Desktop/Diagnose\_Cure\_And\_Empower\_Your\_Self\_By\_Current\_Of\_Breath.pdf

Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from [http://literature.awgp.org/var/node/1545/EP\\_04\\_The\\_Astonishing\\_Power\\_Of\\_Biophysical.pdf](http://literature.awgp.org/var/node/1545/EP_04_The_Astonishing_Power_Of_Biophysical.pdf)

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Dr. Vijay Kant: *Therapeutic reference in Traditional Yoga texts*

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Horovitz, E. G., & Elgelid, S. (2015). *Yoga Therapy: Theory and Practice*. (E. G. Horovitz & S. Elgelid, Eds.). New York, NY: Routledge.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</sup> ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Muktibodhananda, S. (2004). *Swara Yoga: The Tantric Science of Brain Breathing*. Munger, India: Yoga Publications Trust.

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (3rd ed.). Munger, India: Yoga Publications Trust. <https://doi.org/10.1098/rsta.2012.0199>

Nagendra H. R: *New Perspective in Stress Management*, VK Yoga Publication, Bangalore

- Nagendra, H. R.: *Yoga for Positive Health*, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
- Pradhan, B. (2015). *Yoga and Mindfulness Based Cognitive Therapy*. New York: Springer.  
<https://doi.org/DOI 10.1007/978-3-319-09105-1>
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®
- Segal, I. (2010). *The Secret Language of Your Body: The Essential Guide to Health and Wellness*. New York, NY: Atria Books/Beyond Words.
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati
- T.S. Rukmani: *Patanjali Yoga Sutra*, Munshiram Manoharlal, 2001
- Taylor, M. J. (2004). Complementary Therapies in Rehabilitation. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated. Retrieved from  
file:///C:/Users/Admin/Downloads/Carol M. Davis EdD PT MS FAPTA-  
Complementary Therapies in Rehabilitation\_ Evidence for Efficacy in Therapy,  
Prevention, and Wellness-S (1).pdf
- Udapa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

## **Name of the Course: Yoga and Strategic Management**

**Course Code: MS-CT105**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

1. To appreciate the complexities of managing a formal organisation.
2. To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.
3. The meaning and need for strategic management.
4. Understand and conceptualize the Indian ethos and need for holistic globalization
5. Conceptualize the need for Indian models and significance.
6. Understand the need for corporate responsibility.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Basic Concepts in Strategic Management [15 Hrs]**

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

### **UNIT 2: Yogic Vision, Mission [10 Hrs]**

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

### **UNIT 3: Internal and External Assessment, And Business Strategies [20 Hrs]**

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Portr's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

### **UNIT 4: Yogic Approach to Strategic Management [15 Hrs]**

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

### **TEXT BOOK:**

Fred R David, *Strategic Management concepts and cases*, 10/e, Prentice Hall

### **REFERENCE BOOKS:**

Color of the Rainbow – *Compassionate Leadership*, Swami Amritaswarupananda Puri,  
Hartman & Chatterjee, *Perspectives in Business Ethics*, 3/e, Tata McGraw Hill.  
*Implementation and Control*, 9/e, Tata McGraw Hill

John A. Pearce II and Richard B Robinson Jr., *Strategic Management: Formulation*,  
M.A.center, 2013

Non-profit Management – *Principles and Practice*, Michael J. Worth, The George  
Routes, New Age International Publishers, New Delhi

Sharma Subhash, *New Mantras in Corporate Corridors: From Ancient Roots to Global*  
Srinivasan, *Strategic Management - Indian Context*, Prentice Hall Of India  
Washington University, ISBN 9781412937788 Sage Publications, September 2008

Anokhin, S. (2006). Empirical Essays on Corporate Innovation: Untangling the  
Effects of Corporate Venture Capital, 145.  
[http://rave.ohiolink.edu/etdc/view?acc\\_num=case1152821357](http://rave.ohiolink.edu/etdc/view?acc_num=case1152821357)

## Name of the Course: Yoga Practicum-I

Course Code: MS-CP106

### Course Objectives:

Following the completion of the course, students shall be able to:

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

<b>Total Number of Hrs: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hrs/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

### UNIT 1: Shatkarmas

Dhauti (Kunjali), Vasthra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli

### UNIT 2: Suryanamaskar

Yogic Jogging, 12 Health promoting postures as recommended by Swami Ramdev, Suryanamaskar practice classically and in varied forms for prevention and therapy.

### UNIT 3: Asanas (Yogic Postures)

#### Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, kati chakrasana, Parivritta trikonasana, Parsvakonasana, Veersana,

#### Sitting Postures

Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

#### Prone Postures

Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

#### Supine Postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

#### Balancing Postures

Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana

## UNIT 4: Pranayama

Breath awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhati, Anulom-vilom, Nadisodhan, Bahya, Ujjayi, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

### TEXT BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

*Yoga for Promotion of Positive Health*, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

### REFERENCE BOOKS:

B.K.S Iyengar: *Light on Pranayama*, Aquarian/Thorsons, 1992 Bharati, Munger, Bihar, India.

Swami Satyananda Saraswati: *Asana, Pranayama, Mudra, Bandha*, Bihar Yoga



## **Name of the Course: Practical Biomechanics and Kinesiology**

**Course Code: MS-CP107**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

1. Understand the principle of biomechanics and its importance during the practice of
2. Yoga.
3. Guide the practitioners based on the alignment principles.
4. Demonstrate yogic practice having biomechanics principles in mind.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1:**

Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

### **UNIT 2:**

Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

### **UNIT 3:**

Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

### **UNIT 4:**

Demonstration of yogic practices under the supervision of the teaching faculty.

### **TEXT BOOK:**

Bruce Bowaditch: *The Yoga Technique Guide - Principles of Alignment and Sequencing*, Third Eye Press, 2015

### **REFERENCE BOOKS:**

J E Herzenberg. *Principles of deformity correction*, Springer publication

# **Semester-II**

## **Name of the Course: Application of Yoga in Bhagavadgitha and Yoga Vasistha**

**Course Code: MS-CT201**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

1. To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Application of Bhagavad Gita – 1**

#### **a. Applications in stress management**

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; detachment to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

#### **b. Applications in Personality development**

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

### **UNIT 2: Applications of Bhagavad Gita - 2**

#### **c. Applications for Sports personnel**

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self-control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

### UNIT 3: Application of Yoga Vasistha - 1

#### a. Applications in stress Management:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH  
YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for  
Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain  
from Eating of unwholesome food; Living in unhealthy places; Doing things at  
unseasonable hours; Association with the wicked; Longing after improper things; Evil  
desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

### UNIT 4: Applications of Yoga Vasistha – 2

#### b. Applications in Personality development:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control  
through abhyasa ( practice) and vairagya (dispassion). Self-discipline and self-control, by  
withdrawing our senses from the sense objects; overcoming desires through  
detachment from the sense objects, living in solitude, free from possessiveness and by  
fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the  
power of discrimination.

#### TEXT BOOKS:

Ramdev, S. (2012). *Srimadbhagavad Gita*. Haridwar, India: Divya Prakashan.

Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998

#### REFERENCE BOOKS:

Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). *The Bhagavad Gita*. New Jersey: Princeton University Press.  
doi:10.2307/40085138

Easwaran, E. (2011). *Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy*. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). *Bhagavad Gita*. Rishikesh, India: The Divine Life Society.  
<http://www.sivanandadlshq.org/>

Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

## Name of the Course: Physiological Effect of Yoga Practices

Course Code: MS-CT202

### Course Objectives:

Following the completion of the course, students shall be able:

1. To have an in depth understanding of physiological changes following the practice of yoga
2. To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
3. To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
4. To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### UNIT 1: The concept of Homeostasis [15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

### UNIT 2: Pranayama [15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

### UNIT 3: Kriyas [15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

## UNIT 4: Mudras Bandhas [15 Hrs.]

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

### TEXT BOOKS:

Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001

Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra

Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

### REFERENCE BOOKS:

Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Essentials of Pathophysiology: *Concepts of Altered Health States* Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</sup> ed.). Haridwar, India: Antar Prakash Centre for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati

Simon Borg Olivier and Bianca Machiss; *Applied Anatomy and Physiology of Yoga*; 3<sup>rd</sup> edition, 2007.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

## **Name of the Course: Yoga, dietetics and Nutrition**

### **Course Code: MS-CT203**

#### **Course Objectives:**

Following the completion of this course, students shall be able to

1. Understand the concept of diet and the medical value of nutrition
2. Advise appropriate diet to different age groups
3. Benefits and caloric value of various food groups

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### **UNIT 1: Basic Concepts and Components of Food and Nutrition [15 Hrs.]**

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body

#### **UNIT 2: Food groups [15 Hrs.]**

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

#### **UNIT 3: Food and metabolism [15 Hrs.]**

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, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

#### **UNIT 4: Yogic Concept of Diet & Nutrition [15 Hrs.]**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in

Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution  
(Prakriti) – Vata, Pitta and Kapha. Ahar Yogi Drvaya, Swabhatha Hitkar and Ahitkar Dravya.

### TEXT BOOK:

Balkrishna, A. (2013). *Bhojan Katuhlam*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2013). *Sushain Nighantu*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2013). *Ajirnaamrit Manjari*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2014). *Siddhasar Samhita*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

Sharma, P. . (2007). *Caraka Samhita Vol I. Chaukhambha Sanskrit Pratishthan*. Varanasi, India: Chaukhambha Orientalia.

Sharma, P. V. (1998). *Caraka Samhita Vol II* (4th ed.). Varanasi, India: Chaukhambha Orientalia.

### REFERENCE BOOKS:

Amr, M., El-Mogy, A., Shams, T., Vieira, K., & Lakhan, S. E. (2014). *Clinical Nutrition Clinical: The Interface Between Metabolism, Diet, and Disease*. In L. Coles (Ed.), . Oakville, ON: Apple Academic Press.

Bendich, A., & Fasn, F. (2016). *Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease*. (D. F. Romagnolo & O. I. Editors, Eds.). Tucson, AZ: Humana Press.

Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). Boston, MA: CENGAGE Learning.

Dennis Thompson: *The Ayurvedic Diet*, New age books, New Delhi, 2001

Goldberg, G., British Nutrition Foundation., & Wiley InterScience (Online service). (2003). *Plants : diet and health : the report of a British Nutrition Foundation Task Force*. [https://books.google.com/books?id=FYKT8ApFnj0C&dq=kumquat+antioxidant+radiation&lr=&source=gbs\\_navlinks\\_s](https://books.google.com/books?id=FYKT8ApFnj0C&dq=kumquat+antioxidant+radiation&lr=&source=gbs_navlinks_s)

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). Philadelphia, PA: F. A. Davis Company.

Mailer, G. A., & Hale, N. E. (2018). *Decolonizing the Diet Nutrition, Immunity and the Warning from Early America*. London, UK: Anthem Press.

Randolph Stone : *A Purifying Diet*, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition  
Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). St. Louis, Missouri: Elsevier, Mosby.



Stanfield, P. S., & Hui, Y. H. (2010). *Nutrition and Diet therapy: Self-Instructional Approaches*. Sudbury, MA: Jones and Bartlett Publishers.  
doi:10.1017/CBO9781107415324.004

Stanley Davidson & others: *Human Nutrition & Dietetics*, The English Language Book Society & Churchill Livings, Revised Edition

World Health Organisation/ World Economic Forum. (2008). Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event. *World Health Organisation/ World Economic Forum*, 52. doi:ISBN 978 92 4 159632 9

## **Name of the Course: Applied Psychology and Yogic Counselling**

**Course Code: MS-CT204**

### **Course Objectives:**

1. To develop a general understanding towards abnormal behaviour and disease process through various models of health psychology
2. To understand causes of pathological behaviour and psych-diagnostic assessment.
3. To develop skill for diagnosis and classification of mental disorders.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Introduction to Models of Psychopathology [15 Hrs.]**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders

### **UNIT 2: Case History Taking and Mental Status Examination [15 Hrs.]**

Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

### **UNIT 3: Mental Disorders of Children and Their Treatment [15 Hrs.]**

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

### **UNIT 4: Yogic Counselling [15 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling-Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

### **TEXT BOOKS:**

Saraswati, S. A. (1983). *Manovigyan and Shiva Samklapa*. Rohatak, India: Haryana Aryasamj Sahitya Prakshan.

Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) *The Clinical Psychology Handbook* Pergamon. New York

## REFERENCE BOOKS:

- Baxter, R., Hastings, N., Law, A., & Glass, E. J. . (2008). *Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. Animal Genetics* (Vol. 39). New York: Springer Publishing Company.
- Cortright, B. (2007). *Integral psychology : yoga, growth, and opening the heart. SUNY series in transpersonal and humanistic psychology*.  
<http://www.loc.gov/catdir/toc/ecip0614/2006016538.html%0Afile:///E:/Book/2007 - Cortright - Integral psychology yoga, growth, and opening the heart.pdf>
- Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. *Biological Psychology*, 121, 109–116.  
doi:10.1016/j.biopsycho.2016.10.010
- Jung, C. G. (1999). *The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932*. New Jersey, NJ: Princeton University Press.
- Jung, C. G. (2008). *C. G. Jung Psychology and the Occult*. Abingdon, Oxon: Routledge.
- Levine, M. (2008). *The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger. The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger (2nd ed.)*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc., Publishers.  
[http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psyc6&NEWS=N&AN=2009-16120-000%5Cn\(null\)](http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psyc6&NEWS=N&AN=2009-16120-000%5Cn(null))
- Petzold, M. (1989). The heritage of India: Yoga psychology in East and West. *Psychologia: An International Journal of Psychology in the Orient*, 32(4), 275–280.  
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=1990-22309-001&site=ehost-live&scope=site>
- Rao, K. R. (2017). *Foundations of yoga psychology. Foundations of Yoga Psychology*. Singapore: Springer. doi:10.1007/978-981-10-5409-9
- Saraswati, S. N. (2001). Yoga and personality. *Journal of Projective Psychology & Mental Health*, 8(1), 19–22.  
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2001-14896-002&site=ehost-live&scope=site>
- Sweet, J. J. , Rozensky, A. & Tavian, S. M. (1991) *Handbook of Clinical Psychology in Clinical Practice*. New York: Plenum.
- Walker, C. E. (2001) *Handbook of Child Clinical Psychology*. New York: John Wiley & Sons.

## **Name of the Course: Research Methodology and Statistics**

**Course Code: MS-CT205**

### **Course Objectives:**

Following the completion of the course students will:

1. Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.
2. Acquire basic understanding of Research methodology and knowledge of various statistical procedures
3. Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Research Methodology Concepts -I [15Hrs]**

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital sources: PubMed, Springer, Wiley, Cochrane; Presentation of Literature Review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archives.

### **UNIT 2: Research Methodology Concepts –II [15Hrs]**

Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases Randomization, Matching, Crossover design, Restriction (or blocking); Stratification , converting into factorial design, ANOCVA; Types of variables – Independent , dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias.

### **UNIT 3: Statistical Concepts - I [15Hrs]**

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistic and Parameter, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem.

## UNIT 4: Statistical Concepts - II [15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric Tests.

### TEXT BOOK:

R. L. Bijlani. (2008). *Medical Research: All You Wanted to Know But Did Not Know Who to Ask*. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi

### REFERENCE BOOKS:

- Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology (3<sup>rd</sup> ed.)*. London: Sage.
- Bryman, A. (2008). *Social Research Method (3<sup>rd</sup> ed.)*. Oxford: Oxford University Press.
- Garrett, H.E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.
- Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd..
- Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I
- Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.
- Gupta, S. P. (2004). *Statistical Methods (3<sup>rd</sup> ed.)*. New Delhi, India: Sultan Chand & Sons.
- Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.
- Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.
- Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Surjeet Publications.
- Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2<sup>nd</sup> ed.)*. New Delhi, India: New Age International Private Limited Publishers.
- Kumar, R. (2011). *Research Methodology (2<sup>nd</sup> ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.
- Lloyd, D. F. & Gerald, V. B. (1993) : *Biostatistics: A Methodology for the Health Science*. John Wiley & sons. Inc. Longman.
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.
- Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3<sup>rd</sup> ed.)*. New York: John Willey.
- Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient

- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education* (4<sup>th</sup> ed.). Delhi, India: Motilal Banarasidas.
- Singh, A. K. (2004) *Monovigyan, samajshastra तथा shiksha mein shodh vidhiyan*.
- Singh, A. K. (2006). *Tests, measurements and research methods in behavioural sciences*. Patna, India: Bharti Bhavan.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education* (3<sup>rd</sup> ed.). Patna, India: General Book Agency.
- Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
- Wayne, W. D. (2006). *Biostatistics: A Foundation for Analysis in the Health Sciences* (7<sup>th</sup> ed.). New York, NY: John Wiley & sons.Inc
- Zar, Z. H. (2011). *Biostatistical Analysis* (4<sup>th</sup> ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.

## **Name of the Course: Yoga Practicum (Contemporary Yoga Techniques)**

**Course Code: MS-CP206**

### **Course Objectives:**

Following the completion of the course students will:

1. Have an exposure to understand the principles, concept and the procedure of Various contemporary techniques.
2. Understand the commonalities across the various contemporary techniques.
3. Explain and teach the techniques with confidence.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **UNIT 1: Healing at the Physical Level [15 Hrs.]**

1. **Pranav Meditation (Swami Ramdev)**
2. Mindfulness based Stress Reduction Technique (Kabatzin)

### **UNIT 2: Healing at the Prana Level [15 Hrs]**

3. Vipasana Meditation
4. Preksha Meditation

### **UNIT 3: Healing at the Mental level [20 Hrs]**

5. Mind Sound Resonance Technique (S-VYASA)
6. Raja Yoga Meditation (Brahmakumaris)
7. Transcendental Meditation (Mahesh Yogi)
8. ZEN Buddhist Meditation

### **UNIT 4: Healing at the Conscious level [10 Hrs]**

9. Yoga Nidra (BSY)

### **TEXT BOOKS:**

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

**REFERENCE BOOKS:**

Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000

H R Nagendra: *Mind sound relaxation resonance technique*; Swami Vivekananda Yoga Prakashan, Bangalore, 1999



## **Name of the Course: Applied Psychology and Counselling**

**Course Code: MS-CP207**

### **Course Objectives:**

Following the completion of the course students will:

1. Understand the procedure of taking the case studies for the diagnosis of psychological diseases.
2. Know the skills of counselling with yogic approach.
3. Develop communication skills of becoming an efficient counsellor.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				2
Hrs/ week				4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### **UNIT 1: Case History [15 Hrs.]**

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

### **UNIT 2: Audio Visual [15 Hrs.]**

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

### **UNIT 3: Conventional Counselling [15 Hrs.]**

Conventional counselling for 5 cases

Discussion and interpretation

### **UNIT 4: Yogic Counselling [15 Hrs.]**

Yogic counselling for 5 cases

Discussion and interpretation

### **TEXT BOOK:**

Rama, S., Ballentine, R. & Ajaya, S. (1976) *Yoga Psychotherapy*. Pennsylvania: HIP.

### **REFERENCE BOOKS:**

Brown, B. (1977) *Stress and the Art of Biofeedback*. Toronto: Bantam Age Books.

Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) *Handbook of Psycho- physiology*, Cambridge.

Schwartz, M. S. (Ed) (2001) *Biofeedback: A Practitioner's Guide*. New York: The Guilford Press.

# **Semester-III**

## SPECIALIZED PAPERS

**Course Name: Principal Upanishads**

**Course Code: MS-SCT301**

**Course Objective:**

1. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### UNIT 1: Introduction to Upanishads [15 hrs]

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.

### UNIT 2: Tattva Mimamsa (Theory of Reality) [15 hrs]

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation).

### UNIT 3: Yogatattva in Principal Upanishads-I [15 hrs]

Definition of Yoga, Types of Yoga- Jnyana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Three Bodies, Omkara Upasana.

### UNIT 4: Yogatattva in Principal Upanishads-II [15 hrs]

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

### REFERENCE BOOKS:

- Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.  
file:///C:/Users/Admin/Downloads/Aurobindo Sri-The Upanishads - II\_ Kena and Other Upanishads (Complete Works of Sri Aurobindo Volume 18).pdf
- Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.  
file:///C:/Users/Admin/Desktop/Aurobindo Sri-The Upanishads - I\_ Isha Upanishad (Complete Works of Sri Aurobindo Volume 17).pdf

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Brahmavidya Khand*-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

## Course Name: Yoga in World Religions - Synthesis

### Course Code: MS-SCT302

#### Course Objectives:

1. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
2. To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### UNIT 1: Religions and their Essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction to Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

#### UNIT 2: Yoga in Jainism and Buddhism

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based Meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

#### UNIT 3: Yoga in Sufism and Islam

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

#### UNIT 4: Yoga in Christianity

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

#### TEXT BOOK:

Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

### REFERENCE BOOKS:

Lajpat, Rai: *Discovering Human Potential Energy*, Anubhava Rai Publications, Gurgaon (1999)

Parragon: *World Religion*, Parragon Publishing India

Swami Niranjanananda Saraswati : *Dharana Darshan*, Yoga Publications Trust, 1996, Munger, Bihar, India,

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

MN Gulati (2008), *Comparative Religions And Philosophies : Anthropomorphism And Divinity*

**Course Name: Human Consciousness**

**Course Code: MS-EL303**

**Course Objective:**

1. To understand the concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Introduction and Concept of Human Consciousness [10 hrs]**

Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

### **UNIT 2: Philosophy and Science of Human Consciousness [15 hrs]**

Human Consciousness in Veda and Upnishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsha and Vedanta.

### **UNIT 3: Various streams of Ancient Indian & Modern Sciences [15 hrs]**

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

### **UNIT 4: Different Mysteries and Development of Human Consciousness [20 hrs]**

Birth and Life, Fate and Efforts (Purushartha), Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

### **REFERENCE BOOKS:**

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Sarath, E. W. (2013). *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society*. New York, NY: Suny Press.

Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256

Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”* *Consciousness in Indian Philosophy: The Advaita Doctrine of “Awareness Only.”* doi:10.4324/9780203889176

Wilber, B. K. (1997). Sex, Ecology, Spirituality. *The Journal of Socio-Economics*, 26(1), 107–108. doi:10.1016/S1053-5357(97)90056-1

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

- *Bharatiya Darshano mein Chetana ka Swaroop*, Dr. Krishna Saxena
- *Bharatiya Darshan*, Acharya Baldev Upadhyaya
- *Upanishadic Adhyatma Vigyan*, Dr. Ishwar Bharadwaj
- *Manav Chetana*, Dr. Ishwar Bharadwaj
- *Manav Chetana ewam Yoga Vigyan*, Dr. Kamakhya Kumar
- *A study in Consciousness*, Annie Besant
- *Ayurveda and Mind*, Dr. David Frawley
- *The Root of Consciousness*, Jeffery Mishlor
- *Mind and Super Mind*, N.C. Panda
- *Seven States of Consciousness*, Anthony Campbell
- *Human Consciousness & Yogic Science*, Dr. Kamakhya Kumar



**Name of the Course: Field Training-I****Course Code: MS-FW304****Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Able to teach different Yoga Texts.
2. Gain more practical knowledge about the Yoga Texts

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach.
3. Gain the knowledge of teaching different Yoga Texts.

**Note:**

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities.

**Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts.

**Course Name: Project Work-I****Course Code: MS-EL305****Course Objectives:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

1. Carry out small scale research projects.
2. Analyse his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Note:**

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.

# **Semester-IV**

## Paper- Yoga Shashtra-I

**Course Name: Brahmasutra & Viveka Chudamani**

**Course Code: MS-SCT401**

### Course Objective:

1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamni

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### UNIT 1: Brahma Sutra [15 hrs]

Brief Introduction to Brahmasutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

### UNIT 2: Vivek Chudamani-I [15 hrs]

Brief Introduction to Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

### UNIT 3: Vivek Chudamani-II [15 hrs]

Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya.

### UNIT 4: Vivek Chudamani-III [15 hrs]

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta.

### REFERENCE BOOKS:

*Brahma Sutra*- Shankar Bhasya, Gita Press Gorakhpur.

*Vivek Chudamani*- Arvidananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.

*Vivek Chudamani*- Gita Press, Gorakhpur.

Berger, Douglas L. (2005). "The Vivekacudamani of Sankaracarya Bhagavatpada: An Introduction and Translation (review)". *Philosophy East and West*. **55** (4): 616–619.

**Paper- Yoga Shashtra-II**  
**Course Name: Samkhya Karika**  
**Course Code: MS-SCT402**  
**Course Objectives:**

1. To understand the basics of Sankhya Philosophay

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**UNIT 1- Introduction to Sankhya Philosophy and Sankhya Karika [10 hrs]**

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction to *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

**UNIT 2- Principles of Sankhya Karika [20 hrs]**

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabhdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*.

**UNIT 3- Introduction to Trayodashkaran [15 hrs]**

Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and functions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*.

**UNIT 4- Introduction to Sarg, Shareer & Mukti [15 hrs]**

Concept and types of *Sarga* : *Bhutsarga* & *Pratyayasarga*, Types of *Shareer* : *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*.

**REFERENCE BOOKS:**

- Gerald James Larson (1998), *Classical Sāṃkhya: An Interpretation of Its History and Meaning*, Motilal Banarasidass
- Albrecht Wezler and Shujun Motegi (1998), *Yuktidipika - The Most Significant Commentary on the Sāṃkhyakārikā*, Critically Edited, Vol. I. Stuttgart: Franz Steiner Verlag.
- Karl H. Potter (2011), *The Encyclopedia of Indian Philosophies, Volume 2: Indian Metaphysics and Epistemology*, Motilal Banarsidass
- Krishna, Ishvara; (translated by: Swami, Virupakshananda), (1995). Samkhya Karika. Sri Vacaspati Misra. Mylapore, Madras: Sri Ramakrishna Matt.*

**Course Name: YOGA UPANISHADS****Course Code: MS-EL403****Course Objective:**

1. To study the basics and applied part of Yoga in different Yoga Upanishads

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**UNIT 1: Shandilya Upanishad [15 hrs]**

Brief Introduction to *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. *Concept of Samadhi*.

**UNIT 2: Jabaldarshanopanishad [15 hrs]**

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama* , *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

**UNIT 3: Trishikhibrahmanopanishad [15 hrs]**

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

**UNIT 4: Yogchudamanyupanishad [15 hrs]**

Brief Introduction to *Yogchudamanyupanishad*, *Shadanga Yoga*- *Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini* , *Mitahara*, *Mudra & Bandhas*, Concept of *Pratyahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

**REFERENCE BOOKS:**

108 Upanishad-*Brahmavidya Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

## **Name of the Course: Field Training-I**

**Course Code: MS-FW404**

### **Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Able to teach different Yoga Texts.
2. Gain more practical knowledge about the Yoga Texts

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

### **Note:**

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

### **Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

**Name of the Course: Project Work-I****Course Code: MS-PW405****Course Objectives:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

1. Carry out small scale research projects.
2. Analyse his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Note:**

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.



### **Elective Paper-III:**

**Maharishi Dayananda's Yoga teachings (Contents to be workout in consultation with HH Swami Ramdev Ji)**

**OR**

**Swami Vivekananda's Four Yoga Streams**

### **Course Objective:**

1. To give the knowledge in practical way of the different streams of Yoga

#### **UNIT 1: Raja Yoga [10 hrs]**

Introduction to Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its Practices and spiritual uses.

#### **UNIT 2: Karma Yoga [10 hrs]**

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty? We Help Ourselves, not the World, Non-Attachment is the Complete Self- Abnegation, Freedom, the Ideal of Karma Yoga.

#### **UNIT 3: Jnana Yoga [15 hrs]**

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

#### **UNIT 4: Bhakti Yoga [25 hrs]**

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The need of a Guru, Qualifications of the Aspirant and the Teacher, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self- Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

### **TEXTBOOKS:**

**Dayanda, M. (2009). Satyarth Prakash (69<sup>st</sup> ed.). Delhi, India: Arya Sahitya Prachar Trust.**

### **REFERENCE BOOKS:**

*Raja Yoga* – Swami Vivekananda

*Karma Yoga* – Swami Vivekananda

*Jnana Yoga* – Swami Vivekananda

*Bhakti Yoga* – Swami Vivekananda

## SPECIALIZED PAPERS – II

II Year										
Semester - III										
1	MS-SCT301	Disease specific pathology-I*	3	1	0	4	20	10	70	100
2	MS-SCT302	Evidence based yoga therapy-I∞	3	1	0	4	20	10	70	100
3	MS-ELT303	Elective-I† (Naturopathy)	3	1	0	4	20	10	70	100
4	MS-SCT304	Disease specific pathology, practical-I	-	-	4	2	10	05	35	50
5	MS-SCT305	Evidence based yoga therapy, practical-I	-	-	4	2	10	05	35	50
6	MS-FW306	Field training-I	-	-	8	4	20	10	70	100
7	MS-PW307	Project work-I	-	-	8	4	-	-	-	100
36Hrs						24	TOTAL			600
Semester- IV										
1	MS-SCT401	Disease specific pathology-II**	3	1	0	4	20	10	70	100
2	MS-SCT402	Evidence based yoga therapy-II∞	3	1	0	4	20	10	70	100
3	MS-ELT403	Elective-II† (Complementary and Alternative Therapy)	3	1	0	4	20	10	70	100
4	MS-SCT404	Disease specific pathology, practical-II	-	-	4	2	10	05	35	50
5	MS-SCT405	Evidence based yoga therapy, practical-II	-	-	4	2	10	05	35	50
6	MS-FW406	Field training-II	-	-	8	4	20	10	70	100
7	MS-PW407	Project work-II	-	-	8	4	-	-	-	100
36						24	TOTAL			600
Hrs										
Total number of Credits						100				2500

SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE –

Discipline specific theory elective, PW-Project work, FW-Field Work

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

### Discipline specific theory electives

1. Mind-body medicine
2. Neurobiology of consciousness
3. Psychophysiology of meditation
4. Applied yoga therapy
5. Introduction to integrative medicine
6. Human body according to yoga

## **Name of the Course: Disease Specific Pathology-I**

**Course Code: MS-SCT301**

### **Course Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Have an understanding of the common haematological disorders and the steps necessary to understand them.
3. Understand the pathogenesis of gastrointestinal disorders.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Introduction to Pathology [15 Hrs.]**

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

### **UNIT 2: Hemodynamics Changes [15 Hrs.]**

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumors), Differences between benign and malignant tumors, Aetiopathogenesis of neoplasia (cancer), Signs of Malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

### **UNIT 3: Haematology [15 Hrs.]**

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

## UNIT 4: Gastrointestinal pathology [15 Hrs]

Typhoid, Tuberculosis, Crohn's Disease, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption: Celiac disease, Tropical and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), Complications; Portal Hypertension: Types including non-cirrhotic portal fibrosis and Manifestations.

### TEXT BOOKS:

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer

*Test Book of Pathology* - Andersons - C.V.Mosby Volume I & II Company

### REFERENCE BOOKS:

*Basic Pathology* - Kumar, Cotran – Saunders

Bryan Rush Distributors Peter Castaldi

*Clinical Laboratory Methods* - Ramniksood – Jaypee

*G.C.DeGruchy Clinical* - David Penington - CBS Publishers & Haematology in medical

*General Pathology* - Walter & Israel –

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).  
<http://www.cdc.gov/hiv/basics/statistics.html>

*Illustrated Pathology* - Govans - ELBS Edition

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1

Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.

*Pathologic Basic of Disease*- Kumar, Cotran– SaundersCollins

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer.

## **Name of the Course: Evidence Based Yoga Therapy-I**

**Course Code: MS-SCT302**

### **Course Objectives:**

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Introduction to Common Ailments [15Hrs.]**

Introduction to stress: Physiology of stress, psychosomatic ailments; Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anemia: Classification of anemia, Medical management, Yogic management

### **UNIT 2: Musculo-Skeletal Disorders [15Hrs]**

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms Of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

### **UNIT 3: Gastro Intestinal Disorders [15Hrs]**

APDs: Introduction to APDs: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management.

#### UNIT 4: Excretory System [15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder: Diabetes Mellitus 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management'; Hypo and Hyper- thyroidism: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.

#### REFERENCE BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

*Integrated approach of yoga therapy for positive health*-R Nagaratha, HR Nagendra

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Long, R. (2008). The Key Muscles of Hatha Yoga. papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201

Payne, L., & Usatine, R. (2002). *Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments* (1st ed.). New York, NY: Broadway Books.

*Yoga for common ailments and IAYT for different diseases* –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

*Yoga for common disorders*- Swami Koormananda Saraswati

## **Name of the Course: Elective-I (Choice Based)**

**Course Code: MS-ELT303 (Naturopathy)**

### **Course Objectives:**

Study of this Paper will enable learner to-

1. Understand principles and science of preventive & healing modalities in naturopathy.
2. Prescribe and provide naturopathy for common diseases.

#### **UNIT-1**

**Naturopathy:** History, Meaning, Definition, Purpose, Core Principles, Constructive and Destructive Principles, Primary and Secondary Causes of Diseases, Chronic and Acute Diseases- Etiology, Signs, Symptoms, Pathophysiology, Diagnosis and Healing Modalities of Naturopathy.

**Mud, Sun and Air Therapy:** Importance and Types of Mud, Preventive and Therapeutic Effects of Mud, Mud Treatment Modalities and Their preventive and Therapeutic Effects and Uses. Sunlight and its Preventive and Remedial Value, Chromotherapy: Preventive and Therapeutic Modalities of Sunlight and Chromotherapy. Air and its Preventive and Therapeutic Modalities and Uses.

#### **UNIT-2**

**Hydrotherapy:** Meaning, Definition, Purpose, Principles, Preventive and Therapeutic effects and implications of water, Preventive and Therapeutic Modalities in Hydrotherapy and their Science: Normal Bath, Water Intake, Circular Bath, Foot and Arm Bath, Steam Bath, Water Wave Bath, Hip Bath, Jet Bath, Sauna Bath, Whirlpool Bath, Hot and Cold Wet Towel Compress (Full Body, Foot, Arms, Stomach, Back), Sponge Bath, Anemia: Concept, types, Methods, Promotive, Preventive and Therapeutic Uses; and Precautions.

#### **UNIT-3**

**Fasting:** Meaning, Definition, Types, Purpose, Principles, Types (Long term, Short term, Water Fasting, Liquid Fasting), Physiological Action and Reaction of the Fasting, Preventive and Curative Uses of the Fasting, Ideal and Natural Diet; Concept of Dietary and Nutritional Ingredients (Carbohydrate, Fat, Protein, Vitamin, Minerals, Water and Fibers) Disease-wise Dietary Prescriptions as in Unit 5.

#### **UNIT-4**

**Massage:** History, Meaning, Definition, Purpose, Principles, Types (Scientific, Ayurvedic and Thai) and Techniques, Science of Massage, Steps of the Massage: Friction, Stroking, Kneading, Digital Kneading, Fist Kneading, Wringing, Skin Rolling, Tapping, Pinching, Hacking, Cupping, Pounding, Percussion, Acupoint stimulation, Joint mobilization and stretching; Promotive, Preventive and Therapeutic Applications of the three Massages.

## UNIT-5

**Natural Therapeutics:** Constipation, Acid Peptic Diseases: Dyspepsia, GERD Reflux, Peptic and Duodenal Ulcers; Inflammatory Bowel Diseases, Irritable Bowel Syndrome, Coeliac Diseases, Chron's Disease, Colitis, Gallstone, Jaundice, Rhinitis, Sinusitis, Pneumonia, COPD, Asthma, Emphysema, Psoriasis, Hypertension/Hypotension, Under and Over Active Thyroid, Metabolic Syndrome, Obesity, Diabetes- Type 1 and Type 2; Gestational Diabetes, Tuberculosis- Lung, Bone and Gut; Hypertension, Coronary Artery Disease, Congestive Heart Failure, Cancers: Breast, Cervix, Blood, Lung, Hepatic and Gall Bladder, Bone; Back Pain, Neck Pain, Cervical, Spondylosis, DMD, Arthritis-RA & OA, Renal Stone, Leukorrhea, Menstrual Disorders, PCOD, Infertility, Erectile Dysfunction, Premature Ejaculation, Urinary Tract Infection Autism, ADHD, Depression, PTSD, Insomnia, Tension Headaches, Migraine, Stroke, Epilepsy, Parkinson's Disease, Anxiety, Schizophrenia, OCD, Hysteria, Alzheimer's Disease.

## REFERENCES

- Bakhru, H. K. (1991). *The Complete Handbook of Nature Cure* (5th ed.). Jaico Publishing House.
- Cayleff, S. E. (2016). *Nature's Path : A History of Naturopathic Healing in America*. John Hopkins University Press.
- Goyal, B. B. (2013). *Secrets of Naturopathy and Yoga* (UK ed). Sterling Publishers.
- Hechtman, L. (2012). *Clinical Naturopathic Medicine*. Elsevier.
- Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
- Lindlahr, H. (2010). *Nature Cure*. Wexford College Press.
- Mhaske, S. N. (2017). *Essentials of Nutrition*. CBS Publishers.
- Mitchell, S. (2001). *Naturopathy*. Random House.
- Niraj, N. K. (2009). *Miracles of Naturopathy and Yogic Sciences*. Popular Book Depot.
- Salguero, C. P., & Roylance, D. (2005). *Encyclopedia of Thai Massage* (2nd ed.). Silkworm Books.
- Sarris, J. (2019). *Clinical Naturopathy: An Evidence-based Guide to Practice*. Elsevier.
- Clay, J. H., & Pounds, D. M. (2008). *Basic clinical massage therapy : integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. <https://doi.org/10.1139/apnm-2014-0147>.
- Hoon Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). CENGAGE Learning.
- James Waslaski. (2012). *Clinical Massage Therapy: A Structural Approach to Pain Management* (M. Cohen (Ed.)). Pearson.
- Khan, Janet R. (2002). *Massage Therapy: The Evidence for Practice* (G. J. Rich (Ed.)).



Mosby Elsevier. Lavekar, G. S. (Ed.). (2009). *A Practical Handbook of Panchakarma Procedures-Central Council for*

*Research in Ayurveda and Siddha*. Central Council for Research in Ayurveda and Siddha.

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). F. A. Davis Company.

Mechanisms, P., Action, O. F., & Massage, F. O. R. (n.d.). *Massage therapy, acupressure, and reflexology* 3. 23–42.

Mumford, S. (2009). *The massage bible: The Definitive Guide to massage* (Issue December). A Godsfield Book. <https://doi.org/10.1016/j.ijforecast.2014.06.001>

Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). Elsevier, Mosby.

## **Name of the Course: Disease Specific Pathology Practical-I**

### **Course Code: MS-SCT304**

#### **Course Objectives:**

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To understand the normal and abnormal value of a parameter.
3. To develop the skill of interpreting the results.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **UNIT 1: Hematology –I [15 Hrs]**

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

### **UNIT 2: Hematology-II [15 Hrs.]**

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

### **UNIT 3: Anemia-I [15 Hrs.]**

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

### **UNIT 4: Demonstration [15 Hrs.]**

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

**REFERENCE BOOKS:**

*Practical Manual* by Harsh Mohan

*Medical Laboratory Technology*– Ramnik Sood

## **Name of the Course: Evidence Based Yoga Therapy-I**

**Course Code: MS-SCT305**

### **Course Objectives:**

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments.
2. Understand the principles and procedure of each practice.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				2
Hrs/ week				4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### **UNIT 1: Special techniques for Anaemia [15 hrs.]**

Set of practices required for Anaemia and other associated haematological complications need to be taught.

### **UNIT 2: Cancer and autoimmune diseases [15 Hrs.]**

Set of practices required for Cancer and Auto immune complications need to be taught.

### **UNIT 3: Musculo skeletal diseases [15 Hrs.]**

Set of practices required for Muscular and skeletal diseases need to be taught.

### **UNIT 4: Gastrointestinal disorders [15 Hrs.]**

Set of practices required for gastro intestinal diseases need to be taught.

### **Note:**

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

### **REFERENCE BOOKS:**

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

## **Name of the Course: Field Training-I**

**Course Code: MS-FW306**

### **Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

### **Note:**

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

### **Examination:**

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

**Name of the Course: Project Work-I****Course Code: MS-PW307****Course Objectives:**

Following the completion of this project work, students shall be able to:

1. Carry out small scale research projects.
2. Analyse his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Note:**

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.

## **Name of the Course: Disease specific Pathology-II**

**Course Code: MTSS401**

### **Course Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Have an understanding of the common cardiovascular, respiratory and renal disorders.
3. Understand the pathogenesis of endocrine, nervous, obstetrics and gynaecological disorders.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **UNIT 1: Cardiovascular and respiratory pathology [15 Hrs.]**

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

### **UNIT 2: Nervous and endocrine pathology [15 Hrs.]**

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders: Pyogenic and tuberculous meningitis; CSF and its disturbances: cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and Investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

### **UNIT 3: Obstetrics, Gynecologic and Renal pathology [15 Hrs.]**

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in pregnancy; Hypertensive disorders in pregnancy, Anemia in Pregnancy : Heart disease in pregnancy; Antepartum hemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephrotic Syndrome; Acute Renal Failure : Acute tubular and

cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

### **REFERENCE BOOKS:**

*Basic Pathology* - Kumar, Cotran – Saunders

*Clinical Laboratory Methods* - Ramniksood – Jaypee

*G.C.DeGruchy Clinical* - David Penington - CBS Publishers & Haematology in medical  
Bryan Rush Distributors Peter Castaldi

*General Pathology* - Walter & Israel –

*Illustrated Pathology* - Govans - ELBS Edition

*Pathologic Basic of Disease*- Kumar, Cotran– SaundersCollins

*Test Book of Pathology* - Andersons - C.V.MosbyVolume I & II Company

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*.  
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Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley &  
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Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual  
Transmitted Diseases and Tuberculosis Prevention*, (April).  
<http://www.cdc.gov/hiv/basics/statistics.html>

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of  
Medicine*. Philadelphia, PA: Wolters Kluwer.

## **Name of the Course: Evidence Based Yoga Therapy-II**

**Course Code: MS-SCT402**

### **Course Objectives:**

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **UNIT 1: Respiratory Disorders [15 Hrs.]**

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

### **UNIT 2: Cardiovascular and Metabolic Disorders [15Hrs.]**

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post-CABG rehab. Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.



### UNIT 3: Neurological Disorders [15 Hrs.]

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision or refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

### UNIT 4: Psychiatric Disorders [15 hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalized anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis-Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse– alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management.

### REFERENCE BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

*Integrated approach of yoga therapy for positive health*-R Nagaratha, H R Nagendra

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

*Yoga for common ailments and IAYT for different diseases* –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

*Yoga for common disorders*- Swami KoormanandaSaraswati

**Name of the Course: Elective-II (Choice Based)**

**Course Code: MS-DSTE403**

(Complementary & Alternative Therapy)

**Total Marks (Internal & Final Exam): 100 (70+30)**

### **Course Objectives:**

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of CAT &
2. Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

### **UNIT 1: CAT**

History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era– Swami Ramdev, Acharya Balkrishna, Swami Satyananda, B.K.S. Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

### **UNIT 2: Manipulative-Body Based Therapy (MBT)**

Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. **Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

### **UNIT 3: Energy Medicine**

History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); **Bio-plasmic body/Aura:** structure, types and size; **Energy Centers (EC):** Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Aurals or Chakras, Sweeping and Energizing Procedures.

### **UNIT 4: Acupressure & Pranic Therapeutics**

Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

### **UNIT 5: Biologically Based Products (Dietary Supplements & Herbal Remedies)**

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Panchagavya (Cow-urine, dung, milk, curd, ghee and Panchagavya ghrit) and their preventive and healing applications.

## TEXTBOOK:

Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

## REFERENCE BOOKS:

Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.

Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.

Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.

Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine (21<sup>st</sup> ed.)*. China: Churchill Livingstone, Elsevier.

Holford, P. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.

Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.

Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.

Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.

Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine (5<sup>th</sup> ed.)*. China. Elsevier Saunders.

Mohan, H. (2010). *Textbook of pathology (6<sup>th</sup> ed.)*. New Delhi, India: Jaypee Brothers Medical Publishers (P) Ltd.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.

Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.

Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2006). *Diagnose, cure and empower yourself by the currents of breath*. Haridwar, India: Shri Vedmata Gayatri Trust.

Sharma, S. (2010). *Gayatri Mahavigyan (Combined and revised ed.)*. Mathura, India: Yug Nirman Yojana Bistar Trust.

Sharma, S. (2013). *Chikitsa Upchar Ke Vividh Ayam (2<sup>nd</sup> ed.)*. Mathura, India: Akhand Jyoti Samsthan.

- Sharma, S. (2013). *Nirog Jeevan Ke Mahatopurna Sutra* (2<sup>nd</sup> ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Pran Chikitsa* (2<sup>nd</sup> ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sui, M. C. K. (2002). *Miracle through pranic healing* (3<sup>rd</sup> ed.). New Delhi, India: All India Pranic Healing Foundation.
- Sui, M. C. K. (2005). *Advanced pranic healing*. Banglore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). *Pranic Psychotherapy* (2<sup>nd</sup> ed.). Banglore, India: World India Pranic Healing Foundation-India.
- Yogananda, P. (2011). *Journey to self-realization*. Kolkata, India: Yogoda Satsang Society of India.

## **Name of the Course: Disease Specific Pathology Practical-I**

**Course Code: MS-SCP404**

### **Course Objectives:**

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To understand the normal and abnormal value of a parameter.
3. To develop the skill of interpreting the results.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **UNIT 1: Microscopic Observation [15 Hrs.]**

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

### **UNIT 2: Specimen [15 Hrs.]**

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

### **UNIT 3: Laboratory Tests [15 Hrs.]**

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

### **UNIT 4: Pulmonary Function Tests [15 Hrs.]**

Vital capacity, tidal volume and Peak flow rate in pathological conditions

### **REFERENCE BOOKS:**

*Practical Manual* by Harsh Mohan

*Medical Laboratory Technology*– Ramnik Sood

## **Name of the Course: Evidence Based Yoga Therapy-II**

**Course Code: MS-SCT405**

### **Course Objectives:**

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments.
2. Understand the principles and procedure of each practice.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				2
Hrs/ week				4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### **UNIT 1: Disease specific techniques for Respiratory Disorders [15 hrs.]**

Set of practices required for respiratory disorders need to be taught.

### **UNIT 2: Disease specific techniques for Cardiovascular Disorders [15 Hrs.]**

Set of practices required for cardiovascular disorders need to be taught.

### **UNIT 3: Disease specific techniques for Neuro-endocrine Disorders [15 Hrs.]**

Set of practices required for Neuro-endocrine diseases need to be taught.

### **UNIT 4: Disease specific techniques for Psychiatric and Obstetric & Gynaecological Complications [15 Hrs.]**

Set of practices required for Psychiatric and Obstetric & Gynecological complications need to be taught.

#### **Note:**

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

## **Name of the Course: Field Training-II**

**Course Code: MS-FW406**

### **Course Objectives:**

Following the completion of this field training, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

### **Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **Note:**

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

### **Examination:**

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

## **Name of the Course: Project work-II**

**Course Code: MS-PW407**

### **Course Objectives:**

Following the completion of this project work, students shall be able to:

1. Carry out small scale research projects.
2. Analyse his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### **Note:**

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I

### **Examination:**

Students shall be examined based on the presentation of project work and the quality of the research work.



पतञ्जलि विश्वविद्यालय, ( हरिद्वार )

पाठ्यक्रम - PGDVD. - दर्शन  
वर्ष- 2019-20



**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम – P.G. Diploma - Vaidik Darshan**

**Semester - I**

**प्रश्नपत्र- ( 1 ) सांख्यकारिका-योग**

Paper Code : P.G.D. VD-101

**उद्देश्य-**1. योगदर्शन का सामान्य बोध।

2. अष्टांग योग का ज्ञान।
3. सांख्य मूल कारिका बोध।
4. सांख्य के मूल सिद्धान्तों का बोध।

प्रथम इकाई- योगदर्शन

- 50 अंक

द्वितीय इकाई- सांख्यकारिका (सम्पूर्ण)

- 50 अंक

(कण्ठस्थीकरण एवं विषय परिचय)।

**परिणाम-**1. योगदर्शन का सामान्य परिचय।

2. अष्टांग योग का परिचय।
3. सांख्य मूल कारिका वाचन।
4. सांख्य के मूल सिद्धान्तों का परिचय।

**प्रश्नपत्र- ( 2 ) संस्कृत व्याकरण**

Paper Code : P.G.D. VD-102

**उद्देश्य-** 1. स्वर, व्यंजन एवं उनके स्थान तथा प्रयत्न का बोध।

2. कारको का सामान्य बोध सूत्र वाचन सहित।
3. संस्कृत भाषा में अनुवाद का ज्ञान।
4. शब्दरूप, धातुरूप तथा सामान्य संधि का ज्ञान।

प्रथम इकाई- वर्णोच्चारण शिक्षा,

- 15 अंक

द्वितीय इकाई- कारक,

- 15 अंक

तृतीय इकाई- अनुवाद (1-15 अभ्यास),

- 15 अंक

चतुर्थ इकाई- शब्दरूप, धातुरूप (1-15 अभ्यास)

- 15 अंक

पञ्चम इकाई- सन्धिप्रकरण।

- 10 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन

- 30 अंक

**परिणाम-**1. स्वर, व्यंजन एवं उनके स्थान तथा प्रयत्न परिचय।

2. कारकों का सामान्य परिचय सूत्रों सहित।
3. संस्कृत भाषा में अनुवाद की विधि।
4. शब्दरूप - धातुरूप एवं सामान्य संधि परिचय।

**निर्धारित पाठ्यपुस्तक-** रचनानुवाद कौमुदी (डॉ० कपिल देव द्विवेदी)।

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001।

- उद्देश्य-** 1. ईशोपनिषद् का सामान्य बोध एवं श्लोक वाचन।  
2. कठोपनिषद् का सामान्य बोध एवं श्लोक वाचन।  
3. प्रश्नोपनिषद् का सामान्य बोध एवं श्लोक वाचन।  
4. कोनोपनिषद् का सामान्य बोध एवं श्लोक वाचन।

प्रथम इकाई-	ईशोपनिषद्,	- 20 अंक
द्वितीय इकाई-	केनोपनिषद्,	- 15 अंक
तृतीय इकाई-	कठोपनिषद्-चयनित बिन्दु ( श्रेयमार्ग, प्रेयमार्ग, सांसारिक भोगों की नश्वरता, आत्मा व ब्रह्म का स्वरूप)	- 15 अंक
चतुर्थ इकाई-	प्रश्नोपनिषद् चयनित बिन्दु (तप, ब्रह्मचर्य, श्रद्धा, - 20 अंक दक्षिणायन, उत्तरायण ओंकार की उपासना, ब्रह्म की 16 कलाएँ।	- 20 अंक
पञ्चम इकाई-	शास्त्र स्मरण एवं लेखन	- 30 अंक

- परिणाम-**1. ईशोपनिषद् का सामान्य परिचय एवं श्लोक वाचन।  
2. कठोपनिषद् का सामान्य परिचय एवं श्लोक वाचन।  
3. प्रश्नोपनिषद् का सामान्य बोध एवं श्लोक वाचन।  
4. कोनोपनिषद् का सामान्य बोध एवं श्लोक वाचन।

**निर्धारित पाठ्यपुस्तक-** एकादशोपनिषद् - डॉ. सत्यव्रत सिद्धान्तालंकार जी-

**प्रकाशक-** विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

**गीता -** श्रीमद्भगवद्गीता गीतामृत- स्वामी रामदेव जी-दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार

**सहायक ग्रन्थ-** उपनिषद् रहस्य- पण्डित भीमसेन शर्मा।

**उद्देश्य-** 1. षड् दर्शनों का सामान्य बोध।

2. षड् दर्शन के सूत्रों का अर्थ सहित ज्ञान।  
3. षड् दर्शनों के सूत्रों का लेखन।  
4. षड् दर्शनों का मुख्य सूत्रों का अर्थसहित बोध।

प्रथम इकाई-	सांख्य, योग, न्याय, वैशेषिक वेदान्त व मीमांशा दर्शन परिचय।	- 70 अंक
द्वितीय इकाई-	शास्त्र स्मरण एवं लेखन	- 30 अंक

**परिणाम-**1. षड् दर्शन सामान्य परिचय।

2. षड् दर्शन के सूत्र वाचन।  
3. षड् दर्शन के सूत्र लेखन।  
4. षड् दर्शन मूल सूत्र अर्थ परिचय।

**निर्धारित पाठ्यपुस्तक-** दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

**उद्देश्य-** 1. वेद के मंत्रों या मुख्य मंत्रों का बोध।

2. देवासुर कथा एवं याज्ञवल्क्य मैत्रेयी संवाद का बोध।

3. श्रीमद् भगवद्गीता जी का सामान्य बोध।

4. रामायण का सामान्य बोध।

प्रथम इकाई- वेद के चयनित मन्त्र - 15 अंक

द्वितीय इकाई- बृहदारण्यकोपनिषद्- प्राण सम्बन्धी, देवासुर कथा, - 20 अंक  
याज्ञवल्क्य मैत्रेयी संवाद, पञ्चम अध्याय, द-द-द का उपदेश।

तृतीय इकाई- गीता- पूर्वार्द्ध - 20 अंक

चतुर्थ इकाई- रामायण के चयनित अंश - 15 अंक

पञ्चम इकाई- शास्त्र स्मरण एवं लेखन। - 30 अंक

**परिणाम-**1. वेद का परिचय।

2. देवासुर कथा एवं याज्ञवल्क्य मैत्रेयी संवाद।

3. गीता जी का सामान्य परिचय।

4. रामायण सामान्य का परिचय।

**निर्धारित पाठ्यपुस्तक-** स्वाध्यायामृत, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

**पतञ्जलि विश्वविद्यालय, हरिद्वार**  
**पाठ्यक्रम - P.G. Diploma - Vaidik Darshan**

**Semester - II**

**प्रश्नपत्र- ( 1 ) दर्शनबोध**

Paper Code : P.G.D. VD-201

**उद्देश्य-** 1. न्याय दर्शन का सामान्य बोध।

2. वैशेषिक दर्शन का सामान्य बोध।

3. वेदान्त दर्शन का सामान्य बोध।

4. मीमांसा दर्शन का सामान्य बोध।

प्रथम इकाई- न्याय दर्शन (प्रथम अध्याय), - 25 अंक

द्वितीय इकाई- वैशेषिक (प्रथम अध्याय), - 25 अंक

तृतीय इकाई- वेदान्त दर्शन (प्रथम अध्याय) - 25 अंक

चतुर्थ इकाई- मीमांसा (प्रथम 50 सूत्र) - 25 अंक

(कण्ठस्थीकरण एवं विषय परिचय) ।

**परिणाम-** 1. न्याय दर्शन का सामान्य परिचय।

2. वैशेषिक दर्शन का सामान्य परिचय।

3. वेदान्त दर्शन का सामान्य परिचय।

4. मीमांसा दर्शन का सामान्य परिचय।

**प्रश्नपत्र- ( 2 ) संस्कृत व्याकरण**

Paper Code : P.G.D. VD-202

**उद्देश्य-** 1. समासों का सूत्रों सहित बोध।

2. कारक, विभक्ति एवं उपपद विभक्ति का बोध।

3. संस्कृत अनुवाद का ज्ञान।

4. शब्दरूप एवं धातुरूप का बोध।

प्रथम इकाई- समास, - 15 अंक

द्वितीय इकाई- विभक्ति, - 15 अंक

तृतीय इकाई- अनुवाद (16-30 अभ्यास), - 15 अंक

चतुर्थ इकाई- शब्दरूप, धातुरूप (16-30 अभ्यास), - 15 अंक

पञ्चम इकाई- सन्धिप्रकरण। - 10 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन - 30 अंक

**परिणाम-** 1. समासों का सूत्रों सहित विवरण।

2. कारक, विभक्ति एवं उपपद विभक्ति परिचय।

3. संस्कृत अनुवाद का विवरण।

4. शब्दरूप एवं धातुरूप का वाचन।

निर्धारित पाठ्यपुस्तक- रचनानुवाद कौमुदी (डॉ० कपिल देव द्विवेदी।

प्रकाशक- विश्वविद्यालय प्रकाशन, चौक, वाराणसी-221001।

**प्रश्नपत्र- ( 3 ) संस्कृत साहित्य**

Paper Code : P.G.D. VD-203

उद्देश्य- 1. प्रणव की उपासना विषयक प्रकरण का बोध।

2. छान्दोग्योपनिषद् का सामान्य बोध।

3. छान्दोग्योपनिषद् के मूल मन्त्रों अर्थों का बोध।

4. छान्दोग्योपनिषद् के मूल या मुख्य मन्त्रों का लेखन व वाचन।

प्रथम इकाई- मुण्डकोपनिषद्- प्रणव के द्वारा उसी को जानों, - 15 अंक

तैत्तिरीयोपनिषद्- शिक्षावल्ली, ब्रह्मनन्द वल्ली।

द्वितीय इकाई- छान्दोग्योपनिषद्- प्रथम प्रपाठक- 1-5 खण्ड, - 15 अंक

तृतीय प्रपाठक- खण्ड-13,16,18,19

तृतीय इकाई- चतुर्थ प्रपाठक- खण्ड-1-9, 16,17 - 15 अंक

पञ्चम प्रपाठक- खण्ड-1, 11-14

चतुर्थ इकाई- षष्ठ प्रपाठक-1-16 खण्ड - 15 अंक

सप्तम प्रपाठक- 1-26 खण्ड, अष्टम प्रपाठक (1-2 खण्ड)

पञ्चम इकाई- श्वेताश्वतर- 1-4 अध्याय - 10 अंक

षष्ठ इकाई- शास्त्र स्मरण एवं लेखन - 30 अंक

परिणाम- 1. प्रणव की उपासना विषयक विवरण।

2. छान्दोग्योपनिषद् का सामान्य परिचय।

3. छान्दोग्योपनिषद् मूल मन्त्र वाचन।

4. छान्दोग्योपनिषद् मूल मन्त्र लेखन।

निर्धारित पाठ्यपुस्तक- एकादशोपनिषद् - डॉ. सत्यव्रत सिद्धान्तालंकार जी-

प्रकाशक- विजयकृष्ण लखनपाल-डब्ल्यू-77 ए, ग्रेटर कैलाश-1, नई दिल्ली-48

गीता - श्रीमद्भगवद्गीता गीतामृत- स्वामी रामदेव जी-दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार

सहायक ग्रन्थ- उपनिषद् रहस्य- पण्डित भीमसेन शर्मा।

**प्रश्नपत्र- ( 4 ) वेदाङ्ग प्रबोध- वेदाङ्ग परिचय**

Paper Code : P.G.D. VD-204

उद्देश्य- 1. शिक्षा, कल्प, व्याकरण तीन वेदाङ्गों का सामान्य बोध।

2. निरुक्त, छन्द एवं ज्योतिष तीन वेदाङ्गों का बोध।

3. व्याकरण अष्टाध्यायी का सामान्य सूत्र बोध।

4. व्याकरण अष्टाध्यायी का सामान्य सूत्र लेखन।

प्रथम इकाई- शिक्षा, कल्प, व्याकरण - 36 अंक

द्वितीय इकाई- निरुक्त, छन्द, ज्योतिष - 34 अंक

तृतीय इकाई- शास्त्र स्मरण एवं लेखन - 30 अंक

**परिणाम-** 1. शिक्षा, कल्प, व्याकरण तीन वेदांगों का सामान्य परिचय।

2. निरुक्त, छन्द एवं ज्योतिष का सामान्य परिचय।

3. व्याकरण अष्टाध्यायी का शास्त्र सूत्र वाचन।

4. व्याकरण अष्टाध्यायी का शास्त्र सूत्र लेखन।

**निर्धारित पाठ्यपुस्तक-** वेदाङ्ग परिचय, आचार्य आनन्द प्रकाश जी।

प्रकाशक- आर्ष-विद्या प्रचार-प्रसार-न्यास, आर्ष शोध संस्थान (कन्या-गुरुकुल) आलियाबाद, मं.

शामीरपेट, जिला- रंगारेड्डि- 500078 (तेलंगाना)।

**प्रश्नपत्र- ( 5 ) वैदिक साहित्य**

**Paper Code : P.G.D. VD-205**

**उद्देश्य-** 1. बृहदारण्यक उपनिषद् का मूल मंत्रों का अर्थसहित वाचन।

2. श्री.गी. के भक्तियोग आदि का बोध।

3. चाणक्य नीति, विदुरनीति तथा श्लोकों का बोध।

4. रामायण तथा महाभारत के चयनित श्लोकों का बोध।

प्रथम इकाई- बृहदारण्यकोपनिषद्- पञ्चम अध्याय- 3 से 12 ब्राह्मण - 15 अंक

द्वितीय इकाई- गीता- उत्तरार्द्ध, नवधा भक्ति - 20 अंक

तृतीय इकाई- नीतिग्रन्थ- चाणक्य नीति, विदुर नीति, भर्तृहरि श्लोक - 15 अंक

चतुर्थ इकाई- चयनित श्लोक- रामायण और महाभारत - 20 अंक

पञ्चम इकाई- शास्त्र स्मरण एवं लेखन। - 30 अंक

**परिणाम-** 1. बृहदारण्यक उपनिषद् का मूल मंत्रों का अर्थसहित वाचन।

2. श्री.गी. के भक्तियोग आदि का परिचय।

3. चाणक्य नीति, विदुरनीति तथा श्लोकों वाचन।

4. रामायण तथा महाभारत के चयनित श्लोक वाचन।

**निर्धारित पाठ्यपुस्तक-** स्वाध्यायामृत, दिव्य प्रकाशन, पतंजलि योगपीठ (ट्रस्ट)।

**University of Patanjali, Haridwar**  
**Syllabus**  
**B.A. Yoga Science**  
  
**Year - 2019**



## Scheme of Teaching & Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	BA 101	Introduction Of Yoga	3	1	0	4	20	10	70	100
2	BA 102	Introduction Of Hatha Yoga	3	1	0	4	20	10	70	100
3	BA 113	Basics Of Sanskritam I	1	1	0	Non Credit	10	5	35	50
4	BA CE 01	Communicative English I	3	1	0	4	20	10	70	100
5	BA 107	Yoga Practicum	0	0	8	4	20	10	70	100
Hrs 22						16	Total			400
Semester II										
1	BA 201	Indian Philosophy And Culture	3	1	0	4	20	10	70	100
2	BA 202	Introduction To Srimad Bhagavad Gita	3	1	0	4	20	10	70	100
3	BA 213	Basics Of Sanskritam II	1	1	0	Non Credit	10	5	35	50
4	BA CE 02	Communicative English II	3	1	0	4	20	10	70	100
5	BA 207	Yoga Practicum	0	0	8	4	20	10	70	100
Hrs 22						16	Total			400

II Year										
Semester III										
1	BA 301	Patanjal Yogsutra	3	1	0	4	20	10	70	100
2	BA 302	Human Biology I	3	1	0	4	20	10	70	100
3	BA 307	Yoga Practicum	0	0	8	4	20	10	70	100
Hrs 16						12	Total			300
Semester IV										
1	BA 401	Human Biology II	3	1	0	4	20	10	70	100
2	BA 402	Introduction To Ayurveda & Swasthavritta	3	1	0	4	20	10	70	100
3	BA 407	Yoga Practicum	0	0	8	4	20	10	70	100
Hrs 16						12	Total			300
III Year										
Semester V										
1	BA 501	Research and Teaching Methods in Yoga	3	1	0	4	20	10	70	100
2	BA 502	Introduction To Upanishad	3	1	0	4	20	10	70	100
3	BA 507	Yoga Practicum	0	0	8	4	20	10	70	100
Hrs 16						12	Total			300
Semester VI										
1	BA 601	Yoga Therapy	3	1	0	4	20	10	70	100
2	BA 602	Introduction To Naturopathy & Alternative Therapy	3	1	0	4	20	10	70	100

3	BA 607	Yoga Practicum	0	0	8	4	20	10	70	100
<b>Hrs 16</b>						<b>12</b>	<b>Total</b>			<b>300</b>

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

VIII

**Paper Name: Introduction Of Yoga**

**Paper Code: BA 101**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:**

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional text

**Unit-1: - General Introduction of Yoga (10 hours):**

Origin And Meaning Of The Word Yoga, Definitions Of Yoga (Darshan, Upanishads, Bhagavad Gita) And Importance, Tradition And History Of Yoga - From Vedas To Yogirishi Swami Ramdev (Vedic Period, Darshan Period, Tika Period, Bhakti Yoga And Hatha Yoga Period, Modern Period)

**Unit-2: Form of Yoga in Various Scriptures (20 hours):**

Vedas - Yoga Related Mantras

Upanishad- Yoga Elements In Kathopanishad, Shvetashvatropanishad And Major Yogopanishad

Shrimad Bhagvadgita - Jnana, Karma, Bhakti, Dhyana Yoga

Jain-*Triratna*, *Panchamahavrat*, And *Tapa* And *Dharma*

Buddhist - Ashtanga Marg, Anapan, Four Meditations, Brahmavihar

Ayurveda - Yoga Elements In Charaka Samhita (Mumukshu Udayan-Charaka Shaarir5.12), Achar Rasayana (Charaka Samhita –Chikitsa Sthan1.4.30-35)

Prescribed Text Book

गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी

हेमचन्द्राचार्यकेचयनितसूत्र

**Unit-3: - Basic Requirements of Yoga Practice (5 Hours):**

Suitable Place For Yoga Practice, Time (Season-Time), Diet, Sadhak & Badhak Elements In Yoga Practice.

**Unit-4: - Different Methods of Yoga (10 Hours):**

Jnana Yoga, Karmayoga, Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantrayoga.

**Unit 5 - Life Character of Major Yogis (15 hours):**

Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Guru Gorakshanath, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Maharishi Raman, Yogrishi Swami Ramdev

**Prescribed Text Book**

1. उपनिषद संदेश - स्वामी रामदेव, दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
2. दर्शन प्रवेश - दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
3. योगविश्वकोष- आचार्य बालकृष्ण, दिव्य योग प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
4. अर्थविनिश्चयसूत्रम्- बुद्धउपदेश।
5. कल्याणयोगांक- गीताप्रेस, गोरखपुर।
6. कल्याण (योगतत्त्वांक) - गीताप्रेस, गोरखपुर।
7. वेदोंमेंयोगविद्या - योगेन्द्रपुरुषार्थी।
8. पतंजलिचरितम्ब्याकरणशास्त्रकाइतिहास- पं० युधिष्ठिरमीमांसक।
9. गोरखवाणी- पीताम्बरदासबरथवाल।

**Paper Name : Introduction Of Hatha Yoga**

**Paper Code: BA 102**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:**

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

**Unit 1: General Introduction To Hatha Yoga (10 Hours):**

The Literal Meaning Of Hatha Yoga, Definition, Tradition-History, Pathyapathya Instructions For Yoga Practice, Characteristics Of Hatha Siddhi, Utility Of Hatha Yoga. Therapeutic Relevance Of Hatha Yoga In The Present Age.

**Unit-2:Elements Of Hatha Yoga (According To Hatha Yogapradipika) - I (20 Hours):**

Introduction To The Book Hatha Yoga Pradipika, According To Hatha Yoga Pradipika - Asana, Pranayama, Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka And Kapalabhati) - Description.

**Unit-3:**

**Elements Of Hatha Yoga (According To Hatha Yoga Pradeepika) -II (8 Hours):**

According To Hatha Yoga Pradipika - Description Of Bandha, Mudra, Nadanusandhan, Kundalini.

**Unit 4:-**

**Elements Of Hatha Yoga (As Per Gherinda Samhit) - I (12 Hours):**

Introduction To The Gherand Samhita Text, Classification, Method, Benefits And Precautions Of The Shatkarmas Described In Gherand Samhita. The Method, Benefits And Precautions Of Aasanas Described In The Gherand Samhita.

**Unit5:-**

**Elements Of Hatha Yoga (As Per Gherand Samhita) - II (10 Hours):**

## The Method, Benefits And Precautions Of Pranayama And Mudras Described In Gherand Samhita. Brief Introduction To Pratyahar, Meditation And Samadhi.

### Prescribed text book

हठयोगप्रदीपिका (निर्धारितपाठ्यांश)-कैवल्यधाम, लोनावला।

घेरण्डसंहिता-कैवल्यधामलोनावला

### Supporting text book

योगसाधनाएवंयोगचिकित्सारहस्य-स्वामीरामदेवजी।(दिव्यप्रकाशन, पतंजलियोगपीठ)

### Reference book

1. हठयोगप्रदीपिका- प्रकाशककैवल्यधामलोनावला
2. घेरण्डसंहिता- प्रकाशककैवल्यधामलोनावला
3. गोरक्षासंहिता-गोरक्षनाथ
4. भक्तिसागर-स्वामीचरणदास
5. बहिरंगयोग-स्वामीयोगेश्वरानन्द

**Paper Name: Basics Of Sanskritam (Non Credit)**

**Paper Code: BA-113**

Final Exam (SEE)-35 Marks

Internal Assessment (CT+TA)-15Marks

**Objectives:**

- Following the completion of this course, students shall be able to
- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

**Unit-1: संस्कृतभाषापरिचय (7)**

संस्कृतभाषापरिचय, योगशास्त्रकेअध्ययनमेंसंस्कृतकामहत्त्वऔरयोगएवंसंस्कृतकाअन्तःसम्बन्धमाहेश्वरसूत्र।संस्कृतवर्णमाला, स्वर, व्यंजनवर्णज्ञानसहितरोमनलिपिमेंलेखनएवंपठन, वर्णोंकेउच्चारणस्थानऔरप्रयत्नज्ञान।प्रत्याहारनिर्माणविधिएवंप्रत्याहारज्ञान।कारक. विभक्ति, सुप्औरतिङ्प्रत्यय, लिङ्, वचन, पुरुष, लकारएवंवाक्यांगपरिचय।संस्कृतसंख्याएं (एकसेसौतक)

**Unit-2: शब्दरूप (8)**

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारिशब्दोंकेरूपअर्थज्ञानसहिता।अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृशब्दोंकेरूपअर्थज्ञानसहिता।सर्वनामशब्दरूप-अस्मद्, युष्मद्, तत् (तीनोंलिगोंमें), एतद् (तीनोंलिगोंमें), किम् (तीनोंलिगोंमें.) भवत् (तीनोंलिगोंमें) शब्दोंकेरूपअर्थज्ञानसहिता।हलन्तशब्दरूप-भगवत्, नामन्, जगत्शब्दोंकेरूपअर्थज्ञानसहिता।

**Unit-3: धातुरूप (8)**

भू, अस्, पठ्. कृ. लिख, नम्, दृश्धातुओंकेपांचलकारोंलट्, लुट्, लङ्लोट्, विधिलिङ्, मेंरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।वद्, गम्, स्था, पा, दा, शक, आप, प्रच्छधातुओंकेपांचलकारोंलट्, लुट्, लङ्, लोट्, लिङ्गैरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।ज्ञा, कथ्, चिन्त, ब्रू, श्रु, नी, याच्, खाद, शीङ्, धातुओंकेपांचलकारोंलट्, लुट्, लङ्, लोट्, लिङ्गैरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिता।

**Unit-4: वाक्यनिर्माण (7)**

प्रथमदीक्षाकेप्रथम, द्वितीयएवंतृतीयअध्यायसेवाक्यनिर्माणएवंअर्थज्ञानकाअभ्यास।

**TEXT BOOKS**

- द्विवेदीकपिलदेवःप्रारम्भिकरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2011
- द्विवेदीकपिलदेवःरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशनवाराणसी2011
- द्विवेदीकपिलदेवःप्रौढरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी2007



- प्रथमदीक्षा, राष्ट्रियसंस्कृतसंस्थान, नईदिल्ली
- संस्कृतप्रबोध

### **BOOKS FOR REFERENCE**

1. महर्षिदयानन्दसरस्वती: वर्णोच्चारशिक्षा, रामलालकपूरट्रस्ट, सोनीपतहरियाणा।
2. Perry ED: A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR: A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

**Paper Name: Communicative English**  
**Paper Code: BA-CE 01**

Final Exam (SEE)-70  
Marks Internal Assessment (CT+TA)-30Marks

**Objectives**

Following the completion of this course, students shall be able to

- Communicate in English
- Develop reading and writing skills in English
- To communicate in English while Yoga teaching and training.

**Unit 1- Communication [10 Hrs]**

Writing Letters-Letter For Inquiry, Idioms And Phrases, Placing Order, Replacement Letter, Cancellation Letter, Complaint Letter etc.

**Unit 2-Drafting Advertisement [05 Hrs]**

Classified Advertisement, Commercial Advertisement

**Unit 3- Literature [10 Hrs]**

Indian Traditional Knowledge On Environmental Conservation  
An Article Lightly Ofg Asia - Gautam Buddha  
Kafan-Prem Chand

**Unit 4- Conducting Yoga Practicle Class In English**

Development Of Skills To Enhance Ability Of Conducting Yoga Class In English,  
Demonstration Of Yoga Practices In English,

**References**

1. Ethan F. Becher. Mastering Communication At Work: How To Lead, Manage Anmd Influence, 2009.
2. Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
3. Ps Perkins, Les Brown: The Art And Science Of Communication, 2008
4. Robin Quinn, Joe Kohl: Talk Like A Winner; 21 Simple Rules Foe Achieving Everyday Communication Success, 2008

**Paper Name- Yoga Practicum**  
**Paper Code- BA-107**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:**Following the completion of the course, students shall be able to:

- Understand the benefits, procedure and contraindications of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

**EIGHT BAITHAK BY YOGRISHI SWAMI RAMDEV JI**

Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-1, Pahalwani baithak-II. Hanuman baithak -1, Hanuman baithak-11, Hanuman baithak --111,

**TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI**

Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

**SURYA NAMASKARA with mantra.**

**YOGASANA (SUPINE LYING POSTURES)**

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasdana, Chakkichalana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

**PRANAYAMA**

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2);

**MUDRA**

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi

**SHATKARMAS**

Neti (Jalneti, Rubber Neti)

## **RECITATION OF HYMNS**

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa

## **CONTINUOUS EVALUATION BY THE TEACHERS**

### **TEXT BOOKS**

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar, 2015.
2. Yogrishi Swami Randev Ji: Dand-baithak, 2015.
3. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
4. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla

**Paper Name: Indian Philosophy And Culture**  
**Paper Code: BA-201**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:**

After completion of this paper :

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture

**Unit-1: - Introduction To Indian Philosophy (8 Hours):**

Literal Meaning And Definition Of Philosophy, Role Of Philosophy In Human Life, Characteristics Of Indian Philosophy, Bodies Of Indian Philosophy: Vedic-Non-Vedic. The Three Main Areas Of Philosophy –Praman Mimamsa(Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).

(Prescribed Text Book - भारतीयदर्शन - आचार्यबलदेवउपाध्याय- चयनितपाठ्यांश)

**UNIT-2: - Introduction To Six Schools Of Vedic Philosophy (20 Hours):**

General Introduction And Theory ( Tattva Mimamsa & Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Samkhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

(Prescribed Text Book - दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार)

**Unit-3: - Introduction To Jain, Buddhist, Charvak Philosophy (20 Hours):**

General Introduction And Principles (Tattva Mimamsa & Ethics)

1. Jain Darshan
2. Buddhism
3. Charvak Darshan

(Prescribed Text Book - सर्वदर्शनसंग्रह-माधवाचार्य)

**Unit-4: - Introduction To Culture (12 Hours):**

Literal Meaning And Definition Of Culture. Concept And Importance Of Culture. General Introduction To The Base Scriptures Of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita. (Prescribed Text Book - वैदिकसाहित्यएवंसंस्कृति- डा० कपिलदेवद्विवेदी)

**Unit-5: - Salient Features Of Indian Culture - (10 Hours):**

Purushartha Chaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, Pancha Mahayajna, Debt-Triad, Co-Existence - Universal Relationship

(Prescribed Text Book - धर्म दर्शन संस्कृति- डा० रूपकिशोर शास्त्री)

**References / supporting books**

1. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय संस्कृति का इतिहास-डा० सत्यकेतु विद्यालंकार
3. वैदिक साहित्य एवं संस्कृति-कपिल देव द्विवेदी
4. मनुउपदेशः विनोबा भावे
5. धर्म दर्शन संस्कृति- डा० रूपकिशोर शास्त्री
6. Teaching yourself philosophy :Indian Philosophy- Dr. R.P. Sharma
7. An outline of Indian Philosophy- M. Hiriyana

**Paper Name: Introduction to Srimad Bhagavad Gita**

**Paper Code: BA-202**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:**Following the completion of this course, students shall be able to

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.

**Unit 1: Shrimad Bhagwadgita Introduction (12 Hours):**

General Introduction Of The Bhagavad Gita, The Great Significance Of The Bhagavad Gita And Various Scholars' Views In Relation To It, Synthesis Of Yoga In The Bhagavad Gita, The Major Definitions Of Yoga, The Nature Of Yoga, Yoga Sadhana In The Bhagavad Gita, Relevance Of The Bhagavad Gita In The Current Era.

**Unit-2:Gyan Yoga –Atman, Prakriti & Parmatman (12 Hours):**

Sankhya Yoga Or Jnana Yoga (Chapter-2,3,4,5,6,13), The Form Of The Soul (Chapter-2), The Form Of The Supreme Soul (Purushottama), (Chapter-4,8,10,11,13,15), Form Of Prakriti (Chapter-9,13,14).

**Unit-3:Karma Yoga And Meditation Yoga (12 Hours):**

Concepts Of Karmayoga (Chapter-2-6), Form Of Yajna , Yajnartha Karma, Nishkam Karma (Chapter-3,4), Lok Sangrah (Chapter-3), Jnana-Karma Coordination (Chapter-5), Forms Of Dhyana Yoga (Chapter-6 ).

**Unit 4: Bhakti Yoga (12 Hours):**

Concepts Of Bhakti And Mahatmya (Chapters-7, 8, 9,11, 12), The Necessity Of Devotion In Divine Realization (Chapters-11, Verse-52-55), Types Of Bhakti (Chapters-7,12) Characteristics Of The Devotee (Chapter-12, Verse-13-20)

**Unit 5: Personality, Diet And Trigun Concept (12 Hours):**

Role Of Diet In Yoga Practice (Chapter-6), Introduction To Trigunas (Chapter-14), Concept Of Trigun-Based Personality (Chapter-17), Elements Of Personality Development, Ideal Personality- Daivee Sampda (Chapter-16).

**Prescribed Text Book -**

1. श्रीमद्भगवद्गीता- गीतामृत- योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ

**Supporting text book**

1. गीता रहस्य लोक मान्य तिलक (चयनित पाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.



**Paper Name: Basics Of Sanskritam (Non Credit)**  
**Paper Code: BA-213**

Final Exam (SEE)-35 Marks  
Internal Assessment (CT+TA)-15 Marks

**Objectives:**

- Following the completion of this course, students shall be able to
- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

**Unit-1: संस्कृतभाषापरिचय [8HRS]**

पठ् एवं कृधातुकार्कर्मवाच्यरूपज्ञानपाँचलकारोल्, लुट्, लङ्, लोट्,  
लिङ्गैर्वाक्यनिर्माणार्थज्ञानसहिताअस्त्वंभूतुकाभाववाच्यरूपज्ञानपाँचलकारोल्, लुट्, लङ्, लोट्,  
विधिलिङ्गैर्वाक्यनिर्माणार्थज्ञानसहिताकर्तृवाच्यएवंकर्मवाच्यकापरिचय, वाक्यरचना,  
वाक्यरूपान्तरणएवंअनुवादाकर्तृवाच्यकापरिचयवाक्यरचना, वाक्यरूपान्तरणएवंअनुवादा

**Unit-2: कृदन्तप्रत्यय [7HRS]**

शतृएवंशानच्प्रत्ययोंसेशब्दनिर्माण, वाक्यरचनाऔरअनुवादाक्त्वा, ल्यप्, तुमुन्प्रत्ययोंसेशब्दनिर्माण,  
वाक्यरचनाऔरअनुवादाक्तएवंक्तवतुप्रत्ययोंसेशब्दनिर्माण, वाक्यरचनाऔरअनुवादातव्यत्, अनीयर्एवंयत्प्रत्ययोंसेशब्दनिर्माण,  
वाक्यरचनाऔरअनुवादा

**Unit-3: सन्धि एवं भाषाभ्यास [8HRS]**

अच्, हल् एवं विसर्गसन्धियोंकाज्ञानएवंसन्धिविच्छेदकाअभ्यास। भगवद्गीताकेद्वितीयअध्यायकेप्रथम20  
श्लोकोमेंकारकएवंक्रियापदोंकाअनुसन्धानएवंसस्वरश्लोकापाठ। संस्कृतसेहिन्दी/अंग्रेजीमेंअनुवादासंस्कृतमेंपरस्परवार्तालापएवंमौखिकव्या  
ख्यानकाअभ्यास।

**Unit-4: भाषादक्षता [7HRS]**

प्रथमदीक्षाकेचतुर्थ, पंचमएवंषष्ठअध्यायसेवाक्यनिर्माणएवंअर्थज्ञानकाअभ्यास।

**TEXT BOOKS**

1. द्विवेदीकपिलदेवः प्रारम्भिकरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी 2011
2. द्विवेदीकपिलदेवः रचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी 2011
3. द्विवेदीकपिलदेवः प्रौढरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी 2007

## **BOOKS FOR REFERENCES**

1. प्रथमदीक्षाराष्ट्रियसंस्कृतसंस्थान, नईदिल्ली।
2. द्वितीयदीक्षाराष्ट्रियसंस्कृतसंस्थान, नईदिल्ली।
3. महर्षिदयानन्दसरस्वती:वर्णोच्चारशिक्षा, रामलालकपूरट्रस्ट, सोनीपतहरियाणा।

**Paper Name: Communicative English**  
**Paper Code: BA-CE 02**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives**

Following the completion of this course, students shall be able to

- Communicate in English in interviews etc.
- Develop reading and writing skills in English
- To communicate in English while teachings of Yoga

**UNIT 1- COMMUNICATION (10 HRS)**

Paragraph Writing Reading Comprehensions, Listening Comprehensions, Note Making. Summary, Referring To Encyclopedia And Dictionary, Debate Writing, Speech Writing Article Writing, Phonetics Transcription, Precise Writing

**UNIT 2- INTERVIEW (05 HRS)**

Group Discussion, Personal Interview, Telephonic Interview, Resume Writing Etc.

**UNIT 3- LITERATURE (15 HRS]**

- Ramayana
- Srimadbhagwad Geeta
- Panchtantra
- 

**REFERENCES**

- Ethan F. Becher: Mastering Communication At Work: How To Lead, Manage Anmd Influence, 2009.
- Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
- P.S Perkins, Les Brown: The Art And Science Of Communication, 2008
- Robin Quinn, Joe Kohl: Talk Like A Winner; 21 Simple Rules For Achieving Everyday Communication Success, 2008 Srimadbhagwadgeeta By Paramhansa Yogananda.

**Paper Name - Yoga Practicum**  
**Paper Code- BA-207**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

**Yogasana**

12 Steps Of Yogic Jogging; And A Series Of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asanavariations 1, 2 & 3, Shalbhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, Ardha Halasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended By Swami Ramdev.

**(Prone Lying Asanas)**

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana.

**Pranayama**

Bhastrika, Kapalbhati, Bahya, Ujjyai, As Recommended By Swami Ramdev.

**Shatkarma**

Kapalbhati (Vatkram, Vyutkram) Nauli (Madhyama, Vama, Dakshina)

**Mantra Ishwarstuti-Prarthnopasana:**

Understanding, Recitation And Memorization.

**Continuous Evaluation By The Teachers**

**TEXT BOOKS**

1. Swami Ramdev ji: Vaidik Nitya Karma Vidhi, Divya Prakashan, Haridwar, 2010.

2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga  
1. Publications, New Delhi, 1980
2. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan,  
Haridwar, 2009
3. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan,  
Haridwar,  
4. 2010
5. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description  
about  
6. Cleansing Process, MDNIY New Delhi, 2009
7. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda  
YogaPrakashan, Bangalore, 2005. 7. Iyengar, B.K.S.: Light on Pranayama,  
Harper Collins, Swami Vivekanand YogaPrakashan, 2012

**Paper Name -Patanjal Yogsutra**  
**Paper Code - BA – 301**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:**Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

**Unit - Text Introduction And Samadhi Pada - (15 Hours):**

Introduction To Yoga Sutra Granth, Definition Of Yoga, Concept Of Chitta, Chitta Bhoomi, Chitta Vrittiya And Types, Chitta Vritti Nidrodhopaya (Abhyasa And Vairagya), The Nature Of God, Pranava Chanting And Its Results, Antarayabhava, Chitta Prasadana, Nature Of Samadhi.

**Unit-2: - Sadhan Pada (15 Hours):**

Concept Of Kriya Yoga, Klesha , Ashtanga Yoga Introduction, Chaturavuhavaad, Drashta And Drishya, Vivek Khyati.

**Unit-3: - Vibhuti Pada- (15 Hours)**

Antaranga Yoga (Dharana, Dhyana, Samadhi), Concept Of Samyama, Introduction Of Vibhutis, Ashtasiddhi.

**Unit-4: Kaivalya Pada- (15 Hours):**

Kaivalya. Five Types Of Siddhis (Attainments), Nirmana Chitta, Types Of Karma, Vaasna, Vivek Jnana, Kaivalya

**Prescribed Text Book-**

- योगदर्शनम्-स्वामी रामदेव
- दर्शन प्रवेश-दिव्य प्रकाशन

**Supporting Book-**

- भोजवृत्ति
- योगदर्शनम्- गीताप्र

**Paper Name - Human Biology I**  
**Paper Code- BA 302**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:** The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce skeletal system, muscular system, respiratory system with their gross anatomy & physiology
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

**Unit-1: - Introduction To Human Body (15 Hours):**

Definition, Structure, Cell Types And Functions Of Human Cells. Body Structure And Function, Key Words And Their Concepts.

**Unit-2: - Skeletal System - 1 (15 Hours):**

The Structure And Type Of Bone. The Structure And Function Of The Spine. Effect Of Yoga On Bone And Bone Joint.

**Unit-3: -: - Muscular System - (15 Hours)**

The Structure, Type And Function Of The Muscle. Mechanism Of Muscular Contraction. Neuro-Muscular Communication Neurotransmitters | Effect Of Yoga On Muscles.

**Unit-4: -: - Respiratory System - - (15 Hours):**

Nose, Throat, Bronchi, Structure, Mechanism Of Breathing. Respiratory Processes - Cellular Respiration And Thoracic Respiration. Effect Of Yoga On Respiratory System.

**Reference book**

1. सुश्रुत(शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप वर्मा
3. शरीर क्रिया विज्ञान- डा. प्रियवृत्त शर्मा
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर. वर्मा
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई
6. Anatomy & Physiology of Yogic Practices-M.M. Gore 7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar





**Paper Name - Yoga Practicum**  
**Paper Code - BA-307**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

**YOGASANA (SITTING POSTURES)**

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

**PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

**BANDHA**

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha,

**SHATKARMAS**

Sutra Neti, Nauli Chalana, Agnisara.

**MANTRA**

Bhojan Mantra, Pratah Evam Ratri Mantra- Understanding, Recitation And Memorization

**Continuous Evaluation By The Teachers**

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
3. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, 2017.

4. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan,  
Haridwar,  
2010

**Paper Name - Human Biology II**  
**Paper Code- BA 401**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:** The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce Blood Circulatory System, Digestive System, Excretory System & Nervous Systems with their gross anatomy & physiology
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

**Unit-1: - Blood Circulatory System (15 Hours):**

Composition Of Blood , White Blood Particles, Red Blood Particles And Blood Cycle Composition And Function, Functions Of Blood, External And Internal Structure And Functions Of Heart, Effect Of Yoga On Blood Circulatory System. Introduction, Structure And Function Of Lymphatic System. Effect Of Yoga On Lymphatic System.

**Unit-2: - Digestive System- 1 (15 Hours):**

The Structure Of The Digestive System, The Functions Of The Digestive System, The Digestion Of Proteins, Fats And Carbohydrates, The Structure And Function Of The Liver, The Structure And Function Of The Pancreas, The Effect Of Yoga On The Digestive System. Stomach Structure And Function.

**Unit-3: -: - Excretory System - (15 Hours)**

The Composition Of The Excretory System, The Structure And Function Of The Kidney, The Process Of Urine Formation, The Excretion Of Urine, The Composition Of Urine, The Effect Of Yoga On The Excretory System.

**Unit-4 Nervous Systems - (15 Hours):**

Branches Of Nervous System, Nerves And Brain, Brain Parts, Brain Functions, Nerve Types - Cerebral & Spinal, Autonomic Nervous System, Effect Of Yoga On

The Nervous System. The Structure And Function Of The Senses, The Effect Of Yoga On The Senses.

### **Reference book**

1. सुश्रुत(शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप वर्मा
3. शरीर क्रिया विज्ञान- डा. प्रियवृत्त शर्मा
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर. वर्मा
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई
6. Anatomy & Physiology of Yogic Practices- M. M. Gore
7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar

**Paper Name- Introduction To Ayurveda and Swasthavritta**  
**Paper Code- BA 402**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Swasthavritta & Panchkarma and useful domestic herbal remedies

**Unit-1: - Introduction To Ayurveda (10 Hours):**

Ayurveda: General Introduction: Meaning, Definition, Purpose, Tradition, History, Principles. Origin Of Ayurveda(Ayurveda Avtaran) General Introduction Of Ayurvedic Texts- Charak Samhita, Sushruta Samhita. The Concept Of Health According To Ayurveda. Use Of Ayurveda In Health Promotion And Prevention Of Diseases.

**Unit-2: Principles Of Ayurveda (15 Hours):**

Basic Principles Of Ayurveda - Tridosha, Saptadhatu, Pancha Mahabhut. Prakriti Nirupan, Concept Of Manas Prakriti , Prakriti Testing And Determination. Concept Of Agni, Shrotasa , Aama. General Introduction Of Dravyagata Rasa, Guna , Karma, Veerya, Vipaka, Prabhav.

**Unit-3: - Introduction Of Swasthavritta (15 Hours)**

Swasthavritta - Meaning, Definition, Purpose And Importance  
Upastambhatraya – Aahaar, Nidra, Brahmacharya. Dincharya, Ratricharya  
Ritucharya, Doshas - Accumulation, Aggravation & Pacification; Sadvritta And Achara Rasayana.

**Unit-4: - Diet (10 Hours):**

Meaning, Definition, Properties, Functions, Quantity And Time Of Diet (Aahar). Raw Diet, Mitahara, Fasting, Complorative Evaluation Of Vegetarian And Non-Vegetarian Diet. Chemical Classification Of Food - Carbohydrate, Fat, Minerals, Vitamins, Water Composition, Classification And Physical Effects.

**Unit-5: - Introduction Of Panchakarma (10 Hours):**

Concept Of Panchakarma - Meaning, Definition, Type, Purpose, Importance And Limitations. Trividha Karma - Purva (Pre), Pradhan(Main), Pashchaat (Post) Karma Description.

**Prescribed text book**

1. आयुर्वेद महोदधि-आचार्य बालकृष्ण जी
2. आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण जी
3. स्वस्थवृत्त विज्ञान-प्रो० रामहर्ष सिंह

**Supporting text book**

1. आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़
2. आयुर्वेदिक ट्रीटमेंट फॉर डिजीजस-वी.वी.दास
3. Basic Principles of Ayurveda- K. Laxmi Pati

**Paper Name- Yoga Practicum**

**Paper Code- BA-407**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

**YOGASANAS (STANDING POSTURES]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasa

**PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

Surya-bheda Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama,

**MUDRAS**

Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra

**SHATKARMAS**

Gajkarni, Tratak

**YAJNA KARMA**

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna.

**CONTINUOUS EVALUATION BY THE TEACHERS**

**TEXT BOOKS**

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya: Divya Prakashan, 2009.

**Paper Name- Research and Teaching Methods in Yoga**  
**Paper Code- BA 501**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of this course, students shall be able to

- Understand the basic principles of Research & Teaching Methods.
- Have knowledge of different aspects of research & teaching methods used in Yoga.

**Unit-1: Introduction To Research Methodology (15 Hrs.)**

Definition Of Research; Importance Of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types Of Research : Applied Research & Basic Research; Goals Of Research: Description, Explanation, Prediction, And Control Of Behavior; Ethics Of Research: Informed Consent, Anonymity, Confidentiality, Plagiarism.

**Unit-2: Introduction To Research Process (15 Hrs.)**

Research Questions; Literature Review; Different Sources Of Information: Primary, Secondary, Tertiary Source; Electronic Databases: Google Scholar, Pubmed & Psycinfo; Hypothesis Sampling And Generalization - Population And Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias And Nonprobability Sampling: Snowball Sampling, Convenience; Types Of Biological Data (Scales Of Measurement) – Nominal, Ordinal, Interval, Ratio; Types Of variables – Independent, Dependent, Confounding Variable; Reliability & Validity.

**Unit-3: Introduction To Research Design [15 Hrs.)**

Cross-Sectional Studies And Its Advantages And Disadvantages; Cohort Studies And Its Advantages And Disadvantages; Randomized Controlled Trials And Its Advantages And Disadvantages; Factors Need To Be Considered When Designing A Study: Availability Of Data, Sampling Methods, Data Collection, Cost Of The Design, Time Implications And Loss To Followup, Controls, Ethical Issues, Issues Of Bias And Confounding.

**Unit-4: Principles And Methods Of Teaching Yoga [15 Hrs.]**

Teaching And Learning : Concepts And Relationship Between The Two; Principles Of Teaching: Levels And Phases Of Teaching Principles And Types Of



Learning, Qualities Of A Yoga Teacher, Yogic Levels Of Learning, Vidyarthi, Shishya, Mumukshu; Meaning And Scope Of Teaching Methods, And Factors Influencing Them; Sources Of Teaching Methods; Importance Of Teacher Training.

### **TEXT BOOKS**

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote ML & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

### **BOOKS FOR REFERENCE**

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
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

**Paper Name- Introduction to Upanishadas**  
**Paper Code- BA 502**

Final Exam (SEE)-70 Marks  
Internal Assesment (CT+TA)-30Marks

**Objectives:** Following the completion of this course, students shall be able to

- Understand the basic teachings of Upnishads.
- Apply the essence of Upnishads in life.

**Unit-1: Introduction To Upanishads (15 Hours):**

Etymology Of The Word Upanishad, Meaning, Place Of Upanishads In The Tradition Of Vedic Literature, Evaluation Of Upanishads, Opinions Of Various Scholars About It, Importance Of Upanishads.

**Unit-2: - (15 Hours):**

Ishavasyopanishad (Complete), Kenopanishad (Complete).

**Unit-3: - (15 Hours)**

Kathopanishad- First Chapter (First, Second, Third Valli)

**Unit-4: - (15 Hours):**

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

**Unit-5: - (15 Hours):**

Shvetashvataropanishad (Chapter 1-4) Chhandogyopanishad: Narada-Santkumar Dialogue (1-26 Vols.)

**Prescribed Text Book**

एकादशोपनिषद- डा० सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

**Supporting Book**

ईशादिनौपनिषद-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक) -गीताप्रेस, गोरखपुर

**Paper Name- Yoga Practicum**  
**Paper Code- BA-507**

Final Exam (SEE)-70 Marks  
Internal Assesment (CT+TA)-30Marks

**Objectives:** Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

**Yogasanas**

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana. Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, Ekpada Kandarasana, Dwipadakandarasana.

**Pranayama (With Antar & Bahya Kumbhaka)**

Bhastrika Pranayama., Bhramari Pranayama,

**Bandh**

Maha Bandha, Tri Bandha.

**Shatkarma**

Dhauti (Danda), Neti (Jala, Sutra), Trataka

**Practice Leading To Meditation**

Pranava and Soham Japa, Antar mouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation

**Continuous Evaluation By The Teachers**

**Paper Name - Yoga Therapy**  
**Paper Code- BA 601**

Final Exam (SEE)-70 Marks  
Internal Assessment (CT+TA)-30Marks

**Objectives:** Following The Completion Of This Course, Students Shall Be Able To

- Understand The Basic Principles Of Yoga Therapy.
- Have Knowledge Of Different Techniques Used In Yoga Therapy To Cure General Ailments.

**Unit-1 (12 Hours)**

Concept Of Health: Meaning & Definition . Yoga Therapy: Meaning, Area, Boundaries, Purpose & Principles; Major Yogic Techniques Useful In Health Protection - Shatkarma, Asana, Pranayama, Mudra, Meditation.

**Unit 2 (12 Hours)**

Concept Of Panchamahabhut, Panchkoshas And Shatchakra For Healthcare. Yoga Therapy- Rules And Precautions.

**Unit 3 (12 Hours)**

Yogic Management Of Common Diseases Including Symptoms & Causes - Respiratory Disease: Sinusitis, Breathing Problem, Asthma, Common Cold, Digestive System Diseases - Constipation, Indigestion, Ulcers, Jaundice, Colitis.

**Unit 4 (12 Hours)**

Yogic Management Of Common Diseases Including Symptoms & Causes - Circulatory System - High Blood Pressure, Low Blood Pressure, Heart Artery Blockage.

**Unit 5 (12 Hours)**

Yogic Management Of Common Diseases Including Symptoms & Causes - Endocrine Gland Related Problems, Diabetes, Thyroid, Obesity, Bone/Muscle Related, Spondylitis (Cervical And Lumbar), Arthritis, Gouts, Gynecology, Menstrual And Reproductive Diseases.

## **Reference Book**

- Yoga Sadhana & Yoga Chikitsa Rahasya: Swami Ramdev
- Ayurveda Theory Of Secrets: Acharya Balakrishna
- Yoga And Yoga Therapy: Ram Harsh Singh
- Yoga To Arogyindian Yoga Society
- Yogic Medicine Owner Kuvalayananda
- Yoga Therapy. Ishwar Bhardwaj
- Yoga And Roga, Swami Satyananda Saraswati

**Paper Name -Introduction to Naturopathy & Alternative Medicine**

**Paper Code- BA 602**

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

**Objectives:** Following the completion of this course, students shall be able to

- Understand the basic principles of Naturopathy & Alternative Medicine.
- Have knowledge of different techniques used in Naturopathy & Alternative Medicine to cure general ailments.

**Unit-1: Introduction To Naturopathy (10 Hours): -**

Meaning Of Naturopathy, Definition, Purpose, Limitations. History - Western And Indian. Need And Importance, Basic Principles Of Naturopathy. Measures To Increase Vitality.

**Unit-2: - Hydro (Water) Therapy, Soil (Mud)Therapy And Sun Therapy (15 Hours):**

Water Therapy - Importance (Including Classical References), Properties, Principles, Methods Of Water Use And Major Medical Applications.

Mud (Soil) Therapy - Importance (Including Classical Reference), Properties, Principles, Methods Of Soil Application And Major Medical Applications

Agni Tattva (Surya) Therapy - Importance (Including Classical References), Properties, Methods Of Surya Medicine And Major Medical Applications

**Unit-3: - Air (Prana) Therapy And Ether (Aakash) Therapy (15 Hours)**

Air (Prana) Therapy: - Importance Of Air (Including Classical References), Utility Of Prana As Prana, Healing Effect Of Pranayama, Applications Of Air Therapy.

Ether (Aakash)Therapy: - Meaning, Definition, Purpose, Principles And Types Of Fasting. Classical And Medical Importance Of Fasting.

**Unit-4: - Acupressure And MarmaTherapy (10 Hours):**

The Meaning, Definition, Importance, History, Major Principles And Medical Applications Of Acupressure. Meaning, Importance, History And Major Principles Of Marma Healing. Introduction To Key Marma Points. Methods Of Awakening The Marma Points, Major Applications Of Marma Therapy.

**Unit-5: - Yajnopathy (10 Hours)**

Introduction To Yajna- Interpretation, Definition, Significance (Including Classical References) Of The Word Yajna (Panch Mahayajna), Yajna Method. Concept Of Yajnopathy (Yajna As Medicine), Medical Importance And Applications, Scientific Research On Yajna Medicine.

**Prescribed Text Book**

1. Prakritik Ayurvedigyan - Dr. Rakesh Jindal
2. Acupressure - Dr. Atar Singh
3. Marma Chikitsa Vigyan - Prof. Sunil Kumar Joshi, Mrityunjay Mission.
4. Yajnopathy-Brahmavarchas, Shanti Kunj, Haridwar.

**Paper Name -Yoga Practicum**  
**Paper Code- BA-607**

Final Exam (SEE)-70 Marks  
Internal Assesment (CT+TA)-30Marks

**Objectives:** Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

**Yogasana (Advance- Purna)**

Bhujang, matsyendra, pakshi, vrischik, padm-mayura, padm-shirsh, karnapeed.  
dhanur, goraksha, chakra, omkar, natraj, shalabha.

**Dhyanatmak Asanas And Other Practices Leading To Meditation**

Sukhasan, Siddhasan, Simhasan, Bhadrasan, Swastikasan, Gaurakshasan, Vajrasan, Pranay and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3)

**Mudra**

Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

**Shatkarma**

Vastra Dhauti, Shankh-prakshalan

**Practices Leading To Meditation**

Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation

**Continuous Evaluation By The Teachers**



# **M.A. in Yoga Science**

## **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

**I. Title of the Programme** The programme shall be called "M. A. in Yoga Science"

**II. Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

**III. Objectives of the programme**

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
<b>I Year</b>										
<b>Semester I</b>										
1	MA 101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MA 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	MA 103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	MA 104	Human Biology I	3	1	0	4	20	10	70	100
5	MA 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 106	Human Biology Practicum	0	0	8	4	20	10	70	100
7	MA CE 01	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
<b>36 Hrs</b>						<b>24</b>	<b>Total</b>			<b>600</b>
<b>Semester II</b>										

1	MA 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MA 202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MA 203	Yoga Psychology	3	1	0	4	20	10	70	100
4	MA 204	Human Biology-II	3	1	0	4	20	10	70	100
5	MA 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 206	Human Biology Practicum-II	0	0	8	4	20	10	70	100
7	MA CE 02	Communicative English (Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600
II Year										
Semester – III										
1	MA 301	Methods of Teaching Yoga and Value Education	3	1	0	4	20	10	70	100
2	MA 302	Introduction to Ayurveda	3	1	0	4	20	10	70	100
3	MA 303	Research & Statistical Methods	3	1	0	4	20	10	70	100
4	MA 304	Naturopathy	3	1	0	4	20	10	70	100
5	MA 305	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 306	Naturopathy Practicum	0	0	8	4	20	10	70	100
7	MA CE 03	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600

<b>Semester- IV</b>										
1	MA 401	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
2	MA 402	Yoga Therapy	3	1	0	4	20	10	70	100
3	MA 403	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
4	MA 404	Dissertation/Field Training	3	1	0	4	20	10	70	100
5	MA 405	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 406	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100
7	MA CE 04	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
<b>36 Hrs</b>						<b>24</b>	<b>Total</b>		<b>600</b>	
<b>Total number of Credits</b>						<b>96</b>	<b>Total Marks</b>		<b>2400</b>	

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

## **Name of the Course: Fundamentals of Yoga**

### **Course Code: MA -101**

The course has been designed to improve English communication of the students.

Following the completion of this course, students shall be able to

- Introduce Yoga and its main streams.
- Become familiar with the nature of yoga in various texts of Indian knowledge tradition.
- Get acquainted with the history of yoga and its basis.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: General Introduction to Yoga (12 hours)**

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

### **Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)**

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha and Narada Bhakti Sutra, Brief

Introduction to Yoga in Jain Philosophy and Buddhist Philosophy,  
Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

### **Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)**

General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

### **Unit - 4: Major Streams of Yoga (12 hours)**

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

### **Unit - 5: Introduction to Renowned Yogis (12 hours)**

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev

### **Prescribed text book**

1. योग दर्शनम्- स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. योगके मूलभूत सिद्धांत - आचार्य बालकृष्ण जी. दिव्य प्रकाशन, पतंजलि योगपीठ.हरिद्वार
4. गीता रहस्य (निर्धारित पाठ्यांश)- लोकमान्य तिलक
5. भारत के महान योगी- विश्वनाथ मुखर्जी
6. तंत्र दर्शन - स्वामी निरंजनानंद परमहंस - पंचदश नाम अलखबाड़ा, देवघर, बिहार

7. Sharma, Chandradhar : A Critical Survey of Indian Philosophy.  
Motilal Banarasi das, Delhi,2013

### **BOOKS FOR REFERENCE:**

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
3. Hiriyanna M :Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishnak.:The Power of Yoga: SuYoga Publications Mangalore,2006
5. Swami Prabhavananda : Spiritual Heritage of India(English). Sri Ramkrishna Math, Madras,2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta,2000
7. Pandit, M.P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta,S.N. : Hindu Mysticism, Motilal Banarasi dass, Delhi1927
9. A Search in Mystic India - Paul Brunton

## **Name of the Course: Principles of Hath Yoga**

**Course Code: MA -102**

### **Course Objectives:**

Following the completion of this course, students shall be able to

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: General Introduction to Hatha Yoga (12 hours)**

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

**Prescribed Text Book - हठयोग प्रदीपिका**



## **Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)**

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

**Prescribed Text Book - हठयोग प्रदीपिका एवं घेरंड संहिता**

## **Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)**

*Pranayama* : Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita. Signs of *Hathasiddhi* (success in hathayoga).  
*Bandha* : introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

## **Unit-4: Practices of Hatha Yoga - Pratyahara, Nadanusandhana and Swarodaya Gyan (12 hours)**

*Pratyahara*, *Dharna* and *Dhyana* in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).

## **Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)**

Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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### **Prescribed text book**

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता - कैवल्यधाम, लोनावला
3. गोरक्ष संहिता - डॉ. चमनलाल गौतम (1985)
4. प्राणायाम रहस्य - स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

### **BOOKS FOR REFERENCE:**

1. Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000
4. Burley, Mikel: Hatha Yoga, its Context Theory and Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svamimarama, The Adyar Library publications, Chennai

## **Name of the Course: Introduction To Shrimad Bhagavad Geeta and Samkhyakarika**

**Course Code: MA -103**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Get acquainted with the main teachings of Samkhyakarika.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **UNIT-1: Introduction to Srimad Bhagavad Geeta and *Jnana Yoga* – Elaboration of *Atman* (Soul), *Prakriti* (Nature) and *Parmataman* (Supreme Soul) (15 hours):**

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita - Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the *Soul* (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter-9, 13, 14).

## **Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):**

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *Yajnartha Karma*, *Nishkam Karma* (Chapter-34), *Lok Sangraha* (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7,8,9,11,12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7,12) Characteristics of Devotees (Chapter-12, Verse-13-20).

## **Unit-3: - Personality, Diet and Concept of Triguna (10 hours):**

Role of diet in Yoga practice (Chapter-6), Introduction to *Trigunas* (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

## **Unit-4: Introduction to Samkhyakarika-1 (10 hours):**

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha* & *Pradhana*, discussing *Vyakta* & *Avyakta*.

## **Unit-5: Introduction to Samkhyakarika -II (10 hours):**

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

### **निर्धारित पाठ्य पुस्तक -**

1. श्रीमद्भगवद्गीता गीतामृत - योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

## 2. तत्त्व समास

### सहायक पाठ्य पुस्तक -

2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

### **BOOKS FOR REFERENCE:**

Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. doi:10.2307/40085138

Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>

**Name of the Course: Human Biology 1****Course Code: MA -104****Course Objectives:** The teaching-learning of this paper will enable learner to

1) Discuss & introduce skeletal system, muscular system, respiratory system, cardio vascular system, lymphatic & immune system with their gross anatomy & physiology

2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems in evidence based way.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1**

Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

**Unit - 2**

Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction, Yogic effect on Muscular System.

### **Unit - 3**

Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

### **Unit- 4**

Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

### **Unit- 5**

**Lymphatic system & immune system:** Lymphoid organ- Bone marrow, thymus, spleen, lymph node; Composition & function of lymph; Immunity- types of immunity, innate immunity & acquired immunity; Antigen and antibody; Auto immunity.

### **BOOKS FOR REFERENCE:**

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books

Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.

Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan. Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: Sumit Prakashan.

Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics

Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell..

Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona:

Wheatmark@ Selvarasu, K. V. (2003). Kriya Cleansing in yoga.

Tamil Nadu, India: Yoga Bharati. Tortora, G.J. & Derrickson, B.N.

(2009). Principles of anatomy and physiology-1 (14th ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14th ed.).

Hoboken, NJ: Wiley.

Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas



Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier.

Khalsa, S., Cohen, L., Call, T. & Telles, S. (2016). The principle and practice of yoga in health care.

## **Name of the Course: Yoga Practicum**

**Course Code: MA 105**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:** Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya,  
Vatkarma, Kapalbhati. -15 marks

**Asana** - 25 marks

Sukshma Vyayam (Pawan mukta Asana) -1, Yogic Jogging, 12  
Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana,  
Makarasana, Bhujangasana, Shalabhasana, Markatasana,  
Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and  
Shavasana)

Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana  
Swastikasana, Veerasana, Udarakarsansana,  
Bhadrasana, Janushirasana, Ardhamatsyendrasana,  
Gomukhasana, Ustrasana, Uttanapadasana,  
Naukasana, Sarvangasana, Halasana,  
Matsyasana, Suptavajrasana, Chakrasana,  
Tadasana, Tiryak Tadasana, Ek pada pranamasana,  
Vrikshasana, Garudasana, Hastotansana,  
Padahastasana, Trikonasana, Ardhadhanurasana,  
Marjari asana, Ardhashalabhasana, Bhujangasana,  
Makarasan, Shavasana,  
Samakonasana, Bakasana, Sarpasana, Hanumanasana,  
Sukhasana, Ardhpaddmasana, Ek Pada Halasana,  
Setubandhasana, Markatasana, Shashankaran,  
Vipreet naukasana, Dwikonasana, Parshvatanasana,  
Singhasana,

**Pranayama**

-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya,  
Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith

**Mudra & Bandha:** Jnana Mudra, Chin Mudra, Vipreet Karni Mudra,  
Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

**Viva:** Ishwar Stuti Prarthnopasana

-10 marks

**Name of the Course: Human Biology Practicum****Course Code: MA 106****Course Objectives:**

Following the completion of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Unit-1. Demonstration of Osteology & Myology (15 Hrs.)****Unit-2. Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems (15Hrs.)****Unit- 3: Demonstration of Bones and Joints (15Hrs.)****Unit-4. Demonstration of Human Skeleton (15 Hrs.)****Name of the Course: Communicative English (Non Credit)**

**Course Code: MA CE 01**

**Course Objectives:** The course has been designed to improve English communication of the students.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Communication:**

Communication definition and concept, Process of Communication. Elements of Communication steps/phase of Communication. Means, Methods, Mode of Communication. Verbal-oral-written Communication. Nonverbal-sign language, Body Language. Flow of Communication: Formal/Informal. Barriers of Communication- Intrapersonal, interpersonal and organizational barriers. Recapitulation Linguistic Communication Patter of Communication Group Discussion (GD), History of print Media in India.

**Grammar and usage:**

- i. Noun
- ii. Pronoun
- iii. Verb, modal, Tenses
- iv. Adjective
- v. Adverb
- vi. Preposition
- vii. Conjunction
- viii. Interjection
- ix. Rules of Translation
- x. Punctuation
- xi. Capitalization and Abbreviation
- xii. Subject Verb Agreement

- xiii. xiii.Sentences Correction Rules
- xiv. xiv. One word substitution
- xv. Active and Passive voice xvi.
- xvi. Direct and Indirect Speech
- xvii. Direct and Indirect Speech
  - Suffixes and prefixes
  - Antonyms and synonyms
  - Homophones and Homonyms
  - Letters Writing

Gift of the Magi-O Henry  
 ShrinivasaRamanujan  
 MuktaDhara-R.N.Tagore

### **Readings**

Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012

Pone Communicates, Few Connect:'What the Most Effective People Do Differently, haC. Maxwell, 2010

Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010

Art and Science of Communication: Tools for Effective

Communication in the place, by P. S. Perkins and Les Brown, 2008

Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

# **Semester-II**

**Name of the Course: Patanjali Yoga Darshan**

**Course Code: MA -201**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):**

Yoga Sutra : Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chitta vrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasadan* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

**Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -**

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha* , Measures of *Klesha* elimination, *Vivek Khyati* , *Chaturvyuhavaad*, the character of *Drishhta* & *Drishya* , , the form and types of samadhi - *samprajnata*,



*asamprajnata, sabij and nirvij samadhi. Ritambhara Pragma and Adhyatma Prasad.*

**Unit 3: - Vibhuti Pada - (10 hours)**

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

**Unit-4: - Kaivalya Pada (10 hours); -**

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaan chitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

**Prescribed text book**

योग दर्शनम् - स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

दर्शन प्रवेश - दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

**सहायक पुस्तक-**

भोज वृत्ति

योगदर्शनम्- गीताप्रेस

**BOOKS FOR REFERENCE**

BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

**Name of the Course: Indian Philosophy & Culture**

**Course Code: MA -202**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Indian Philosophy and its main principles.
- Become familiar with the key features of Indian Philosophy.
- Inculcate the pious essence of Indian Philosophy.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1: - Introduction to Indian Philosophy (8 hours):**

Literal Meaning and Definition of Darshan /Philosophy, Role of Philosophy in Human Life, Key Features of Indian Philosophy, Bodies of Indian Philosophy: Vedic-Non-Vedic. The three main areas of philosophy - *Jnana (Pramana) Mimamsa* (epistemology), *Tattva Mimamsa* (Meta physics), *Achar Mimamsa* (ethics).

(Prescribed text book - भारतीय दर्शन - आचार्य बलदेव उपाध्याय-Selected Text)

**Unit-2: - Introduction to Vedic Philosophy (20 hours):**

General introduction and theory (Meta Physics and Ethics)

1. Nyaya Darshan

2. Vaisheshika Darshan

3. Sankhya Darshan

4. Yoga Darshan

5. Mimamsa Darshan

6. Vedanta Darshan

(Prescribed Text Book - दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार)

**Unit-3: - Introduction to Jain, Buddhist, Charvak philosophy (20 hours):**

General Introduction and Principles (Meta Physics and Ethics)

1. Jain Darshan

2. Buddhist Darshan

3. Charvak Darshan

(Prescribed Text Book - सर्वदर्शन संग्रह-माधवाचार्य)

**Unit-4: - Introduction to Culture (12 hours):**

Literal meaning and definition of Culture. Concept and importance of Culture. General introduction to the base scriptures of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita.

(Prescribed Text Book - वैदिक साहित्य एवं संस्कृति-डा० कपिलदेव द्विवेदी)

**Unit-5: - Salient features of Indian culture - (10 hours): -**

Purushartha Chatushtaya, Ashram system, Varna system, Principle of Karma , Sixteen rites, Pancha Mahayagya, Three Debts, Co-existence - Vishwabandhutva

(Prescribed text book - धर्म दर्शन संस्कृति- डा. रूपकिशोर शास्त्री)

सहायक ग्रन्थ-

1. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय संस्कृति का इतिहास-डा) सत्यकेतु विद्यालंकार
3. वैदिक साहित्य एवं संस्कृति-कपिल देव द्विवेदी
4. मनुउपदेशः विनोबा भावे
5. Teaching yourself philosophy Indian Philosophy-Dr.R.P. Sharma
6. An outline of Indian Philosophy-M. Hiriyanna

**Name of the Course: Yoga Psychology**

**Course Code: MA -203**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Become familiar with the relation between ancient yoga & modern psychology.
- Find out the key elements of psychology in Yogic texts.
- Incorporate the techniques of yoga & psychology together to cure mental problems.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1 Introduction to Psychology (12 hours)**

Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant). Behaviour and Consciousness, states of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya).

**Unit-2 Yogic Insights on Psychological Concepts (12 hours)**

Yogic and Psychological concept of Emotion. Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

### **Unit-3 Mental Process and Behaviour (12 hours)**

Sensation and Perception (their process and affecting factors), Memory (meaning, definitions, types and affecting factors), disorder related to memory loss (amnesia Alzheimer's and their treatment), Psycho yogic methods to improve memory, Attention (meaning, types and determinants), yogic techniques to improve attention.

### **Unit-4 Intelligence and Mental Deficiency (12 hours)**

Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence), Mental deficiency: meaning and its types, causes of mental deficiency and treatment process to cure mental deficiency through Yoga.

### **Unit-5 Yogic counselling and Personality development (12 hours)**

Concept of counseling, skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

### **TEXTBOOKS**

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I. P. Yoga and Depth Psychology (Motilal Banarsi dass, Delhi, 1978)

**Name of the Course: Human Biology-II****Course Code: MA -204****Course Objectives:**

Following the completion of this course, students shall be able to

- Discuss gross anatomy and physiology of human- digestive, genitourinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of the human body in an evidence-based way.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit I Digestive System**

Anatomy-Gross and Histological, Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion -Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effects of Yoga on digestive system.

**Unit II Genitourinary System**

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Male reproductive system of human -Testis, penis,

epididymis, prostate gland; Female reproductive system of human- ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Effect of Yoga on Genitourinary system.

### **Unit III Nervous System**

Gross anatomy of NS; Structure, types and properties of neurons and nerves; Action potential-generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) - Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS-Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on NS.

### **UNIT IV**

Glandular System: Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.

### **Unit V**

**Special Senses:** Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose-Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

### **BOOKS FOR REFERENCE**

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books <sup>TM</sup>



Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas

Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.

Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.

Gupta, A.P. (2011). Human anatomy and pshysiology. Agra, India: Sumit Prakashan.

Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11<sup>th</sup> ed.). Pennsylvania: Elseveir.

Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics

Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.

Malshe, P. C. (2012). A Medical Understanding of Yoga (20d ed.). Haridwar, India: Antar Prakash Center for Yoga.

McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell..

Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark

Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-I(14\* ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14h ed.). Hoboken, NJ: Wiley.

Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (116 ed.). London. Fleevier

## **Name of the Course: Yoga Practicum**

**Course Code: MA 205**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

### **Shatkarma:**

-15 marks

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhathi and all the practices described in MA 105.

### **Aasana :**

-20 marks

Utkatasan, Paschimottan, Chakrasana,

Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana,

Hasta Padangushtha, Parvatasana, Akaranadhanurasan Bhunamansan  
Baddha Padmasana, Konasana, Ashtavakra, Vayatanasana,

Tulsan, Vyaghrasana, Gupta Padam, Garbhaasana, Tiriyak  
bhujangasana, Sarpasana, Ardha Chandrasana, Parivritta  
Janushirasana, Sankat aasana

**Pranayama:**

-10 marks

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, Aabhyantar Vritti and all practices of MA-105.

**Mudra and Bandha**

- 10 marks

Shambhavi, Tadagi, Kaki Mudra and Mahabandha

Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

**Mantra & Meditation:**

- 10 marks

*Devyajna Mantras*- Meaning, Memorization & Recitation

**Viva:**

- 5 marks

## **Name of the Course: Human Biology Practicum-II**

**Course Code: MA 206**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Unit-1: Demonstration of organs and viscera, digestive and urinary system (15 Hrs.)**

**Unit-2: Demonstration of nerve cell, nerve/tract, brain and spinal cord [15Hrs.)**

**Unit-3: Demonstration of gross sites, structures of endocrine glands (15 Hrs.)**

**Unit-4: Demonstration of gross structures of human ear, eye and nose (15 Hrs.)**

**Name of the Course: Communicative English (Non Credit)**

**Course Code: MA CE 02**

**Course Objectives:** The course has been designed to improve English communication of the students.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Communication:

- i. Recapitulation
- ii. Face to Face Communication
- iii. Telephonic Conversation
- iv. Reading Techniques
- V. Letter writing
- vi. Creative Writing
- vii. Accent
- viii. Stress
- ix. Rhythm
- X. Intonation
- xi. Seeking Introduction/Introduce oneself
- xii. Making Enquires
- xiii. Asking Questions and Discussion

Literature

- i. The Kite Maker by Ruskin Bond
- ii. RabindraNath Tagore-Chandalika
- iii. Autumn by Kalidasa(Translated by Arthur W.Ryoler)
- iv. While the Auto Waits O Henry(Adapted for the stage by walterwykes)
- v. The Loss by Anjali Shukla.

## suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Crucial Conversations Tools for Talking When Stakes Are High, by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler, 2011
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009
- The Art and Science of Communication: Tools for Effective Communication in the Workplace, by P.S. Perkins and Les Brown, 2008

# **Semester-III**



## **Name of the Course: Methods of Teaching Yoga and Value Education**

**Course Code: MA -301**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the teaching techniques of yoga
- Understand and conduct class management and lesson planning
- Use educational tools of yoga teaching.
- Inculcate the concept & essence of yoga education and values.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA (12 hours)**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Qualities of an ideal Yoga teacher; Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods; Role and importance of Yoga Teachers and Teacher training.

### **Unit 2: BASICS OF YOGA CLASS MANAGEMENT (12 hours)**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of

Individualized Teaching, Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

### **Unit 3: LESSON PLANNING IN YOGA (12 hours)**

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.

### **Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING (12 hours)**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good yoga teaching; Timetable : Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

### **Unit5: YOGA AND VALUE EDUCATION (12 hours)**

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values.

## **TEXTBOOKS**

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.

## **BOOKS FOR REFERENCE**

1. Dr. Gharote ML: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. 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
3. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi
4. Duggal, Satyapad: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagarathna R: New Perspectives in Stress Management, V.K. Yogas, 1988.
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E. N.: Value Oriented Education, Sarup & Sons, New Delhi-110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr. R. Nagarathna & Dr. H. R. Nagendra : Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 20

## **Name of the Course: Introduction to Ayurveda**

**Course Code: MA -302**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit – 1**

**(10 hours)**

Ayurveda: Origin, Meaning, Definition, Purpose, History and Principles of Diagnosis and Testing.

### **Unit-2**

**(20 hours)**

*Dosha*: Meaning, definition, types, functions and results of deformity;  
*Dhatu*: Meaning, definition, types, and results of deformity;  
*Updhatu*: Meaning, definition, types, functions and results of deformity;  
*Mala*: Meaning, definition, types, functions and results of deformity;  
*Srotas*: meaning, definition, type and functions;  
*Indriyas*: meaning, definition, types and functions;

*Agni*: meaning, definition, types and functions; *Prana*: meaning, definition, types, place and functions; *Prakriti*: meaning, definition, characteristics and its disorders; *Deha- prakriti*: meaning, definition, types and recognition; *Manas Prakriti*: meaning, definition, types and recognition.

### **Unit-III**

**(10 hours)**

General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain(carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

### **Unit-IV**

**(10 hours)**

Panchakarma (Pre-Karma, Pradhan Karma and Post-Karma):  
Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.

### **Unit-V**

**(10 hours)**

Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

### **BOOKS FOR REFERENCE:**

आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण

आयुर्वेद जड़ी-बूटी रहस्य- आचार्य बालकृष्ण

आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़

स्वस्थवृत्त - डॉ० रामहर्ष सिंह

**Basic Principles of Ayurveda- K. Lakshmipati**

**Name of the Course: Research & Statistical Methods****Course Code: MA -303****Course Objectives:**

Following the completion of this course, students shall be able to

- State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**UNIT 1****(12 hours)**

Scientific Research: Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga; Research Problem: Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem; Hypothesis: Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing; Sampling: Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.

## **UNIT 2**

**(12 hours)**

Variable: Concept, Types (Independent, Dependent, Extraneous, Intervening and moderating) and Practice for identification of variables in different research problems Research Design: Concept, Characteristics of Good research Design, Types: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed; Methods of Controlling Extraneous Variance: Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

## **UNIT 3**

**(12 hours)**

Statistics: Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph); Measures of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data; Measure of Dispersion: Concept and computation of Range, Quartiles and Standard Deviation.

## **UNIT 4**

**(12 hours)**

Normal Distribution: Concept, Proportions, and Applications of Normal Distribution; Simple Correlation: Concept and computation of correlation coefficient by product moment method, coefficient of Determination; Simple Regression: Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

## **UNIT 5**

**(12 hours)**

Hypothesis Testing: Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference; T - test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses); ANOVAs: Concept and Computation of

one way ANOVA in unrelated design and related designs; Chi-Square Test: Concept and Computation in different cases; using SPSS for data analysis, T-test, Descriptive measures, ANOVA, Corelation & Regression.

## **BOOKS FOR REFERENCE**

Bryman, A. (2008). Social Research Method (3rd ed.). Oxford: Oxford University Press.

Singh, A. K. (1986). Test, Measurement and Research Methods in Behavioral Sciences. New Delhi, India: Mc Graw Hill.

Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Sur' Publications.

Singh, A. K. (2001). Research Methods in Psychology, Sociology and Education (4th ed). Delhi, India: Motilal Banarasidas,

Maylor, H. & Blackmon, K. (2005). Researching Business and Management. New York, NY: Palgrave Macmillan,

Garrett. H.E. (1988). Statistics in Psychology and Education. Bombay, India: Vikils, Feiffer & Semen's Ltd..

Suleman, M. (2005). Methods in Psychology, Sociology and Education ( 3<sup>rd</sup> ed). Patna, India: General Book Agency

Kothari, C. R. (2011). Research Methodology: Methods and Techniques (2nd ed) New Delhi, India: New Age International private limited Publishers.

Ruxton, G. D. and Colegrave, N. (2003). Experimental Design for Life Science. Oxford: Oxford University Press.

Mohsin, S.M. (1981). Research Methods in Behavioral Sciences. Calcutta, India: Orient Longman.



Kumar, R. (2011). Research Methodology (2<sup>nd</sup> ed). Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.

Breakwell, G. M., Hammon, S. Fife-Shaw, C., & Smith, J. (2006). Research methods in psychology (3<sup>rd</sup> ed). London: Sage.

Haslam S. A., & Mc Garty. (2003). Research methods and statistics in psychology (3<sup>rd</sup> ed) London: Sage.

**Name of the Course: Naturopathy**

**Course Code: MA -304**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the basic principles and streams of Naturopathy.
- Have knowledge of different techniques used in Naturopathy to cure general ailments.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1: - Introduction to Naturopathy (10 hours):**

Meaning, Definition, Purpose & Limitations of Naturopathy; History of Naturopathy - Western and Indian; Mahatma Gandhi's contribution to the promotion of Naturopathy; the difference between Naturopathy and Allopathic medicine, Need and importance of Naturopathy in the present age; Basic principles of Naturopathy. Measures to increase Vitality.

**Unit-2: - Hydro (Water) therapy and Mud therapy (15 hours):**

Water (Hydro) therapy - importance (including classical references), properties, principles, methods of using water as medicine and major medical applications. Mud (earth, soil) therapy - importance (including classical references), properties, principles, methods of soil application and major medical applications.

### **Unit-3: - Solar therapy, Air therapy (15 hours)**

Fire element (Surya/ solar) therapy- Importance (including classical references), properties, methods of Surya therapy and major medical applications; Air therapy- Significance of air, Importance of air as prana (including classical references), Health benefits of pranayama, Applications of air therapy.

### **Unit-4 Fasting (Aakash Tattva) Medicine (10 Hours):**

Akash Tattva (fasting) therapy: - Meaning, definition, purpose, principles and types of fasting. Classical and medical importance of fasting, and precautions. Scientific research on fasting. Abhyang (massage) - Meaning, definition, purpose, history, type (scientific and Ayurvedic), benefits, various methods, physiological effects, health enhancement and medical use, precautions.

### **Unit-5: - Nature Cure of various diseases (10 hours):**

Management of major diseases by Naturopathy - Backache, Epilepsy, Insomnia, Ulcers, Obesity, Arthritis, Psoriasis, Asthma, Pneumonia, Hyper/Hypotension, Hyper/hypothyroidism, cold , impotence, diabetes, depression, anxiety, menstrual problems and migraine.

Prescribed text book

1. प्राकृतिक आर्युविज्ञान-डा० राकेश जिन्दल,
2. प्राकृतिक चिकित्सा एवं योग- डा० नागेन्द्र नीरज

## **Name of the Course: Yoga Practicum**

**Course Code: MA 305**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:** -15 marks

Dand, Dhauti, Nauli, Trataka, Vastra Dhauti and all the exercises of the first & second semester.

**Posture:** -25 marks

Padma Sarvangasana, Mayurasana, Shirshasana, Ek paad skandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasan, Padmabakasan, Ek Paad Rajakapotasan, Purna Ustrasana

Including all aasanas of 1<sup>st</sup> and 2<sup>nd</sup> semesters.

**Pranayama:** -10 marks

Bhramari, Bhastrika, Stambhavritti and all the practices of former semesters.

**Mudras and Bandhas:**

-10 marks

*Khechari* Mudra, *Mahavedha* Mudra, *Maha* Mudra, *Maha Bandha* and all the practices of the former semesters

**Viva**

-10 points

-*Brahmayagya* and *Swastivachan Mantra* - Meaning, Memorization & Recitation).

## **Name of the Course: Naturopathy Practicum**

**Course Code: MA 306**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of undermentioned Naturopathy practices.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

### **Practical File**

-10 marks

(The practical file will be prepared under guidance of faculty concerned.)

### **Forms of water therapy:**

-20 marks

(Jalpaan, natural bath, simple and friction bath, Hip bath/kati snan, Mehan Snan, steam bath, spine bath, hot foot bath, full body wet bandage, chest, abdomen, throat and limbs wet bandages/packs, sponges, Anima) 's methods, benefits, precautions, health enhancements and various uses and contra-indications for prevention of diseases.

### **Different methods of massage:**

-10 marks

general, friction, slap, rub, shake, vibration, speaking, caressing, shaking, rhythm, muck, pinch etc. with their physiological effects.

### **Naturopathy for common diseases-**

-10 marks

Backache, Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes, Depression, Anxiety, Ovarian systs, Menstrual problems, Smoking & Alcoholism, Migraine ,

**Viva**

- 20 marks

**Name of the Course: Communicative English (Non Credit)**

**Course Code: MA CE 03**

**Course Objectives:** The course has been designed to improve English communication of the students.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Communication**

- i. Writing Process
  - ii. Personal narrative
  - iii. How to Essay
  - iv. Persuasive Essay
  - V. Advantages and Disadvantages Essay
  - vi. Descriptive Writing
  - Vii Using figurative Language
  - viii. Study skills
    - Improving study habits
    - Evaluating Graphs and Diagrams
  - ix. Reading Comprehension
  - X. Listening Comprehension
  - xi. Listening to record speech
  - xii. Part of Speech
  - xiii. Article Writing
  - xiv. Note making
  - XV. Idioms
  - xvi. Picture Composition
- Interview, Training:-Group discussion/Telephonic Interview  
HR/CV/Resume.

### **Literature**



- i. Nissim Ezekiel-Enterprise
- ii. The Indigo Terror by Satyajit Ray.
- ii. My Elder Brother-Premchand.

### **Suggested Readings**

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Mastering Communication at Work: How to Lead, Manage, and Influence, by Ethan F. Becker and Jon Wortmann, 2009
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009

# **Semester- IV**

**Name of the Course: Hygiene, Diet & Nutrition****Course Code: MA-401****Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1: Basic concepts and components of food and nutrition (12 hours)**

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

**Unit-2: Food groups (12 hours)**

Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value;

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

### **Unit-3: Food and metabolism**

**(12 hours)**

Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity:

### **Unit - IV: Yogic concept of diet & nutrition**

**(12 hours)**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

### **Unit-V: Swasthavritta**

**(12 hours)**

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar(Diet), Nidra(Sleep), Brahmacharya(Celibacy). Dinicharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Seasonwise Do's and Don'ts ; Application of Dinicharya, Ratricharya and Ritucharya for health promotion, rejuvenation. disease prevention and age reversal. Concept of Sadwritta evam Achar Rasayana.

## **TEXT BOOKS**

- आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण
- आयुर्वेद जड़ी-बूटी रहस्य- आचार्य बालकृष्ण
- आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़
- स्वस्थवृत्त - डॉ० रामहर्ष सिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

## **BOOKS FOR REFERENCE**

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

## **Name of the Course: Yoga Therapy**

**Course Code: MA-402**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
  - a) to confirm the diagnosis,
  - b) to assess the present status of the disease, and
  - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

For each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

## **Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)**

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexuses and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

## **Unit-2: Musculo-Skeletal Disorders (12 hours)**

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

## **Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

## **Unit- 4: Cardio-Pulmonary Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma , COPD & Emphysema- Occupational pulmonary disease.

### **Unit-5: Neurological and Psychiatric Disorders (12 hours)**

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

### **TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001



3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

## **REFERENCE BOOKS**

1. Shivanand Saraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

**Name of the Course: Complementary & Alternative Therapy (CAT)**

**Course Code: MA-403**

**Course Objectives:**

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**UNIT 1 (12hours)**

**CAT:** History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era- Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

**UNIT 2 (12 hours)**

**Manipulative-Body Based Therapy (MBT):** Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles,

Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

### **UNIT 3**

**(12 hours)**

**Energy Medicine:** History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

### **UNIT 4**

**(12 hours)**

**Acupressure & Pranic Therapeutics:** Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

### **UNIT 5**

**(12 hours)**

**Biologically Based Products (Dietary Supplements & Herbal Remedies)** Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; **Panchgavya** (Indigenous Cow urine, dung, milk, curd, ghee) : Importance & uses in disease prevention & health promotion.

## REFERENCES

- Acharya, B. (2004). Ausadh Darshan Haridwar, India: Divya Prakashan.
- Acharya, B. (2005). Ayurveda Jadi-butl Rahasya. Haridwar, India: Divya Prakashan.
- Brahmabarchas. (2003). Nidan Chititsa. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21<sup>st</sup> ed.). China: Churchill Livingstone, Elsevier.
- Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
- Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5<sup>th</sup> ed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
- Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan
- Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.

Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.

**Name of the Course: Dissertation/Field Training**

**Course Code: MA-404**

**Course Objectives:**

- Demonstrate the yoga practices specific to a particular ailment confidently.
- Gain more practical knowledge about the disease specific yoga techniques.

<b>Total number of hours 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week				8
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory :</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		100		

An aptitude test will be conducted to select eligible candidates at the end of MA- 3<sup>rd</sup> Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (securing marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

**Instructions:**

During field training students are expected to carry out the following tasks.

- Involve themselves during practical session.
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

**Note:** Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

**Examination:** Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

## **Name of the Course: Yoga Practicum**

**Course Code: MA 405**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatakarma:** Dand dhauti, Vastr dhauti, Nauli, Trataka. -10 marks

**Aasana:** -30marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana,

Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.



**Pranayama –**

10 marks

Udgeeth , Moorchha.

**Dhyana & Viva:** Vijnanamaya & Anandamaya kosha - 20marks

## **Name of the Course: Complementary & Alternative Therapy Practicum**

**Course Code: MA 406**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Acupressure – 15 marks

Pranic Healing – 15 marks

Acupressure and Pranic Healing Treatment methods

of Health problems described in MA-403 -30 marks

Dietary Supplements & Herbal Remedies - 10 marks

*Note: Micro contents & format of Practical on aforesaid contents will be worked out in consultation with concerned Professor*

**Name of the Course: Communicative English (Non Credit)**

**Course Code: MA CE 04**

**Course Objectives:** The course has been designed to improve English communication of the students.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Communication:**

Writing an analysis

Analysis a Critical Review

Vocabulary

Interview Training Program

Group discussion

Personal Interview

Telephonic Interview

CV Resume.

Personality Development/Presentation

Debate Writing

Note Making

Letter Writing(Letter to Editor)

Picture Composition

Reading Comprehension

**Literature**

i. The PardahNashin-Sarojini Naidu

ii. Necklace-Guy de Maupassant

iii.The Patriot by Rabindranath Tagore

iv.The Drought-Sarat Chandra Chatterjee

vi. The Malcfactor-Anton Chekov

## **Suggested Readings**

- Messages, The Communication Skills Book, by Millthew Mckay. Martha Davis Parich Bannung 2009
- Communication The Key to Effective leadership, by Judith A Billy 2009
- The Art and Science of Communication Tools for effective communication in the Workplace, by P S. Perkins and les Brown, 2008
- The Power of Communication Skills to Build Trust, Inspire Loyalty, and Lead Effectively by Helio fred Garcia, 2012
- Formal Conversations :Tools for Talking When Stakes Are High by Kerry Patterson

# **Post Graduate Diploma in Yoga Science**

## **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

**I. Title of the Programme** The programme shall be called " Post Graduate Diploma in Yoga Science ”

**II. Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

**III. Objectives of the programme**

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

#### IV. Duration

Duration of the course will be 1 year (2 semesters)

#### Scheme of Teaching & Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	YS101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	YS 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	YS 103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	YS 104	Human Biology	3	1	0	4	20	10	70	100
5	YS 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	YS 106	Human Biology Practicum	0	0	8	4	20	10	70	100
7	YS CE 01	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600

<b>Semester II</b>										
1	YS 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	YS 202	Yoga Therapy	3	1	0	4	20	10	70	100
3	YS 203	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
4	YS 204	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
5	YS 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	YS 206	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100
7	YS CE 02	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
<b>36 Hrs</b>						<b>24</b>	<b>Total</b>		<b>600</b>	
<b>Total number of Credits</b>						<b>48</b>	<b>Total Marks</b>		<b>1200</b>	

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

**Name of the Course: Fundamentals of Yoga**

**Course Code: YS -101**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Yoga and its main streams.
- Become familiar with the nature of yoga in various texts of Indian knowledge tradition.
- Get acquainted with the history of yoga and its basis.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: General Introduction to Yoga (12 hours)**

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

### **Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)**

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

### **Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)**



General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

#### **Unit - 4: Major Streams of Yoga (12 hours)**

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

#### **Unit - 5: Introduction to Renowned Yogis (12 hours)**

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev

#### **Prescribed text book**

1. योग दर्शनम- स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. योगके मूलभूत सिद्धांत - आचार्य बालकृष्ण जी. दिव्य प्रकाशन, पतंजलि योगपीठ.हरिद्वार
4. गीता रहस्य (निर्धारित पाठ्यांश)- लोकमान्य तिलक
5. भारत के महान योगी- विश्वनाथ मुखर्जी
6. तंत्र दर्शन - स्वामी निरंजनानंद परमहंस - पंचदश नाम अलखबाड़ा, देवघर, बिहार
7. Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasi das, Delhi,2013

## **BOOKS FOR REFERENCE:**

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
3. Hiriyanna M :Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishnak.:The Power of Yoga: SuYoga Publications Mangalore,2006
5. Swami Prabhavananda : Spiritual Heritage of India(English). Sri Ramkrishna Math, Madras,2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta,2000
7. Pandit, M.P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta,S.N. : Hindu Mysticism, Motilal Banarasi dass, Delhi1927
9. A Search in Mystic India - Paul Brunton

## **Name of the Course: Principles of Hath Yoga**

**Course Code: YS -102**

### **Course Objectives:**

Following the completion of this course, students shall be able to

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: General Introduction to Hatha Yoga (12 hours)**

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

**Prescribed Text Book - हठयोग प्रदीपिका**

## **Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)**

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

**Prescribed Text Book - हठयोग प्रदीपिका एवं घेरंड संहिता**

## **Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)**

*Pranayama* : Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita. Signs of *Hathasiddhi* (success in hathayoga).  
*Bandha* : introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

## **Unit-4: Practices of Hatha Yoga - Pratyahara, Nadanusandhana and Swarodaya Gyan (12 hours)**

*Pratyahara*, *Dharna* and *Dhyana* in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).

## **Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)**

Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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### **Prescribed text book**

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता - कैवल्यधाम, लोनावला
3. गोरक्ष संहिता - डॉ. चमनलाल गौतम (1985)
4. प्राणायाम रहस्य - स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

### **BOOKS FOR REFERENCE:**

1. Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Burley, Mikel: Hatha Yoga, its Context Theory and Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svamimarama, The Adyar Library publications, Chennai

## **Name of the Course: Introduction To Shrimad Bhagavad Geeta and Samkhyakarika**

**Course Code: YS -103**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Get acquainted with the main teachings of Samkhyakarika.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **UNIT-1: Introduction to Srimad Bhagavad Geeta and *Jnana Yoga* – Elaboration of *Atman* (Soul), *Prakriti* (Nature) and *Parmataman* (Supreme Soul) (15 hours):**

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita - Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the *Soul* (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter-9, 13, 14).

## **Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):**

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *Yajnartha Karma*, *Nishkam Karma* (Chapter-34), *Lok Sangraha* (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7,8,9,11,12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7,12) Characteristics of Devotees (Chapter-12, Verse-13-20).

## **Unit-3: - Personality, Diet and Concept of Triguna (10 hours):**

Role of diet in Yoga practice (Chapter-6), Introduction to *Trigunas* (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

## **Unit-4: Introduction to Samkhyakarika-1 (10 hours):**

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha* & *Pradhana*, discussing *Vyakta* & *Avyakta*.

## **Unit-5: Introduction to Samkhyakarika -II (10 hours):**

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

### **निर्धारित पाठ्य पुस्तक -**

1. श्रीमद्भगवद्गीता गीतामृत - योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

## 2. तत्त्व समास

### सहायक पाठ्य पुस्तक -

2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

### **BOOKS FOR REFERENCE:**

Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. doi:10.2307/40085138

Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>



**Name of the Course: Human Biology**

**Course Code: YS -104**

**Course Objectives:** The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce main human body systems.
- 2) Discuss anatomical & physiological effects of selected yoga practices on human body systems in evidence based way.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1: Introduction to Human Body, Digestive and Excretory System**

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, -urinary bladder, Urethra; Skin and sweat gland.

## **Unit-2: Musculo-Skeletal System**

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.

## **Unit-3: Cardiovascular System, Respiratory System, Blood And Lymphatic System**

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles - RBC, WBC and Platelets; Plasma, hemoglobin - coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

## **Unit-4: Nervous System & Special Senses**

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic); Functional anatomy and physiology of Eyes, ears, nose, tongue and skin;

## **Unit 5: Reproductive System and Endocrine System**

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation. Anatomical structure of important endocrine glands (Pituitary, thyroid,

parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

## **REFERENCES**

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
- Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan
- Gupta, A.P. (2011). Human anatomy and pshysiology. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11'h ed.). Pennsytvania: Elseveir.
- Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
- Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- Malshe, P. C. (2005). Yoga for doctors. Haridwar, India: Antar Prakash Center for Yoga
- McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell..
- Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark

Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-1 (14" ed.). Hoboken, NJ:Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14" ed.). Hoboken,NJ: Wiley.

Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier

## **Name of the Course: Yoga Practicum**

**Course Code: YS 105**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:** Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya,  
Vatkarma, Kapalbhati. -15 marks

**Asana** - 25 marks

Sukshma Vyayam (Pawan mukta Asana) -1, Yogic Jogging, 12  
Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana,  
Makarasana, Bhujangasana, Shalabhasana, Markatasana,  
Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and  
Shavasana)

Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana  
Swastikasana, Veerasana, Udarakarsansana,  
Bhadrasana, Janushirasana, Ardhamatsyendrasana,  
Gomukhasana, Ustrasana, Uttanapadasana,  
Naukasana, Sarvangasana, Halasana,  
Matsyasana, Suptavajrasana, Chakrasana,  
Tadasana, Tiryak Tadasana, Ek pada pranamasana,  
Vrikshasana, Garudasana, Hastotansana,  
Padahastasana, Trikonasana, Ardhadhanurasana,  
Marjari asana, Ardhashalabhasana, Bhujangasana,  
Makarasan, Shavasana,  
Samakonasana, Bakasana, Sarpasana, Hanumanasana,  
Sukhasana, Ardhpadmasana, Ek Pada Halasana,  
Setubandhasana, Markatasana, Shashankaran,  
Vipreet naukasana, Dwikonasana, Parshvatanasana,  
Singhasana,

**Pranayama**

-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya,  
Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith

**Mudra & Bandha:** Jnana Mudra, Chin Mudra, Vipreet Karni Mudra,  
Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

**Viva:** Ishwar Stuti Prarthnopasana

-10 marks

## **Name of the Course: Human Biology Practicum**

**Course Code: YS 106**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Unit-1. Demonstration of Osteology & Myology (15 Hrs.)**

**Unit-2. Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems (15Hrs.)**

**Unit- 3: Demonstration of Bones and Joints (15Hrs.)**

**Unit-4. Demonstration of Human Skeleton (15 Hrs.)**

**Name of the Course: Communicative English (Non Credit)**

**Course Code: YS CE 01**

**Course Objectives:** The course has been designed to improve English communication of the students.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Communication:**

Communication definition and concept, Process of Communication. Elements of Communication steps/phase of Communication. Means, Methods, Mode of Communication. Verbal-oral-written Communication. Nonverbal-sign language, Body Language. Flow of Communication: Formal/Informal. Barriers of Communication- Intrapersonal, interpersonal and organizational barriers. Recapitulation Linguistic Communication Patter of Communication Group Discussion (GD), History of print Media in India.

**Grammar and usage:**

- i. Noun
- ii. Pronoun
- iii. Verb, modal, Tenses
- iv. Adjective
- v. Adverb
- vi. Preposition
- vii. Conjunction
- viii. Interjection
- ix. Rules of Translation
- x. Punctuation



- xi. xi. Capitalization and Abbreviation
- xii. xii. Subject Verb Agreement
- xiii. xiii. Sentences Correction Rules
- xiv. xiv. One word substitution
- xv. Active and Passive voice xvi.
- xvi. Direct and Indirect Speech
- xvii. Direct and Indirect Speech
- Suffixes and prefixes
- Antonyms and synonyms
- Homophones and Homonyms
- Letters Writing

Gift of the Magi-O Henry  
 ShrinivasaRamanujan  
 MuktaDhara-R.N.Tagore

## **Readings**

Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012

Pone Communicates, Few Connect: 'What the Most Effective People Do Differently, haC. Maxwell, 2010

Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010

Art and Science of Communication: Tools for Effective

Communication in the place, by P. S. Perkins and Les Brown, 2008

Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

# **Semester-II**

**Name of the Course: Patanjali Yoga Darshan**

**Course Code: YS -201**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):**

Yoga Sutra : Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chitta vrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasadan* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

**Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -**

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha* , Measures of *Klesha* elimination, *Vivek Khyati* , *Chaturvyuhavaad*, the character of *Drishhta* & *Drishya* , , the form and types of samadhi - *samprajnata*,

*asamprajnata, sabij and nirvij samadhi. Ritambhara Pragma and Adhyatma Prasad.*

**Unit 3: - Vibhuti Pada - (10 hours)**

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

**Unit-4: - Kaivalya Pada (10 hours); -**

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaan chitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

**Prescribed text book**

योग दर्शनम् - स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

दर्शन प्रवेश - दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

**सहायक पुस्तक-**

भोज वृत्ति

योगदर्शनम्- गीताप्रेस

**BOOKS FOR REFERENCE**

BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

## **Name of the Course: Yoga Therapy**

**Course Code: YS 202**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
  - a) to confirm the diagnosis,
  - b) to assess the present status of the disease, and
  - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

For each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

## **Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)**

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexuses and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

## **Unit-2: Musculo-Skeletal Disorders (12 hours)**

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

## **Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

## **Unit- 4: Cardio-Pulmonary Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma , COPD & Emphysema- Occupational pulmonary disease.

### **Unit-5: Neurological and Psychiatric Disorders (12 hours)**

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

### **TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

## **Name of the Course: Hygiene, Diet & Nutrition**

**Course Code: YS 203**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: Basic concepts and components of food and nutrition (12 hours)**

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

### **Unit-2: Food groups (12 hours)**

Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value;



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

### **Unit-3: Food and metabolism**

**(12 hours)**

Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity:

### **Unit - IV: Yogic concept of diet & nutrition**

**(12 hours)**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

### **Unit-V: Swasthavritta**

**(12 hours)**

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar(Diet), Nidra(Sleep), Brahmacharya(Celibacy). Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Seasonwise Do's and Don'ts ; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation. disease prevention and age reversal. Concept of Sadwritta evam Achar Rasayana.

## **TEXT BOOKS**

- आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण
- आयुर्वेद जड़ी-बूटी रहस्य- आचार्य बालकृष्ण
- आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़
- स्वस्थवृत्त - डॉ० रामहर्ष सिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

## **BOOKS FOR REFERENCE**

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

**Name of the Course: Complementary & Alternative Therapy (CAT)**

**Course Code: YS 204**

**Course Objectives:**

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**UNIT 1 (12hours)**

**CAT:** History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era- Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

**UNIT 2 (12 hours)**

**Manipulative-Body Based Therapy (MBT):** Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles,

Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

### **UNIT 3**

**(12 hours)**

**Energy Medicine:** History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

### **UNIT 4**

**(12 hours)**

**Acupressure & Pranic Therapeutics:** Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

### **UNIT 5**

**(12 hours)**

**Biologically Based Products (Dietary Supplements & Herbal Remedies)** Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; **Panchgavya** (Indigenous Cow urine, dung, milk, curd, ghee) : Importance & uses in disease prevention & health promotion.

## REFERENCES

- Acharya, B. (2004). Ausadh Darshan Haridwar, India: Divya Prakashan.
- Acharya, B. (2005). Ayurveda Jadi-butl Rahasya. Haridwar, India: Divya Prakashan.
- Brahmabarchas. (2003). Nidan Chititsa. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21<sup>st</sup> ed.). China: Churchill Livingstone, Elsevier.
- Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
- Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5<sup>th</sup> ed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
- Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan
- Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.

Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.

## **Name of the Course: Yoga Practicum**

**Course Code: YS 205**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatakarma:** Dand dhauti, Vastr dhauti, Nauli, Trataka. -10 marks

**Aasana:** -30marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana,

Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

**Pranayama –**

10 marks

Udgeeth , Moorchha.

**Dhyana & Viva:** Vijnanamaya & Anandamaya kosha - 20marks



## **Name of the Course: Complementary & Alternative Therapy Practicum**

**Course Code: YS 206**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Acupressure – 15 marks

Pranic Healing – 15 marks

Acupressure and Pranic Healing Treatment methods

of Health problems described in MA-403 -30 marks

Dietary Supplements & Herbal Remedies - 10 marks

*Note: Micro contents & format of Practical on aforesaid contents will be worked out in consultation with concerned*

**Name of the Course: Communicative English (Non Credit)**

**Course Code: YS CE 02**

**Course Objectives:** The course has been designed to improve English communication of the students.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Communication:

- i. Recapitulation
- ii. Face to Face Communication
- iii. Telephonic Conversation
- iv. Reading Techniques
- V. Letter writing
- vi. Creative Writing
- vii. Accent
- viii. Stress
- ix. Rhythm
- X. Intonation
- xi. Seeking Introduction/Introduce oneself
- xii. Making Enquires
- xiii. Asking Questions and Discussion

Literature

- i. The Kite Maker by Ruskin Bond
- ii. RabindraNath Tagore-Chandalika
- iii. Autumn by Kalidasa(Translated by Arthur W.Ryoler)
- iv. While the Auto Waits O Henry(Adapted for the stage by walterwykes)
- v. The Loss by Anjali Shukla.

## suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Crucial Conversations Tools for Talking When Stakes Are High, by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler, 2011
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009
- The Art and Science of Communication: Tools for Effective Communication in the Workplace, by P.S. Perkins and Les Brown, 2008

# **Post Graduate Diploma in Yoga Health & Cultural Tourism**

## **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

**I. Title of the Programme** The programme shall be called "Post Graduate Diploma in Yoga Health & Cultural Tourism"

**II. Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & tourism fields"

**III. Objectives of the programme**

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

#### IV. Duration

Duration of the course will be 1 year (2 semesters)

#### Scheme of Teaching & Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	YH101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	YH 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	YH 103	Tourism 1								
4	YH 104	Tourism 2								
3	YH 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	YH 106	Tourism Practicum	0	0	8	4	20	10	70	100
32 Hrs						24	Total			600

<b>Semester II</b>										
1	YH 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	YH 202	Yoga Therapy	3	1	0	4	20	10	70	100
3	YH 203	Tourism 1	3	1	0	4	20	10	70	100
4	YH 204	Tourism 2	3	1	0	4	20	10	70	100
5	YH 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	YH 206	Tourism Practicum	0	0	8	4	20	10	70	100
<b>32 Hrs</b>						<b>24</b>	<b>Total</b>		<b>600</b>	
<b>Total number of Credits</b>						<b>48</b>	<b>Total Marks</b>		<b>1200</b>	

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

**Name of the Course: Fundamentals of Yoga****Course Code: YH -101****Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Yoga and its main streams.
- Become familiar with the nature of yoga in various texts of Indian knowledge tradition.
- Get acquainted with the history of yoga and its basis.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit-1: General Introduction to Yoga (12 hours)**

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

**Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)**

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha and Narada Bhakti Sutra, Brief

Introduction to Yoga in Jain Philosophy and Buddhist Philosophy,  
Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

### **Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)**

General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

### **Unit - 4: Major Streams of Yoga (12 hours)**

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

### **Unit - 5: Introduction to Renowned Yogis (12 hours)**

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev

### **Prescribed text book**

1. योग दर्शनम्- स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. योगके मूलभूत सिद्धांत - आचार्य बालकृष्ण जी. दिव्य प्रकाशन, पतंजलि योगपीठ.हरिद्वार
4. गीता रहस्य (निर्धारित पाठ्यांश)- लोकमान्य तिलक
5. भारत के महान योगी- विश्वनाथ मुखर्जी
6. तंत्र दर्शन - स्वामी निरंजनानंद परमहंस - पंचदश नाम अलखबाड़ा, देवघर, बिहार



7. Sharma, Chandradhar : A Critical Survey of Indian Philosophy.  
Motilal Banarasi das, Delhi,2013

### **BOOKS FOR REFERENCE:**

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
3. Hiriyanna M :Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishnak.:The Power of Yoga: SuYoga Publications Mangalore,2006
5. Swami Prabhavananda : Spiritual Heritage of India(English). Sri Ramkrishna Math, Madras,2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta,2000
7. Pandit, M.P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta,S.N. : Hindu Mysticism, Motilal Banarasi dass, Delhi1927
9. A Search in Mystic India - Paul Brunton

## **Name of the Course: Principles of Hath Yoga**

**Course Code: YH -102**

### **Course Objectives:**

Following the completion of this course, students shall be able to

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

### **Unit-1: General Introduction to Hatha Yoga (12 hours)**

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose.

Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

**Prescribed Text Book - हठयोग प्रदीपिका**

## **Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)**

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

**Prescribed Text Book - हठयोग प्रदीपिका एवं घेरंड संहिता**

## **Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)**

*Pranayama* : Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita. Signs of *Hathasiddhi* (success in hathayoga).  
*Bandha* : introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

## **Unit-4: Practices of Hatha Yoga - Pratyahara, Nadanusandhana and Swarodaya Gyan (12 hours)**

*Pratyahara*, *Dharna* and *Dhyana* in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).

## **Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)**

Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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### **Prescribed text book**

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता - कैवल्यधाम, लोनावला
3. गोरक्ष संहिता - डॉ. चमनलाल गौतम (1985)
4. प्राणायाम रहस्य - स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

### **BOOKS FOR REFERENCE:**

1. Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Burley, Mikel: Hatha Yoga, its Context Theory and Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svamimarama, The Adyar Library publications, Chennai

## **Name of the Course: Yoga Practicum**

**Course Code: YH 105**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:** Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhati. -15 marks

**Asana** - 25 marks

Sukshma Vyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)

Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana  
Swastikasana, Veerasana, Udarakarsansana,  
Bhadrasana, Janushirasana, Ardhamatsyendrasana,  
Gomukhasana, Ustrasana, Uttanapadasana,  
Naukasana, Sarvangasana, Halasana,  
Matsyasana, Suptavajrasana, Chakrasana,  
Tadasana, Tiryak Tadasana, Ek pada pranamasana,  
Vrikshasana, Garudasana, Hastotansana,  
Padahastasana, Trikonasana, Ardhadhanurasana,  
Marjari asana, Ardhashalabhasana, Bhujangasana,  
Makarasan, Shavasana,  
Samakonasana, Bakasana, Sarpasana, Hanumanasana,  
Sukhasana, Ardhpaddmasana, Ek Pada Halasana,  
Setubandhasana, Markatasana, Shashankaran,  
Vipreet naukasana, Dwikonasana, Parshvatanasana,  
Singhasana,

**Pranayama**

-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya,  
Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith

**Mudra & Bandha:** Jnana Mudra, Chin Mudra, Vipreet Karni Mudra,  
Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

**Viva:** Ishwar Stuti Prarthnopasana

-10 marks

# **Semester-II**

**Name of the Course: Patanjali Yoga Darshan**

**Course Code: YH -201**

**Course Objectives:**

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):**

Yoga Sutra : Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chitta vrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasadana* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

**Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -**

Ishwar: Swarup, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha* , Measures of *Klesha* elimination, *Vivek Khyati* , *Chaturvyuhavaad*, the character of *Drishta* & *Drishya* , , the form and types of samadhi - *samprajnata*,



*asamprajnata, sabij and nirvij samadhi. Ritambhara Pragma and Adhyatma Prasad.*

**Unit 3: - Vibhuti Pada - (10 hours)**

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

**Unit-4: - Kaivalya Pada (10 hours); -**

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaan chitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

**Prescribed text book**

योग दर्शनम् - स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

दर्शन प्रवेश - दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

**सहायक पुस्तक-**

भोज वृत्ति

योगदर्शनम्- गीताप्रेस

**BOOKS FOR REFERENCE**

BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

## **Name of the Course: Yoga Therapy**

**Course Code: YH 202**

### **Course Objectives:**

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
  - a) to confirm the diagnosis,
  - b) to assess the present status of the disease, and
  - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

For each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

## **Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)**

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexuses and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

## **Unit-2: Musculo-Skeletal Disorders (12 hours)**

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

## **Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

## **Unit- 4: Cardio-Pulmonary Disorders (12 hours)**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma , COPD & Emphysema- Occupational pulmonary disease.

### **Unit-5: Neurological and Psychiatric Disorders (12 hours)**

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

### **TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

## **Name of the Course: Yoga Practicum**

**Course Code: YH 205**

### **Course Objectives:**

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatakarma:** Dand dhauti, Vastr dhauti, Nauli, Trataka. -10 marks

**Aasana:** -30marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana,

Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

**Pranayama –**

10 marks

Udgeeth , Moorchha.

**Dhyana & Viva:** Vijnanamaya & Anandamaya kosha - 20marks