## SCHEME OF EXAMINATIONS

### First Year

<table>
<thead>
<tr>
<th>S.No</th>
<th>Paper Code</th>
<th>Name of Papers</th>
<th>M.M.(T. &amp; S.)</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>BAYT-101</td>
<td>Yoga and Health</td>
<td>70+30</td>
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<td>2.</td>
<td>BAYT-102</td>
<td>Human Anatomy Physiology and Yoga</td>
<td>70+30</td>
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<td>3.</td>
<td>BAYT-103</td>
<td>Patanjal Yoga</td>
<td>70+30</td>
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<td>4.</td>
<td>BAYT-104</td>
<td>Indian Philosophy</td>
<td>70+30</td>
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<td>5.</td>
<td>BAYP-105</td>
<td>Yoga Practical-I</td>
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<tr>
<td>1.</td>
<td>BAYT-201</td>
<td>Principles of Health Yoga</td>
<td>70+30</td>
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<td>2.</td>
<td>BAYT-202</td>
<td>Principles Of Yoga Therapy</td>
<td>70+30</td>
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<td>3.</td>
<td>BAYT-203</td>
<td>Eminent Indian Yogies</td>
<td>70+30</td>
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<td>4.</td>
<td>BAYT-204</td>
<td>Eminent Indian Yoga Institutions</td>
<td>70+30</td>
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<td>BAYP-205</td>
<td>Yoga Practical-II</td>
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<tbody>
<tr>
<td>1.</td>
<td>BAYT-301</td>
<td>Principles of Yoga in Bhagwad Gita</td>
<td>70+30</td>
</tr>
<tr>
<td>2.</td>
<td>BAYT-302</td>
<td>Yoga and Psychotherapy</td>
<td>70+30</td>
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<tr>
<td>3.</td>
<td>BAYT-303</td>
<td>Samkhya Yoga</td>
<td>70+30</td>
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<td>4.</td>
<td>BAYT-304</td>
<td>Principles of Naturopathy</td>
<td>70+30</td>
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<td>5.</td>
<td>BAYP-305</td>
<td>Yoga Practical-III</td>
<td>70+30</td>
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</tbody>
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**Detail of Syllabus**

**First Year**

**BAYT-101 - YOGA AND HEALTH**

**Unit-I**

- Definition and importance of human health. Factors affecting health.
- Difference between yogic and non-yogic system of exercises.
- Characteristics and importance Yogic System of exercise.

**Unit-II**

- Misconceptions about yoga and their solutions. Meaning and importance of Yoga.
- Essentials of yoga practices – Prayer, Yogic Diet, Ideal place, discipline, dress, bathing, time and sequence for yogic practices.
- Introduction to Yogic Practices – Asanas, Pranayamas, Mudras & Bandhas, Shuddhi Kriyas, Relaxation and Meditation

**Suggested Books and References:**


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**BAYT-102 - HUMAN ANATOMY PHYSIOLOGY AND YOGA**

**Unit-I**
Human Body- Meaning and its Importance in Yoga,
Structure of Cell & Tissue,
Digestive System and effect of Yogic Practices

Unit-II

Circulatory System & effect of Yogic Practices
Respiratory system and effect of Yogic Practices
Nervous system & effect of Yogic Practices

Suggested Books and References:


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BAYT-103- PATANJAL YOGA

UNIT I

- Introduction of Patanjal Yoga Sutra and classification in four padas/Chapters.
- Meaning and definition of Yoga.
- Meaning of Chitta and its various states,
- Chitta Vikshepa and Chitta Prasadan, Concept of Ishwar

UNIT II

- Chitta vrittis and the methods for their elimination-Abhyasa and Vairagya
- Kriya Yoga, Panch Kleshas,
- Ashtanga yoga

Suggested Books and References:

***

BAYT-104-INDIAN PHILOSOPHY

Unit I

- Philosophy-meaning, aim and objectives. Main Classification and characteristics of Indian Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Charvaka system of Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Jain system of Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Bodha system of Philosophy.

Unit II

- Concept and nature of Purusharth in ancient Indian system of Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Vedanta system of Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Samkhya system of Philosophy.
- Concept & nature of soul, Shristi (World) and bondage/ liberation in Yoga system of Philosophy.

Suggested Books and References:

1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
3. Swami Prabhavananda : Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
5. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
7. Swami Harshananda : The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)

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BAYP-105- YOGA PRACTICAL-I

Unit I
• Yogasanas
• Pranayamas

Unit II
• Mudras/Bandhas
• Shuddhi Kriyas

Unit III
• Suryanamaskar
• Yogic Prayers and Meditation

Suggested Books and References:
1. Tiwari, O.P.: Asana why and how (Pub: Kaivalyadhama, Lonavla)

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Second Year

BAYT-201- PRINCIPLES OF HEALTH YOGA

Unit-I
• Definition, objectives and organs of Hatha Yoga. Yamas and Niyams in Hatha Yoga
Do’s and Don’ts in Hatha Yoga. Yogic Diet

Description of Asana of Hatha Pradipika & Gheranda Samhita

**Unit-II**

- Definition, meaning, objectives and classification of Pranayama. Description of Pranayamas of Hatha Pradipika & Gheranda Samhita
- Definition, meaning, objective and classification of Mudra & Bandha. Description of Mudras, Bandhas of Hatha Pradipika & Gheranda Samhita
- Definition, meaning, objectives and classification of Shuddhi Kiryas. Description of Shuddhi Kiryas of Hatha Pradipika & Gheranda Samhita

**Suggested Books and References:**


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**BAYT-202- PRINCIPLES OF YOGA THERAPY**

**UNIT I**

- Meaning and definition of Disease

**UNIT II**

- Symptoms, Causes and Yoga Therapy of -
- Digestive system related Disorders
- Circulatory system related Disorders
Suggested Books and References:

2. K. S. Joshi: Yoga For Health And Happiness, Indian Yoga Society Sagar (M. P.), 1981
4. Ganesh Shankar: Classical And Modern Approaches To Yoga, Pratibha Prakashan, 2002

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BAYT-203 - EMINENT INDIAN YOGIES

UNIT I
Life sketch and contribution of eminent yogis of India
- Adi Shankracharya,
- Maharishi Patanjali,
- Yogi Gorakshanath,

UNIT II
Life sketch and contribution of eminent yogis of India
- Sri Aurobindo,
- Swami Shivananda,
- Swami Kuvalyananda

Suggested Books and References:

2. Iyengar, B.K.S.: Yoga Deepika (Pub.: V.K.Yogas, Bangalore)
5. Swami Satyananda Saraswati: Surya Namaskar (Pub: Bihar School of Yoga, Munger)

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BAYT-204- EMINENT INDIAN YOGA INSTITUTIONS
UNIT I

Eminent Yoga Institutions in India and their contribution in development of Yoga-
- UGC New Delhi,
- Kaivalyadhama Yoga Institute, Lonavala,
- Morarji Desai National Institute for Yoga New Delhi

UNIT II

Eminent Yoga Institutions in India and their contribution in development of Yoga-
- Divine Life Society, Rishikesh,
- Bihar School of Yoga
- Vivekananda Yoga Institute (VYASA) Bangalore

Suggested Books and References:

5. Dhirendra Brahmacari: Yogasana Vijnana (Pub: Dhirendra Yoga Publications, New Delhi)

***

BAYP-205- YOGA PRACTICAL-II

Unit I
- Yogasanas
- Pranayamas

Unit II
- Mudras/Bandhas
- Shuddhi Kriyas

Unit III
- Suryanamaskar
- Yogic Prayers and Meditation
Suggested Books and References:

1. Tiwari, O.P.: Asana why and how (Pub: Kaivalyadhama, Lonavla)

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Third Year

BAYT-301 - PRINCIPLES OF YOGA IN BHAGWAD GITA

UNIT I-

• Historical Background of Bhagwad Gita
• Special Features and objectives of Bhagwad Gita,
• Principles of Karma Yoga

UNIT II

• Principles of Gyan Yoga
• Principles of Bhakti Yoga

Suggested Books and References:

3. Swami Adidevananda : Sri Ramanuja Gita Bhasya
6. Yoganka – Kalyana – Annual Special issue, Geeta Press Gorakhpur UP.

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BAYT-302 - YOGA AND PSYCHOTHERAPY

UNIT I
Psychotherapy- meaning and definitions, Factors determining Psychotherapy.
Classification of mental diseases.
Personality and its related disorders.

UNIT II

Symptoms, Causes and Yoga Treatment of the following disorders-
Mental Conflict, Headache, Sodalities,
Insomnia, Stress and Tension,
Psychosomatic disorders.

Suggested Books and References:

1. Swami Kuvalyananda & Dr.Venekar S.L.: Yogic Therapy. Pub:Ministry of Health, Govt. of India, New Delhi, 1963
2. Swami Satyananda Saraswati::Yogic Management of common diseases. Pub:Bihar School of Yoga, Munger
4. Yoga Psychology – Dr. Shanti Prakash Atreya

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BAYT-303- SAMKHYA YOGA

Unit I

General Introduction to Samkhya Karika. Definitions of Samkhya and their relevance & Scope.,
3-fold afflictions, Means to overcome afflictions,
25 entities according to Samkhya and their classification.

Unit II

Means of knowledge;
Principle of Satkarya vada,
Principle of Triguna;
Suggested Books and References:

2. Samkhyakarika
4. Swami Adidevananda : Sri Ramanuja Gita Bhasya
5. Swami Harshananda : The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
7. Yoganka – Kalyana – Annual Special issue, Geeta Press Gorakhpur UP.

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BAYT-304- PRINCIPLES OF NATUROPATHY

UNIT I

- Definition and Principles of Nature Cure. , Constituents of Mother Nature.
- Health problems of modern times.
- Role of Nature Cure in prevention of disorders

UNIT II

- Methods of Nature Cure-
  - Diet Therapy,
  - Bath Therapy.
  - Massage Therapy.

Suggested Books and References:


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BAYP-305- YOGA PRACTICAL-III

Unit I

- Yogasanas
• Pranayamas

Unit II

• Mudras/Bandhas
• Shuddhi Kriyas

Unit III

• Suryanamaskar
• Yogic Prayers and Meditation

Suggested Books and References:


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School of Para Medical Science
Opjs University, Churu (Rajasthan)
2014-15

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