OPJS UNIVERSITY, CHURU (RAJ.)

SYLLABUS

for

B.A.

(Yoga)

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

~**~
# 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>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>BAYT-101</td>
<td>Yoga and Health</td>
<td>70+30</td>
</tr>
<tr>
<td>2.</td>
<td>BAYT-102</td>
<td>Human Anatomy Physiology and Yoga</td>
<td>70+30</td>
</tr>
<tr>
<td>3.</td>
<td>BAYT-103</td>
<td>Patanjal Yoga</td>
<td>70+30</td>
</tr>
<tr>
<td>4.</td>
<td>BAYT-104</td>
<td>Indian Philosophy</td>
<td>70+30</td>
</tr>
<tr>
<td>5.</td>
<td>BAYP-105</td>
<td>Yoga Practical-I</td>
<td>70+30</td>
</tr>
</tbody>
</table>

## Second Year

<table>
<thead>
<tr>
<th>S.No</th>
<th>Paper Code</th>
<th>Name of Papers</th>
<th>M.M.(T. &amp; S.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>BAYT-201</td>
<td>Principles of Health Yoga</td>
<td>70+30</td>
</tr>
<tr>
<td>2.</td>
<td>BAYT-202</td>
<td>Principles Of Yoga Therapy</td>
<td>70+30</td>
</tr>
<tr>
<td>3.</td>
<td>BAYT-203</td>
<td>Eminent Indian Yogies</td>
<td>70+30</td>
</tr>
<tr>
<td>4.</td>
<td>BAYT-204</td>
<td>Eminent Indian Yoga Institutions</td>
<td>70+30</td>
</tr>
<tr>
<td>5.</td>
<td>BAYP-205</td>
<td>Yoga Practical-II</td>
<td>70+30</td>
</tr>
</tbody>
</table>

## Third Year

<table>
<thead>
<tr>
<th>S.No</th>
<th>Paper Code</th>
<th>Name of Papers</th>
<th>M.M.(T. &amp; S.)</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>3.</td>
<td>BAYT-303</td>
<td>Samkhya Yoga</td>
<td>70+30</td>
</tr>
<tr>
<td>4.</td>
<td>BAYT-304</td>
<td>Principles of Naturopathy</td>
<td>70+30</td>
</tr>
<tr>
<td>5.</td>
<td>BAYP-305</td>
<td>Yoga Practical-III</td>
<td>70+30</td>
</tr>
</tbody>
</table>

***
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:


***

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:


***

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 Purushartha 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)

***

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)

***

Second Year

BAYT-201- PRINCIPLES OF HEALTH YOGA

Unit-I
UNIT I

• Therapy- meaning and classification. Alternative Therapy Systems.
• Yoga Therapy- meaning and definition. Constituents of Yoga Therapy. Basic rules for healthy living.
• 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

***

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)

***

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:


***

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)

***

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.

***

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
4. Yoga Psychology – Dr. Shanti Prakash Atreya

***

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. Samkhya Karika
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.

***

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:


***

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:


***

*

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

~*~