HUMAN CONSCIOUSNESS AND YOGIC SCIENCE

M.A./M.Sc. - PART - I

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M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(101) Paper I : FUNDAMENTALS OF YOGIC SCIENCE

1. Origin, form, definitions and importance of Yoga, Personality characteristics of a Yogi.

2. Form of Yoga in various texts - Vedas, Upanishads, Gita, Yogvasistha, Jainism, Budhism, Samkhya, Vedanta, Tantra Shastra, Ayurveda.

3. Types of Yoga - Raj yoga, Hath yoga, Gyan yoga, Bhakti yoga, Karma yoga, Sanyasa yoga, Mantra yoga, Astang yoga.


5. Introduction to Yogic institutions and their contributions to propogation of Yoga - Kaivalyadham, Lonavla; Divine Life Society, Rishikesh; Bihar Yoga Bharti, Munghyr; Vivekananda Yoga Anushandhan Sansthan, Bangalore; Dev Sanskriti Vishwavidayalaya, Hardwar; Gurukul Kangri Vishwavidayalaya, Hardwar; Morarji Desai National Institute of Yoga, New Delhi; Central Council for Research in Yoga and Naturopathy, New Delhi.
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(102) Paper II: PHILOSOPHICAL BACKGROUND OF YOGA - 100 marks

1. Three types of miseries in accordance to Samkyakarika, means of overcomings three miseries. Form and types of PRAMANA, Origin of Twenty five elements, Satkaryavada, Causes of non-availability, Critics of Vyakta-Avyakta.

2. Form of Gunas in accordance with Samkhyakarika, Purusha sidhi, Sidhis of Prakarti, Plurality of Purusha, Eight dharmas of Intellect (Budhi), Triyodas karnas, Subtle body, Asta-sidhis, Moksha.

3. Form of Soul in accordance of Gita, Sign and symptoms of Yoga, Sthitpragya (Chapter - 2), Karmic Principle, Loka Samgriha, Form of Dharma (Chapter - 3), Form of Yagya, Fire of Knowledge (Chapter - 4).

4. Form of Samnayasa in Gita, Utility of Samyasa in Moksha, Means of achieving Braham-Janana (Chapter - 6), Practice and detachment, Meditation (Chapter - 6), Form of Maya (Chapter - 7), Occult Powers of God (Chapter - 10).

5. Virat swarup of God in Gita, Nishkam Karm yoga, Bhakti yoga, Gyan yoga (Chapter - 12), Shetra and Shetragaya (Chapter - 13), Pravritti and Nirviritti (Chapter - 14), Three types of Faith (Chapter - 17).
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(103) Paper III : PRINCIPLES AND PRACTICE OF HATHYOGA -
100 marks

(A) Hathyogapradipika
1. Hath yoga - its definition; proper place, season and time for its practice; Elements of success and failure in Hath yoga.
2. Techniques and benefits of Asnas described in Hathyogapradipika; Definition, types, techniques and benefits of Pranayama. Importance of Pranayama.
   Shatkarmas - Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhati - their techniques and benefits.

(B) Gherand Samhita
5. Critical study of Asnas, Pranayama, Mudras, Pratayahara, Meditation and Samadhi as described in Gherand Samhita.
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(104) Paper IV :  HUMAN BIOLOGY AND YOGA  - 100 marks

1. Definition of body and its six basic aspects. Four types of Purushas as described in Ayurveda - Chetadhatu purusha, Purusha of 24 elements, Purusha of 25 elements, Purusha of six dhatus. Site of mind, Meditational co-ordination for the activities of mind.

2. Anatomy and physiology of Skeletal and Muscular systems and effect of Yogic practices on them. Definition and types of Pranas, Importance of Pranayama in context of anatomy and physiology of Respiratory system.


4. Nervious system and Sense organs - their anatomy and physiological considerations, Brain, Spinal cord. Importance of Neti in context with sense organs, Anatomy and physiology of Endocrinal system and effects of Yogic practices on it.

5. Tridoshas, Spat-Dhatus and Malas - their sites, properties and functions. Introduction to Srotavah system in context of doshas, dhatus and Malas. Sites of six Chakras, its activities and their relationship with Pancha- mahabhutas.
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(105) Paper V : HUMAN CONSCIOUSNESS - 100 marks

1. Meaning, definition and scope of consciousness, form of human consciousness, Essentaility of wholistic study, modern emergencies of human consciousness, means of positive solutions of these modern emergencies.


M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - I

(106) Paper VI : PRACTICAL YOGA - I - 100 marks

(A) Asnas - 45 Marks
(a) Cultural poses
(i) Lying postures - Dhanush, Suptavajra, Matsay, Salabh, Bhujang, Chakra, Uttanpad, Nauka, Suuptawanmukta, Sarvang, Shav, Balasna.
(ii) Sitting postures - Simh, Gomukh, Ardhmatsyandra, Goraksh, Paschimotana, Kaga, Utkat, Koorma, Mandook, Vrishabh, Uthidpadam, Bakasna, Vakra, Suptraatra, Uttan-koorma, Uttan mandooka, Dandasna.
(iii) Standing posture - Urdhavhastottan, Garud, Kona, Asthav, Tada, Trikona, Shirsha, Khanjan, Padhasta, Katichakra, Vatayan, Hastapadanjustha.
(b) Surya Namaskar
(c) Meditative poses - Sidha, Padam, Vajra, Swastika.
(d) Relaxative poses - Shav, Makar, Sithil, Shayan.

(B) Shatkarmas - 25 Marks
Gajkarini, Baghi, Shankhprakhshalana, Jalneti, Sutraneti, Dugdh Neti, Ghrit Neti, Ganesh Kriya, Nauli, Kapalbhati.

(C) Pranayama - 15 Marks.
Nadishodhan, Suryabhedhan, Ujjai, Shitkari, Sitali, Bhaiyavritti, Abhyantravritti, Sthambhvritti.

(D) Mudras and Bandhas - 10 Marks
Mahamudra, Mahabandha, Mahavedha, Uddiyanbandh, Moolbandh, Jalandhar bandh, Vipritkarni, Tadgi, Shambhavi, Kaki.

(E) Meditation - 5 Marks
(107) Paper II: PHILOSOPHICAL BACKGROUND OF YOGA - 100 marks

(A) Internal Assessment - 50 Marks
In this context, the students has to prepare eight lesson plans i.e. five for asnas, one each for Pranayama, Shatkarma and Mudra. The student will be examined for his teaching practice.

(B) External Assessment - 50 Marks
In this context, the students will be examined through written test as well as his practical abilities.

(108) Paper VIII: DEVELOPMENT OF HUMAN CONSCIOUSNESS AND VIVA-VOICE - 100 marks

(A) Process of development of human consciousness through Prayer, Sandhya, Agnihotra, Tapa, Meditation, Natopasna 50 Marks.

(B) Viva-voice 50 Marks.
## HUMAN CONSCIOUSNESS AND YOGIC SCIENCE

### M.A./M.Sc. - II Year

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M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - II

(201) Paper I : PATANJAL YOGA SUTRAS - 100 marks

1. Definitions of Yoga, Bhumis of Chitta, Chitta-Vrittis, Abhyas and Vairagya, Types of Samadhis, God and Surrendering to God, Obstacles of Yoga (Antarayas), Means of Chitta-Prasadan, Ritambhra-Pragya


4. Concentration, Meditation and Samadhi, Samyama, Results of Chitta, Occult powers and its types, form of Kaivalya.

5. Five types of Sidhis, Nirmana-Chitta, Types of Karma, Drista-drishya, Dharamegha Samadhi, Form of Karma, Swaroop-pratisthana.
1. Definition of Health, Signs of healthy persons. Aims of Swasthvrat Vigyan, Daily regimen-cleanliness of mouth (Mukhshodhana)

Exercise - Its definition, eligibility and non-eligibility for exercise, types of exercise and its benefits. Types and utility of massage, Benefits of taking bath, types of bath in accordance with physical doshas and seasons, Sandhyopasna, Yogabhyasa, Night regimen - Sleep, celibacy.

Ritucharya - Division of year w.r.t. seasons, Accumulation, aggravation and diminuion of physical doshas in respect of seasons. Sadvrat and Achar - rasayan.


3. Sign and Symptoms, Causes and Yogic therapy for the following - Loss of appetite, Dyspepsia, Jaundice, Constipation, Gastric Acidity, Colitis, Asthma, High and low blood pressure, Sciatica, Arthritis, Gout.


5. Yogic therapy for Mental disorders - Depression, Anxiety, Mental tension, Frustration, Guilt-feeling.
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - II

(203) Paper III: RESEARCH AND STATISTICAL METHODOLOGY FOR HUMAN CONSCIOUSNESS OF YOGIC SCIENCE - 100 marks

1. Form of Research, Scientific methodology, importance of research in Yoga, Problem - meaning and its form, Hypothesis - its form and statement, Sampling - Meaning and its means of selection.

2. Techniques/methods of research, observation method, co-relative method, practical method, Control - form, independent and depending variables, Controlling methods. Practical Research Methods - Practicable hypothesis, Research hypothesis (two Random design Abhikalp, Factor design Abhikalp).


5. Significant of mean, Madhyamano Ke Madhya Ke Antar Ki Sarthakta, Alochnatamak anupat, T-test, Anova.
(204) Paper IV : THEORIES OF NATUROPATHY - 100 marks


2. Water therapy - Importance of Water, properties of water, effects of water of different temp. on human body, Principles of Water therapy, Techniques of water-use, Jalapan (Water-intake). Natural bath - Simple and Frictional bath, Spinal bath, Mehan bath, Steam bath, Trunk bath, hotfoot bath, Gili patti of whole body, bandage of chest, stomach, neck, hand and foot; sponging, enema.

3. Clay, Sun-rays and Air therapies - Importance of clay, its types and characteristics, effects of clay on body, Bandages of clay, clay-bath, Importance of sun-rays, action-reactions of sun-rays on human body, sun-bath, uses of various colours, Importance of Air, healthy effects of air, Air-bath.


M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - II

(205) Paper V : DISSERTATION - 100 marks

Those students, who got 55% or more marks in theory and practicals of M.A./M.Sc. Part I, will be eligible for undertaking dissertation

OR

OPTIONAL ELECTIVE PAPER - 100 marks

One of the topic is to be selected from the following:

1. Consciousness and Vedic Science
2. Yogic therapy
3. Yoga and Education
4. Principles of consciousness (Eastern and Western)
5. Tantaric Science and Consciousness.
6. Selected yogic text or a yogi.
7. Artificial intellect and consciousness.
8. Phycis and Concoscioussness.
9. Psychology and consciousness.

NOTE - Optional elective subject will be allotted to only five students.

OR

(C) ESSAY 100 marks

Students will be required to write an essay 15-20 pages from following topics-

UNIT - I
(i) Form of Yoga in Indian Vadanmaya
(ii) Consciousness in Indian Vadanmaya
(iii) Tatvamimamsa in Indian Philosophy
(iv) Moksha in Indian Vadanmaya.

UNIT - II
(1) Satkaryavada
(2) Mayavada
(3) Yogic Vibhutiyan
(4) Samadhi

UNIT - III
(1) Raj Yoga
(2) Gyan Yoga
(3) Bhakti Yoga
(4) Karma Yoga

UNIT - IV

(1) Swami Dayananda and his Yogic Sadhna.
(2) Sri Aurobindoo and his Yogic Sadhna.
(3) Philosophical background of human consciousness.
(4) Human Consciousness in Vedic Vadanmaya.

(206) Paper VI : PROJECT WORK - 100 marks

P.T.O.
M.A./M.Sc. (HUMAN CONSCIOUSNESS AND YOGIC SCIENCE)

PART - II

(207) Paper VII : PRACTICAL YOGA - I - HIGHER YOGIC PRACTICES 100 marks

(A) Asnas - 45 Marks
Cultural Poses
Lying Postures - Hal, Suptvrischik, Takiyasna, Pranav, Karnapida, Balasna.
Sitting postures - Vrischik, Matsyandra, Mayooy, Kukut, Badhpadam, Yoga, Ustra, Bhunaman, Akarandhanush, Parvat, Padangusth, Garbh, Brahamcharya, Padambak, Janushirsh, Udarakarshan, Tolangula, Padam Mayur, Kandapida, Uttiddwipad - Kandhrasna.
Standing Postures - Vir, Vriksh, Pakshi, Padangusth, Nasasparshasna, Mahavir, Samkat, Natraj.
In addition to above asnas of M.A./M.Sc. Part I are included.

(B) Shatkarmas - 25 Marks
Vastra Dhauti, Jala Basti, Pawan Basti, Nauli, Dand Dhauti, Trataka and Shatkamas of M.A./M.Sc. Part I

(C) Pranayama - 15 Marks
Bhastrika, Bhramari, Bahiya, Abhyantar, Visaya - akashepi, pranayama and Pranayama of M.A./M.Sc. Part I

(D) Mudras - 10 Marks
Khechari, Shaktichalini, Sanmukhi mudra and Mudras of M.A./M.Sc. Part I

(E) Meditation - 5 Marks.
PART - II

(208) Paper VIII : PARTICAL PART II - 100 marks
NATUROPATHY, PROCESS FOR DEVELOPMENT OF HUMAN CONSCIOUSNESS AND VIVA-VOICE

(A)  Naturopathy - Practical - 50 Marks

(i)  Water Therapy - 20 Marks

(a)  Bath - Trunk bath with Cold, hot and warm waters, Steam bath, Mehan bath, Spinal bath, Hot water - Foot bath, Hot bath, Trera and Dharapat

(b)  Enema

(c)  Bandages - Wet bandages of whole body, chest, belly, neck, hands and feet.

(d)  Saink - Hot and Cold.

(ii) Clay Therapy - Bandages of clay, clay bath - 10 Marks.

(iii) Sun rays therapy - 10 Marks

(iv) Massage - 5 Marks

(v)  Acupressure - 5 Marks

(B)  Process for development of human consciousness and Viva-Voice

50 Marks