

HUMAN CONSCIOUSNESS AND YOGIC SCIENCE

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

Code No.	Paper	Paper Name	Max. Marks
101	I	Fundamentals of Yogic Science	100
102	II	Philosophical Background of Yoga	100
103	III	Sadhana and Theory of Hathyoga	100
104	IV	Human Biology and Yoga	100
105	V	Human Consciousness	100
106	VI	Practical I	100
107	VII	Practical II (Teaching Practice)	100
108	VIII	Process for Development of Human Consciousness and Viva-voice	100

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, Upnishads, Gita, Yogvasistha, Jainism, Buddhism, 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.
4. Life-sketch of Yogis - Maharishi Patanjali, Rishi Yagyavalkya, Gorakshnath, Shankracharya, Shayamacharan Lahari, Swami Dayananda, Swami Vivekananda, Swami Shivananda, Swami Kulvalyananda.
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.

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PART - I

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

1. Three types of miseries in accordance to Samkyakarika, means of overcoming 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 Samnyasa 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).

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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 Hathyogpradipika; Definition, types, techniques and benefits of Pranayama. Importance of Pranayama.
Shatkarmas - Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi - their techniques and benefits.
3. Bandhas and Mudras - Mahamudra, Mahabandh, Mahabedha, Khechari, Uddiyan bandh, Jalandhar bandh, Mool bandh, Vipritkarni, Vajroli, Shaktichalini. Description of Samadhi. Nadanusandhan. Form of Kundalini and its means of awakening.

(B) Gherand Samhita

4. Seven means of practice. Shatkarmas of Gherand Samhita - Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi - their techniques, precautions and benefits.
5. Critical study of Asnas, Pranayama, Mudras, Pratayahara, Meditation and Samadhi as described in Gherand Samhita.

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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.
3. Cardiovascular System - Blood, Anatomy and physiology of Heart. Effects of Yogic practices on Cardio-vascular system. Anatomy and physiology of Digestive system and Excretory system. Importance of moderation of diet and Bastikriya.
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, Essentiality of wholistic study, modern emergencies of human consciousness, means of positive solutions of these modern emergencies.
2. Human consciousness in Vedas and Upanishadas, Human consciousness in Jainism, Buddhism, Nyaya, Samkhya, Yoga, Mimamsa and Vedanta systems of philosophy.
3. Human consciousness in ancient Indian streams like Tantra, Astrology and Ayurveda. Quantum theory of consciousness. Concept of consciousness in accordance with Western philosophy. Human anatomy and physiological investigations in connection with human consciousness. Origin of psychology and its various branches in context of investigations of human consciousness.
4. Various mysteries and facts of Human consciousness - Birth and Life, Fortune and Purusharath, Law of fruits of Actions, Samskaras, Rebirth.
5. Essentialities of development of human consciousness, various psychological methods of developments of human consciousness. Systems of developments of human consciousness in different religions viz. Islam, Christianity. Methods of developments of human consciousness as designed by Indian Rishis.

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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, Suptpawanmukta, Sarvang, Shav, Balasna.
- (ii) Sitting postures - Simh, Gomukh, Ardhmatsyandra, Goraksh, Paschimotana, Kaga, Utkat, Koorma, Mandook, Vrishabh, Uthidpadam, Bakasna, Vakra, Suptrajra, 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

Gajkarni, Baghi, Shankhprakhshalana, Jalneti, Sutraneti, Dugdh Neti, Ghrit Neti, Ganesh Kriya, Nauli, Kapalbhathi.

(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

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PART - I

**(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

Code No.	Paper	Paper Name	Max. Marks
201	I	Patanjal Yoga Sutras	100
202	II	Yoga and Health	100
203	III	Research and Statistical Methodology For Human Consciousness and Yogic Science	100
204	IV	Theories of Naturopathy	100
205	V	Dissertation/Elective Papers/Essay	100
206	VI	Project Work	100
207	VII	Practical I (Higher Yogic Practices)	100
208	VIII	Practical II (Naturopathy, Process for Development of Human Consciousness and Viva-Voice)	100

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

PART - II

(201) Paper I : PATANJAL YOGA SUTRAS

- 100 marks

1. Definitions of Yoga, Bhūmis of Chitta, Chitta-Vrittis, Abhyas and Vairagya, Types of Samadhis, God and Surrendering to God, Obstacles of Yoga (Antarayas), Means of Chitta-Prasadan, Ritambhira-Pragya
2. Kriya Yoga, Panch-kleshas, Karmashya, Form of Miseries, Chaturvyuhvada, Vivek-Khyati, Sapdha-Pragya.
3. Eight steps of Yoga-Yamas, Niyamas, Form of Mahavrattas, Vitarka-vivechana, Fruits of Yamas' Sidhi, Fruits of Niyamas' Sidhi, Fruits of Pranayama, Fruits of Pratayahara.
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.

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

PART - II

(202) Paper II : YOGA AND HEALTH

- 100 marks

1. Definition of Health, Signs of healthy persons. Aims of Swasthvat 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 diminution of physical doshas in respect of seasons. Sadvrat and Achar - rasayan.
2. Definition of Ahara - its characteristics and functions. Components of diets - Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water. Quantity and timings of a meal, Balanced diet. Milky diet, Fruity diet, Raw diet, Moderation of diet, Fasting, Useful effects of Vegetarian diet and harmful effects of Non-vegetarian diet. Benefits of sprouted diet, Contra-indicated diet for a Yoga-practitioner.
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.
4. Naval dislocation, Skin diseases, Common cold, Hearing loss, Nasal polypus, Loss of Hair, Weak eye sight, Cervical spondylosis, Weakened dhatus, Diabetes, Dwarfism, Diseases of woman - Leucorrhoea and Dysmenorrhoea, Backache.
5. Yogic therapy for Mental disorders - Depression, Anxiety, Mental tension, Frustration, Guilt-feeling.

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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).
3. Meaning and importance of Statistics, presentation and distribution of data - Frequency distribution, Lekha chitriya ankan. Measurement of Central tendency - means of organised and disorganised data, counting of mean value and Bahulank. Measurement of displacement - Variance, Chathuransha, Standard Deviation.
4. General Curve - meaning, importance and utility. Co-relation - Anukrama, Antar, Gunan, Vibhramisha. regression factor, Vichlan-roop, praptankroop, Probability error, Kai square testing.
5. Significant of mean, Madhyamano Ke Madhya Ke Antar Ki Sarthakta, Alochnatamak anupat, T-test, Anova.

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PART - II

(204) Paper IV : THEORIES OF NATUROPATHY - 100 marks

1. Brief history of Naturopathy, Basic principles of Naturopathy, Root cause of disease, Chronic and acute states of diseases. Principle of foreign poisoning matter, aggregative principles, Means of increasing bio-energy, diagnosis by bodily shapes.
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.
4. Fasting - Its principles, physiological actions - reactions. Fasting for health. Aggravation of disease and fasting, Rules of fasting, types of fasting - short term, long term, complete, Halfly, Water-fasting, Juice-fasting, fruit-fasting, one diet fasting; Ideal diet, natural diet, proper diet for disease treatment, Difference between ideal diet and balanced diet.
5. Definition, history and importance of Massage, its effects on various bodily organs, methods of massage - Friction, General, Thapki, Masalna, Dalna, Pressing, Vibrating, Speaking, Sahalana, Jhakjhorna, Tal, Mukki, Chutki etc. Massage in diseases. Principles of Accupressure. Points of accupressure and their relationship with diseases.

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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. Tantric Science and Consciousness.
6. Selected yogic text or a yogi.
7. Artificial intellect and consciousness.
8. Physics and Consciousness.
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.

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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, Mayoor, 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.

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

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

