

## **VEDALANKAR/VIDYALAKAR (B.A.) - FIRST YEAR (MM - 150)**

### **PAPER I INTRODUCTION OF HUMAN CONSCIOUSNESS 50 Marks AND YOGA**

- (1) History and tradition of Yoga, Definition of Yoga, Importance of yoga, form of yoga in following Shastra - Vedas, Upanshads, Shrimad Bhagvad Gita, Jain darshan, Budh darshan, Sankhya darshan and Ayurveda.
- (2) Appropriate place, time, dress and diet for yogic practices, Favourable and unfavourable elements for Yogic practices. Various path of yoga - Gyan yoga, Bhakti yoga, Karma yoga, Hathyoga, Rajyoga.
- (3) Introduction of Yoga based text books - Yogsutras, Geeta, Hathyoga Pradipika, Gherand Samhita.
- (4) Introduction of Yogi - Patanjali, Gorakshnath, Swami Dyananda, Swami Vivekananda, Shri Aurvindo, Swami Shivananda.
- (5) Consciousness - Definition and meaning. Area of human consciousness, Form of consciousness in Jain darshan, Budh darshan, Nyaya darshan, Vaisheshik darshan, Yog darshan, Sankhya darshan, Mimansa darshan, Vedanta darshan

### **PAPER II GENERAL HUMAN BIOLOGY AND YOGA 50 Marks**

- (1) Definition of body, Mind - its site, characteristics and functions, Cardio-vascular system and effects of yoga on it.
- (2) Anatomy and physiology of skeletal and Muscular systems, effects of yoga on them.
- (3) Anatomy and physiology of Digestive system and Respiratory system. Effects of yoga on them.
- (4) Anatomy and Physiology of Nervous system, Excretory System and sensory organs and effects of Yoga on them.
- (5) Anatomy and physiology of Endocrinal system and effect of Yoga on it. Tridosha, Saptdhatus and Malas.

PRACTICAL

50 Marks

- (A) Asana - Siddh, Vajra, Swastik, Simh, Gomukh, Veer, Dhanush, Shav, Gupta, Matsaya, Goraksh, Panchimottan, Mayur, Kag, Kurm, Uttamkurm, Manduk, Uttanmanduk, Vrashabh, Shalabh, Makar, Ushtra Bhujang, Chakra, Shuftpawanmukta, Badhpadam, Nauka, Kona, Supt- vajra, Trikaon, Urdhvahastottan, Mahaveer, Asvatha, Tadasan.
- (B) Shatkarma - Gajkarni, Sutraneti, Jalneti, Kapalbhathi.
- (C) Mudra - Vipeetkarni, Jalandharbandh, Uddyan, Moolbandh, Tadagi, Kaki, Shambhavi.
- (D) Pranayama - Nadishodhan, Suryabhedi, Ujjayi
- (E) Meditation - 20 Minutes.

**VEDALANKAR/VIDYALAKAR (B.A.) - PART TWO (MM - 150)**

PAPER I

KRIYATMAK YOGA

50 Marks

- (1) Definition of Hath Yoga and its aims, Symptoms of success in Hathyoga, Sapt-saddhan, Techniques, benefits and precautions of Asana and Mudra according to practical syllabus.
- (2) Prana and its types, Pranayam. Types of Pranayam, (Eigh types of Pranayam according to Hathyoga and four types of pranayam according to Yogsutra). Precautions during Pranayam, Characteristics of Pranayamic success.
- (3) Importance of Shatkarma, Vastra dhauti, Dand dhauti, Shankh-prakhalan, Gajkarni, Baghi, Sutraneti, Jal neti, Jalbasti, Sthalbasti, Nauli, Tratak and Kapalbhathi - their techniques, precautions and benefits.
- (4) Mudra and bandhs - Methodology and benefits of Mudras and bandhas according to practical syllabus.
- (5) Nadi, Chakras, Kundalini, Nad. Indicated and contraindicated activities as described Swaryoga.

PAPER II FORMS OF CONSCIOUSNESS IN UPANISHADS (VIZ.  
ISH, KEN, KATH)

50 Marks

- (1) Definition of Meaning of word 'Upanishad', Introduction of Aupnisdik literature, importance of Upanishad, Principles of Adwat, dwat and traita in upanishad.
- (2) Karm, types of karma, karm liptata, karm tyag, karm vipac, purshaarth, chatushtya, Vidhya-Avidhya and Sambhutivinash.
- (3) Form of Gyanendrias and Karmendrias, Relationship among mind thought, Sensory organ (Indrias) and Consciousness; Vishay, Sabad Sparsh, Roop, Ras and Gandh.
- (4) Story of 'Nachiketa', Definition of death and human body, Attachment in Vishaya, Immortality of Atma (Soul), Preyash - Shreyas, Swarg-Narak.
- (5) Form of Consciousness, What is self-realization (Atam-gyan), Aatm gyan ke sadhan, Gyan and Tark, Conclusion of Salvation knowledge, definition of Salvation; Rit and Satya.

PRACTICAL

50 Marks

- (A) Asana : In addition to asana prescribed in BA part first these are Bhunaman, Sarvang, Akarndhanur, Ashwatha, Udrakarsh, Bak, Karan- pid, Khanjan, Jhanushirsh, Shirh, Katichakra, padam Mayur, Vatayan, Kukut, Uttanpad, Hastpadunghust, Padam bak, Suryanameskar.
- (B) Pranayam - Sitkari, Sheetali, Bhastrika, Bhramari.
- (C) Shatkarma - Vastra dhauti, Bhaghi, Shankhprakhhalan, Nauli, Tratak
- (D) Mudra - Mahamudra, Mahabandh, Mahavedh, Ashwani
- (E) Meditation - 20 Minutes.



PRACTICAL

50 Marks

- (A) Asana - Matasyendra, Garbh, Vriksh, Yogmudra, Pranav, Bramcharya, Vrishik, Suptvrishik, Pakshi, Takiya, Shirsh, Chakra, Garud, Sankat, Shirshpadungushta.
- (B) Pranayam - Bahiyavriti, Abhyantarvriti, Stambhvriti and Bahiya- abhyantar vishyakshepi pranayam.
- (C) Shatkarm - Danddhauti, Dugdhneti, ghritneti, Jalneti, Pawan basti
- (D) Mudra - Shaktichalini
- (E) Meditation