

SEMESTER – I
MYSL101MJ : FOUNDATION OF YOGA

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the basic concept of Yoga.
2. To understand the traditional Yoga Schools.
3. To understand the different meditation systems and renowned *Yogacharyas*.

Unit-I Yoga

Origin, History, Meaning, Development, Definition and Types (Gyan, Bhakti, Karma, Mantra, Laya and Raj Yoga).
Introduction of Shad Darshan with special references to Sankhya and Yog Darshan.

Unit-II Yoga in Different Traditions - I

Introduction to Yoga in Smiriti Aagam and Tantra (Kundalini, Effect of Kundalini Shakti, Shat Chaktra), Yoga in Narad Bhakti Sutra.

Unit-III Yoga in Different Traditions – II

Introduction to Tantra Yoga
Introduction to Jain Yoga
Introduction of Manonushasnam (Acharya Tulsi)
Introduction to Bauddha Yoga

Unit-IV Different Meditation Systems and Yogacharyas

Different Meditation Systems: Introduction to Transcendental, Vipassana, Yoga Nidra, Osho Dhyana, Zen Meditation and Sahaj Yoga.

Yogacharyas: Life philosophy and thoughts on Yoga of Maharshi Aurobindo, Swami Kuvalyanand, Swami Shivananda, Swami Satyanand Saraswati and Acharya Mahaprajna.

Reference Books

- 1 योगाङ्क, गीता प्रेस, गोरखपुर, वि. सं. 2062।
- 2 उपनिषदों में योग विज्ञान – आचार्य पूर्णचंद पंत, 2002।
- 3 जैन योग – आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन, चूरू, 2000।
- 4 सांख्यकारिका – डॉ. राकेश शास्त्री, प्रकाशक – संस्कृत ग्रन्थागार, दिल्ली, 2004
- 5 भारतीय दर्शन – डॉ. न.कि. देवराज, उत्तरप्रदेश, हिन्दी संस्थान, लखनऊ, तृतीय संस्करण, 1983
- 6 श्रीमद्भागवतगीता, गीता प्रेस, गोरखपुर, वि. सं. 2062।
- 7 श्रीमद्भागवतगीता – श्री श्रीमद् ए.सी. भक्तिवेदान्त स्वामी प्रभुपाद, भक्ति वेदान्त बुक ट्रस्ट।
- 8 Yoga Tradition - Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
- 9 बौद्धदर्शन मीमांसा –आचार्य बलदेव उपाध्याय, चौखंबा विद्या भवन वाराणसी, 1999 (पंचम संस्करण)।
- 10 बौद्ध धर्म दर्शन – आचार्य नरेन्द्रदेव, मोतीलाल बनारसी दास पब्लिशर्स प्रा.लि., दिल्ली, 1956 (प्रथम सं.)।
- 11 मनोनुशासनम् – आचार्य तुलसी, जैन विश्वभारती, लाडनू।
- 12 Hathpradipika by Svatanmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla
- 13 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla

SEMESTER – I

MYSL102MJ : BASIC ELEMENTS OF PREKSHA MEDITATION

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand historical development of Preksha Meditation.
2. To understand the main components, spiritual-scientific perspective, purpose and benefits of Preksha Meditation.
3. To introduce the practicals & process of Preksha Meditation.

Unit-I Preksha Meditation – I

Preksha Meditation: History, Nature, *Upsampada* and Benefits.

Introduction of Supportive, Main and Specific components of Preksha Meditation.

Kayotsarga (Relaxation with self awareness): Purpose, Spiritual and Scientific Perspective, Technique and Benefits.

Unit-II Preksha Meditation - II

Internal Trip (*Antaryatra*): Purpose, Spiritual and Scientific Perspectives, Technique and Benefits.

Perception of Breathing: Purpose, Spiritual and Scientific Perspectives, Types, Techniques and Benefits.

Unit-III Preksha Meditation - III

Perception of Body: Purpose, Spiritual and Scientific Perspectives, Technique and Benefits. Perception of Psychic Centres: Purpose, Spiritual and Scientific Perspectives, Technique and Benefits.

Unit-IV Preksha Meditation - IV

Principle of Psychic Colour: Feeling, Psychic Colour, Aura and Colour Therapy.

Psychic Colour Mediation (*Leshya Dhyana*): Purpose, Spiritual and Scientific Perspectives, Technique and Benefits.

Contemplation (*Anupreksha*): Purpose, Spiritual and Scientific Perspectives, Technique and Benefits.

Reference Books

1. प्रेक्षा पुष्प – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूँ, 2003 ।
2. अपना दर्पण अपना बिम्ब – युवाचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, 1991 ।
3. जीवन विज्ञान की रूपरेखा – मुनि धर्मेश, जैन विश्व भारती प्रकाशन, लाडनूँ, 1996 ।
4. जीवन विज्ञान, प्रेक्षाध्यान एवं योग – संपा. समणी डॉ. मल्लीप्रज्ञा, जैन विश्वभारती विश्वविद्यालय, 2009 ।
5. Mirror of the Self – Acharya Mahaprajna, Jain Vishva Bharati Prakashan, Ladnun (Rajasthan), 1995.
6. Preksha Dhyana – Theory & Practice, Acharya Mahaprajna, Jain Vishva Bharati Prakashan, Ladnun (Rajasthan), 1994.

SEMESTER – I
MYSL103MJ : PRACTICAL

M.M. 100 (CIA-30+PRACTICAL AND VIVA-VOCE-70)

Unit- I Shat Karma

Shat Karma- Jal Neti, Ruber Neti, Kapal Bhati.

Pranayam- Anulom-vilom, Bhramari.

Mudra- Viparit Karni Mudra and Maha Mudra.

Unit-II Yogic Exercises and Asanas:

Yogic Exercises for whole body.

Asanas in Lying Position: Uttanpadasana, Pawan Muktasana, Makrasana, Shalabhasana, Urdhvamukhasvanasana.

Asanas in Sitting Position: Vajrasana, Shashankasana, Supta-Vajrasana, Janushirasana, Padmasana, Vakrasana.

Asanas in Standing Position: Tadasana, Padhasthasana, Hastisundikasana, Parsvakonasana, Surya Namaskar

Unit-III Preksha Meditation and Contemplation (Anupreksha):

Meditation: Preparatory Process, Kayotsarga (Relaxation), Internal Trip, Perception of Breathing, Perception of Centre of Enlightenment, Concluding Process and Sampurana Kayotsarga (Complete Relaxation).

Contemplation: Forbearance, Modesty.

Unit-IV Physiology Practical

Measurement of Blood Pressure.

Measurement of Hemoglobin

Measurement of Glucose

Reference Books

- 1 तुम स्वस्थ रह सकते हो – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूँ।
- 2 प्रेक्षाध्यान : आसन-प्राणायाम – मुनि किशनलाल, जैन विश्व भारती प्रकाशन, लाडनूँ।
- 3 प्रेक्षाध्यान : यौगिक क्रियाएँ – मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा. लि.), नई दिल्ली।
- 4 प्रेक्षाध्यान प्रयोग पद्धति – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूँ।
- 5 अमूर्त चिन्तन – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूँ।
- 6 आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानन्द सरस्वती, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2008।
- 7 Asana – Swami Kuvalayananda. Kaivalyadham SMYM samiti, Lonavala (India), .
- 8 Pranayam – Swami Kuvalayananda. Kaivalyadham SMYM samiti, Lonavala (India), 2005 (10ed.) .
- 9 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.
- 10 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla. Hathpradipika by Svatanmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla
11. The Human Machine - Bijlani, R.L. and Manchanda, S.K.; National Book Trust, New Delhi.
12. Principles of Anatomy and Physiology - Tortora, G.J. and Anagnostokas, N.P.; Harper and Row Publishers, N.Y.
13. Human Body - Design, Function and Development - Zaveri, J.S., Today and tomorrow's Printer and Pub., Jaipur.
14. मानव शरीर क्रिया विज्ञान – वन्दना जैन, नाकोडा पब्लिकेशन हाऊस, जयपुर, 2002।

SEMESTER-I

MYSL104EL : APPLIED HUMAN ANATOMY AND PHYSIOLOGY

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the fundamental principles of physiological function of human body systems.
2. To understand the functional interrelationship of human physiology and Preksha Meditation.

Unit – I Organization of Human Body: Cell, Tissues and Muscles

Basic Structure and Function of Cell and Tissue.

Type of Muscles, Structure of Muscles

Functions of Muscles, Effect of Yoga on Muscular System.

Unit – II Human Skeletan and Digestive System

Basic Structure and Functions of Bones.

General Organization of Skeletan System.

Joint – Structure and Types.

Digestive and Excretory System – Anatomy and physiology of Digestive System and Uredo Genital System (Skin, Kindey, Formation of Urin; Male & Female Reproductive system).

Unit –III Cardio-Pulmonary System

Structure and Functions of Blood.

Structure and Functions of Heart and Blood Vessels.

Effect of Yoga and Preksha Meditation on Cardiopulmonay System.

Structure and Functions of Respiratory System, Mechanism of Respiration.

Effect of Yoga and Preksha Meditation on Respiratory System.

Unit – IV Neuro-Endocrine System

Basic Structure of Neuron, Basic Organization of Nervous System

Structure and Functions of Brain and Spinal Cord.

Structure and Functions of Endocrine Glands.

Hormones and their mechanism of action.

Effect of Yoga and Preksha Meditation on Brain and Endocrine System.

Immune System- Components, Functions and Process of Immunity.

Reference Books

- 1 The Human Machine - Bijlani, R.L. and Manchanda, S.K.; National Book Trust, New Delhi.
- 2 Basic Human Physiology-Normal Function and Mechanism of Disease - Guyton, A.C.; W.B. Saunders Comp., London.
- 3 Principles of Anatomy and Physiology - Tortora, G.J. and Anagnostokas, N.P.; Harper and Row Publishers, N.Y.
- 4 Human Body - Design, Function and Development - Zaveri, J.S., Today and tomorrow's Printer and Pub., Jaipur.
- 5 शरीर क्रिया विज्ञान – वर्मा, पी. एवं पाण्डेय, के., बिहार हिन्दी ग्रंथ अकादमी, पटना, 1992 (प्र.सं.)।
- 6 मानव शरीर क्रिया विज्ञान-वन्दना जैन, नाकोडा पब्लिकेशन हाऊस, जयपुर, 2002।

SEMESTER – I
MYSL106EL : BASIC YOGA TEXTS

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To acquire detailed knowledge of Panch Kosh and Shat Chakra.
2. To understand basic principles of Kundalini.

Unit-I Detailed Introduction to the Upanishad

Kathopanishad, Taittiriyaopanishad, Shwetashatarapanishad, Kenopanishad.

Unit-II Introduction to the Yoga Upanishad

Yoga Kundalyopanishad, Dhyanbindopanishad, Nadabindopanishad, Yogatattvapuranishad.

Unit–III Introduction to the Hathayoga Texts

Hathapradipika, Hatharatnawali, Gheranda Samhita, Siddha-siddhant Paddhati.

Unit-IV Introduction to the Yoga Texts

Bhagwadgita, Yoga Vashishtha

Reference Books

- 1 Kathopanishad
- 2 Taittiriyaopanishad
- 3 Shwetashatarapanishad
- 4 Kenopanishad
- 5 Yoga Kundalyopanishad
- 6 Dhyanbindopanishad
- 7 Nadabindopanishad
- 8 Yogatattvapuranishad
- 9 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 10 Hathapradipika by Svatanaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 11 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 12 Siddha-siddhant Paddhati
- 13 Bhagwadgita
- 14 Yoga Vashishtha
- 15 Narada Bhakti Sutra
- 16 Shandilyabhakti Sutra

SEMESTER – II
MYSL201MJ : PATANJALA YOGA

M.M. 100 (CIA-30+THEORY-70)

Unit I Introduction

1. Yoga, it's meaning, purpose and nature of Yoga.
2. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti Nirodhopaya.

Unit II Samadhi Pada

1. Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada.
2. Samprajnata, Asamprajnata, Sabeeja and Nirbeeja Samadhi.
3. Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Unit III Sadhana Pada

1. Concept of Kriya Yoga of Patanjali, Theory of Kleshes; Concept of Dukhavada
2. Drishyanirupanam, Drasthanirupanama
3. Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopaya.

Unit IV Vibhuti and Kaivalya Pada

1. Introduction of Dharana, Dhyana and Samadhi.
2. Samyama and Siddhis, Four types of Karmas.
3. Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya Nirvachana.

References :

1. पातंजल योगप्रदीप—स्वामी ओमानन्द, गीता प्रेस, गोरखपुर
2. पातंजल योगदर्शन—डॉ. उदयवीर शास्त्री
3. भारतीय दर्शन—प्रो. आनन्द प्रकाश त्रिपाठी, यूनिवर्सिटी बुक हाउस, जयपुर
4. पातंजल योगसार—डॉ. साधना दानौरिया, मधूलिका प्रकाशन, इलाहाबाद
5. Yoga Tradition-Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.

SEMESTER –II

MYSL202MJ : BASIC ELEMENTS OF SCIENCE OF LIVING

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the historical background and development of Science of Living.
2. To introduce the basic elements of Science of Living.
3. To understand the theoretical & practical aspects of Non-Absolutism, Anuvarta and Non-Violence.

Unit-I Science of Living - I

Historical background, nature, definitions, perspectives, aims and objectives.
Fundamental elements of life.
Relation of Science of Living with other education systems.

Unit-II Science of Living - II

Fields, characteristics, educational philosophy of Science of Living, and need of Science of Living.
Science of Living in school education: curriculum and learning achievements.
Teaching methods of Science of Living, teaching material and evaluation.

Unit-III Anekant and Non-violence

Non-absolutism (Anekant): Theory and process.
Concept and training of Non-violence (Emotional Transformation, Change of Perspectives, Change in Life style and System).

Unit-IV Anuvrat

Anuvrat: Vratas and Anuvratas- Meaning and definition, directive principles of anuvratas and their application.
Anuvrat Movement: Philosophical basis and historical background.
Code of conduct of anuvratas and classified anuvratas.

Reference Books

1. जीवन विज्ञान की रूपरेखा – मुनि धर्मेश, जैन विश्वभारती संस्थान, 2002 (द्वितीय सं.)।
2. जीवन विज्ञान शिक्षक संदर्शिका – मुनि किशनलाल, जैन विश्व भारती, 2006 ।
3. चित्त और मन – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, 2005 (षष्ठ सं.)।
4. जीवन विज्ञान शिक्षा का नया आयाम – आचार्य महाप्रज्ञ, तुलसी अध्यात्म नीडम् प्रकाशन, लाडनूं, 1998 (तृतीय सं.)।
5. अनेकान्त है तीसरा नेत्र – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, 1997 (तृतीय सं.)।

SEMESTER – II
MYSL203MJ : PRACTICAL

M.M. 100 (CIA-30+PRACTICAL AND VIVA-VOCE-70)

Unit-I Shat Karma, Pranayama and Mudra

Revision of all practices undertaken in semester-I

Shat Karma: Sutra Neti, Kunjal.

Pranayam: Chandra Bhedi, Surya Bhedi

Mudra: Shanmukhi Mudra, Tadagi Mudra.

Unit-II Yogic Exercises and Asana:

Yogic exercises for abdomen and respiration.

Asana in Lying Position: *Sarvangasana, Halasana, Matsyasana, Bhujangasana, Dhanurasana.*

Asana in Sitting Position: *Paschimottanasana, Ushtrasana, Yoga Mudra, Ardha-Matsyendrasana, Marichasana, Malasana.*

Asana in Standing Position: *Vrikshasana, Vatayanasana, Trikonasana, Veerasana.*

Unit-III Preksha Meditation and Contemplation (Anupreksha):

Meditation: Four steps and Perception of Body.

Contemplation (Anupreksha): Adjustment, Fearlessness.

Unit-IV Psychological Test

Measurment of Anxiety (SCAT)

Measurment of Frustration (RFS)

Measurment of Fear (FCL)

Measurment of Adjustment (BAI)

Reference Books

- 1 तुम स्वस्थ रह सकते हो – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 2 प्रेक्षाध्यान : आसन-प्राणायाम – मुनि किशनलाल, जैन विश्व भारती प्रकाशन, लाडनूं।
- 3 प्रेक्षाध्यान : यौगिक क्रियाएं – मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा. लि.), नई दिल्ली।
- 4 प्रेक्षाध्यान प्रयोग पद्धति – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 5 अमूर्त चिन्तन – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 6 आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानन्द सरस्वती, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2008।
- 7 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 8 Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 9 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 10 Asana – Swami Kuvalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), .
- 11 Pranayam – Swami Kuvalayananda. Kaivalyadham S.M.Y.M. samiti, Lonavla (India), 2005 (10ed.) .
- 12 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.

SEMESTER – II
MYSL204EL : APPLIED PSYCHOLOGY AND SCIENCE OF LIVING

M.M. 100 (CIA-30+THEORY-70)

Objectives:

1. To study the basic elements of Psychology and SOL
2. To explain theories - personality in context to Preksha Meditation

Unit 1: Applied Psychology and Personality

1. Applied Psychology : Definition, fields and Development
2. Personality : Meaning, definitions, determinants of personality.
3. Classification of Personality : Kretschmer, Schelden and Carl Jung.

Unit 2: Theories of Personality

1. G.W. Allport's theory
2. Murray's theory
3. Humanistic theories : Maslow's theory

Unit 3 :Theories of Personality-II

1. Psychodynamic theories- Freud's psychoanalytic theory,
2. Adler's individual theory and Jung's analytical psychology
3. Classification of Personality in context of Acharya Mahaprajna views (based on Leshya).

Unit 4: Human skills and Science of Living

1. Intelligence and its theories- Spearman, Thurston, Guilford, Gardner.
2. Types of Intelligence.
3. Methods of measurement of intelligence.
4. Development of human skills by training of SOL.

SEMESTER – II

MYSL205EL : SAMKHYA, SHAIV, JAINA AND BAUDDHA YOGA

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the traditional yoga schools.
2. To understand fundamental principles of different yoga systems.

Unit-I Samkhya Yoga

Meaning, Introduction and purpose of Samkhya Yoga; types of *Dukh*; *Tatva Mimansa-Purush*, *Prakriti and Srishti Prakriya*; *Satkaryavad* and *Praman Mimansa*.

Unit-II Shaiv Yoga

Philosophical basis, traditional life style, types and steps of *sadhana*, needs of *sadhana*, abilities of *sadhak* and levels of *sadhana*.

Unit-III Jain Yoga

Philosophical basis, definitions of meditation in Jain texts, types of meditation in Jain texts and *Bhavana* Yoga.

Unit-IV Bauddh Yoga

Philosophical basis, *Arya Satya*, *Ashtangic Marg*, Transcendence, physical obstacles, object of meditation, nature of *sadhak* and favorable environment of *sadhana*.

Reference Books

- 1 योगांक, गीता प्रेस, गोरखपुर, ।
- 2 जैन योग – आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन, चूरू, 2000 ।
- 3 सांख्यकारिका – डॉ. राकेश शास्त्री, प्रकाशक – संस्कृत ग्रन्थागार, दिल्ली, 2004
- 4 भारतीय दर्शन – डॉ. न.कि. देवराज, उत्तरप्रदेश, हिन्दी संस्थान, लखनऊ, तृतीय संस्करण, 1983
- 5 Yoga Tradition - Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
- 6 बौद्धदर्शन मीमांसा –आचार्य बलदेव उपाध्याय, चौखंबा विद्या भवन वाराणसी, 1999 (पंचम संस्करण) ।
- 7 बौद्ध धर्म दर्शन – आचार्य नरेन्द्रदेव, मोतीलाल बनारसी दास पब्लिशर्स प्रा.लि., दिल्ली, 1956 (प्रथम सं.) ।

SEMESTER – II
MYSL206EL : HATHA YOGA CORE COMPULSORY

M.M. 100 (CIA-30+THEORY-70)

Unit I- Introduction to Hatha Yoga Texts

Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga (dasha yama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas

Unit II- Asanas in Hatha Texts

Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and differences in different Asanas.

Unit III- Pranayama in Hatha Texts

Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and differences in different Pranayama.

Unit IV- Bandha, Mudra and other practices

Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and differences. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

SEMESTER – II

MYSL207EL : HUMAN CONSCIOUSNESS AND PARAPSYCHOLOGY

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the elements of life in context to Indian Psychology.
2. To understand the concepts and principles of Parapsychology & ESP.

Unit-I Human Consciousness I

Concept, meaning, definitions of consciousness; Human consciousness in Indian philosophy.

Unit-II Human consciousness II

Physiological and psychological basis of human consciousness.
Promotion of human consciousness through Preksha Meditation-Yoga.

Unit-III Indian Psychology

Nature, scope and branches.
Concept of body (sthool, sukshma and karman), Panch kosha, Prana, sensory organs, mind, intelligence and *karma* in Indian psychology.

Unit-IV Parapsychology

Brief history, scope, Past birth and re-birth.
Supernormal cognition or Extra Sensory Perception: clairvoyance, telepathy, psychometry, precognition, psycho-kinesis. Development of Extra Sensory Perception through Preksha Meditation-Yoga.

Reference Books

- 1 भारतीय मनोविज्ञान – डॉ. सीताराम जायसवाल, आर्य बुक डिपो, दिल्ली, 1992।
- 2 परामनोविज्ञान – डॉ. कीर्तिस्वरूप रावत, नेशनल पब्लिशिंग हाउस, नई दिल्ली, 1984।
- 3 मानव चेतना का स्वरूप – भूमित्र देव, अनामिका प्रकाशन, दिल्ली, 1995।
- 4 भारतीय मनोविज्ञान – डॉ. जगदीशचन्द्र विद्यालंकार, राधा पब्लिकेशन्स, नई दिल्ली, 1990।
- 5 Yoga & Parapsychology-Empirical Research and Theoretical Studies - Rao, K.R., Motilal Banarasidas (Pub.), New Delhi, 2010.
- 6 मानव चेतना – डॉ. ईश्वर भारद्वाज, सत्यम् पब्लिशिंग हाउस, नई दिल्ली, 2011 (प्रथम सं.)।

SEMESTER –II

MYSL209SE: NATUROPATHY

M.M. 100 (CIA-30+THEORY-70)

Objectives

- 1 To understand basic principles of Naturopathy.
- 2 To understand modes of Naturopathy treatments.

Unit-I Naturopathy-I

Naturopathy-History, Concept and Basis Principles
Types of Naturopathy and its dimensions

Unit-II Naturopathy-II

Ether: relaxation and sleep
Fasting: definition, Types, scientific fasting, methods of fasting and Difference between fasting & starvation
Air-walk, air bath, swar vigyan, Massage and types of massage
Asana and Pranayama

Unit-III Naturopathy-III

Fire-Introduction of solar system & Light
Types of Sun Bath; Preparation of Oil, Water and Food
Types of Hot water Baths

Unit-IV Naturopathy-IV

Water-Types of water, Application of water for treatment in different ways
Types of Bath, Types of bandages, Anima
Earth-Qualities & types of earth
Applications of mud therapy

Reference Books

- 1 Aahar aur Poshaahar - Arya, S.D., Rajasthan Hindi Academy, Jaipur, 1986 (2nd edition).
- 2 Scientific Nature Cure – Hiralal, Gandhi Samarak Prakitik Chikitsa Parishad, New Delhi.
- 3 Yogic & Naturopathic Treatment for Common Aliments , Central Council for Research in Yoga & Naturopathy, New Delhi.
- 4 Science of Natural Life – Ganga Prasad Gaur and Rakesh Jindal, Arogya Sewa Prakashan, ModiNagar.
- 5 प्राकृतिक आयुर्विज्ञान – जिन्दल, राकेश; आरोग्य सेवा प्रकाशन, 1993।

Semester-III

MYSL301MJ-Health Management and Preksha Meditation-Yoga

M.M. 100 (CIA-30+THEORY-70)

Objectives: -

1. To understand the interrelationship of SOL and health.
2. To study the role of SOL in promoting physical and mental health

Unit - 1 : Health, Health Education and SOL

1. Concept of health; component of health- Physical and mental health
2. Health and Environment
3. Health Education

Unit - 2 : Physical Diseases and Disorders- General Introduction – I

1. Promotion of health through SOL
2. Physical weakness, Gastric trouble, hypertension, Influenza and acidity
3. Tonsillitis, fever, backache, indigestion

Unit - 3 : Physical diseases and disorders- General Introduction - II

1. Eye problems, Insomnia, memory weakness Nervous weakness
2. Liver diseases; cervical pain, hernia, scylica, Piles
3. Cancer, Heart diseases, Arthritis ,AIDS,

Unit - 4 : Mind body communication and healing

1. Epilepsy, Diabetes and peptic ulcer
2. Anemia, Asthma
3. Alcoholism, smoking and drug addiction

References

1. Mishra, J.P.N. : Preksha Yoga for common Ailments, B. Jain Publishers, New Delhi
2. Nagrathna, R., Nagendra, H.R. and Monro, R. : Yoga for common Ailments, Gaia Books Ltd., London
3. Rand, W.L. : REIKI – The Healing Touch, B. Jain Publisher Pvt. Ltd., New Delhi
4. Acharya Mahapragya : Preksha Dhyana Theory and Practice, JVB, Ladnun.
5. जिन्दल, राकेश : प्राकृतिक आयुर्विज्ञान, आरोग्य सेवा प्रकाशन
6. सिंह, अन्तर : एक्यूप्रेसर-प्राकृतिक चिकित्सा, बी. जैन पब्लिशर्स प्राइवेट लिमिटेड, नई दिल्ली
7. युवाचार्य महाप्रज्ञ : अमृतपिटक, जैन विश्व भारती, लाडनू

SEMESTER –III
MYSL302MJ : DIETETICS AND NUTRITION

M.M. 100 (CIA-30+THEORY-70)

Objectives

- 1 To understand the concepts of nutrition.
- 2 To understand about nutrients and their role in maintaining health.

Unit-I Introduction of Nutrition

Basics Concept and Dimensions of Food & Nutrition
Nutrients: types and characteristics
Sources and functions of nutrients (Macro & Micro Nutrients)
Water and electrolyte balance

Unit-II Nutrition and Health

Protein energy mal nutrition.
Health and nutritional care.
Yogic Concepts of diet and its relevance in lifestyle management.
Mitahara.

Unit-III Nutritional Requirements

Nutrition in normal infants.
Nutrition in children.
Nutrition in adults.
Nutrition in old age.
Nutrition in pregnant and lactating worker

Unit-IV Nutrition and Diet

Nutrient intake and diet planning.
Diet and therapeutic nutrition.
Vegetarian vs. Non vegetarian diet.
Energy Requirement & Expenditure
Factors affecting BMR.

Reference Books

- 1 A Text book of Nutrition- Chintapalli Vidya; Discovery Publishing House, New Delhi.
- 2 Nutrition and Health Promotion- Bhavana Sabarwal; Commonwealth Publisher, New Delhi.
- 3 Teaching Health and Nutrition- R.I. Reddy; Commonwealth Publisher, New Delhi.
- 4 Advanced Text Book of Food and Nutrition (vol. I & II) - M. Swaminathan; Bangalore Printing & Publishing Co. Ltd., Bangalore.

SEMESTER – III
MYSL303MJ : PRACTICAL

M.M. 100 (CIA-30+ Practical and Viva-Voce-70)

Unit-I-Shatkarma, Mantras, Pranayam, Mudra and Bandha

Shat Karma: DandDhauti, Shankh Prakshalan.

Mantras: Arham, Om, Om aing Om namah, Om hansah, Om hrim namo loe savva sahumam, Ram, Hoom.

Pranayama-Shitali, Ujjai.

Mudra-Shambhavi, Shakti Chalani & Mahabhedh Mudra.

Bandh-Moolbandh, Jalandharbandh and Uddiyanbandh.

Unit-II- Yogic Exercises and Asana:

Yogic exercises for vertebral column.

Asanas in Lying Position: *Hridyastambhasana, Naukasana.*

Asanas in Sitting Position: *Swastikasana, Sidhasana, Badhakanasana.*

Asanas in Standing Position: *Garudasana, Madhyapadshirasana.*

Advance Asanas: *Hansasana, Hanuman Asana, Titibhasana, Shirshasana, Surya Namaskar with Mantr.*

Unit-III- Preksha Meditation and Contemplation (Anupreksha):

Meditation: Four Steps and Perception of Psychic Centers.

Contemplation (Anupreksha) : Honesty, Self-discipline.

Unit-IV-: Alternative Therapies

Practic of Panch Mahabhuta Introduction of tools and their application.

Reference Books

- 1 तुम स्वस्थ रह सकते हो – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 2 प्रेक्षाध्यान : आसन-प्राणायाम – मुनि किशनलाल, जैन विश्व भारती प्रकाशन, लाडनूं।
- 3 प्रेक्षाध्यान : यौगिक क्रियाएं – मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा. लि.), नई दिल्ली।
- 4 प्रेक्षाध्यान प्रयोग पद्धति – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 5 अमूर्त चिन्तन – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 6 मंत्र एक समाधान – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं, 2004 (तृतीय सं.)।
- 7 आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानन्द सरस्वती, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2008।
- 8 Gherand Samhita – Swami Digambarji and Dr. M. L. Ghorote, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 9 Hathpradipika by Svatmaram - Swami Digambarji and Ptambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 10 Shiv Samhita – Swami Maheshananda and Dr. B. R. Sharma, Kaivalyadham S.M.Y.M. Samiti, Lonavla.
- 11 Asana – Swami Kuvalayananda. Kaivalyadham SMYM samiti, Lonavala (India), .
- 12 Pranayam – Swami Kuvalayananda. Kaivalyadham SMYM samiti, Lonavala (India), 2005 (10ed.) .
- 13 Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R. & Nagendra, H.R. – Swami Vivekanand Yoga Prakashan, Bangalore, 2001.

SEMESTER –III

MJVB301MD : SELF MANAGEMENT AND PREKSHA MEDITATION

M.M. 100 (CIA-30+THEORY-70)

Objectives

1. To understand the basic concepts of Self-Management.
2. To understand the role of Preksha Meditation-Yoga in improving human abilities.

Unit-I Self Management

Self-Management: Concept, meaning, basis, need and key points for

Self-Management. Technique of Self-Management (Mapping the Life), Self-Management and Preksha Meditation.

Goal setting and its achievement: meaning, need, types, characteristics, reasons for lack of goal orientation, process of goal achievement through Preksha Meditation-Yoga.

Unit-II Feeling and Emotions

Feeling and Emotion: Feeling- Definition and nature, types of feeling, distinction between feeling and sensation

Emotion- Meaning, nature and types; Bodily changes in emotion; Theories of emotion (James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Cognitive-Appraisal theory and Lindsley Activation Theory); Management of emotions through Preksha Meditation-Yoga.

Unit-III Time and Stress Management

Time Management: meaning, timewasters, time analysis & time management by Preksha Meditation-Yoga.

Stress Management: meaning, definitions, approaches, types, causative factors of stress & stress management through Preksha Meditation-Yoga.

Unit-IV Promoting Individual Capabilities - I

Will power and Imagination power: meaning, importance, types & development of will power and imagination power through Preksha Meditation-Yoga.

Communication Skill: meaning, objectives, elements, factors, principle of communications process, types, basic elements & development of communication skill through Preksha Meditation-Yoga.

Memory: meaning, definition, types, elements, process & training of memory; memory development and Preksha Meditation-Yoga.

Self-confidence: meaning, nature, method of analysis of self confidence, sources of self confidence. Development of self confidence through Preksha Meditation-Yoga.

Reference Books

1. प्रेक्षाध्यान : व्यक्तित्व विकास – मुनि धर्मेश, जैन विश्व भारती प्रकाशन, लाडनूँ, 2005।
2. Development Thy Self - Bajrang Jain and Kavita Saraogi, B. Jain Publishers (P.) Ltd., New Delhi-55.
3. जीत आपकी – शिव खेड़ा, मैकमिलन एण्ड कम्पनी, दिल्ली, 1988।
4. स्व प्रबन्धन में जीवन विज्ञान – मुनि धर्मेश एवं डॉ. बी.पी. गौड़, दूरस्थ शिक्षा निदेशालय, जैन विश्वभारती संस्थान, लाडनूँ, 2001।
5. सरल सामान्य मनोविज्ञान – अरुण कुमार सिंह एवं आशीष कुमार सिंह, मोतीलाल बनारसी दास, दिल्ली 2002 (तृतीय संस्करण)।
6. आधुनिक सामान्य मनोविज्ञान – अरुण कुमार सिंह एवं आशीष कुमार सिंह, मोतीलाल बनारसी दास, दिल्ली 2003 (तृतीय संस्करण)।
7. आधुनिक सामान्य मनोविज्ञान – डॉ. आर.एन. सिंह, विनोद पुस्तक मन्दिर, आगरा, 2007 (तृतीय संस्करण)।

MJVB301MD : PREKSHA MEDITATION AND SELF MANAGEMENT

M.M. 100 (CIA-30+THEORY-70)

Objectives

To understand historical development of Preksha Meditation.

To understand the components, spiritual-scientific basis, objectives and benefits of Preksha Meditation.

To introduce the practicals & process of Preksha Meditation.

Unit-I Preksha Meditation - I

Preksha Meditation: nature, *upsampada*, main, supportive and specific components.

Kayotsarga (Relaxation with self awareness): objectives, spiritual and scientific basis and benefits.

Internal Trip (*Antaryatra*): objectives, spiritual and scientific basis and benefits.

Unit-II Preksha Meditation – II

Perception of Breathing: objectives, spiritual and scientific basis, types and benefits.

Perception of Body: objectives, spiritual and scientific basis and benefits.

Unit-III Preksha Meditation - III

Perception of Psychic Centres: objectives, spiritual and scientific basis and benefits.

Psychic Colour Mediation (*LeshyaDhyana*): objectives, spiritual and scientific basis and benefits.

Contemplation (*Anupreksha*): objectives, spiritual and scientific basis and benefits.

Unit-IV Self Management through Preksha Meditation

Personality development and Preksha Meditation.

Health management and Preksha Meditation.

Stress Management and Preksha Meditation.

Memory and Preksha Meditation.

Time management and Preksha Meditation.

Emotional management and Preksha Meditation.

SUGGESTED READING

- 1 प्रेक्षापुष्प—आचार्यमहाप्रज्ञ, जैनविश्वभारतीप्रकाशन, लाडनूँ, 2003।
- 2 अपनादर्पणअपनाबिम्ब— युवाचार्यमहाप्रज्ञ, जैनविश्वभारतीप्रकाशन, 1991।
- 3 प्रेक्षाध्यान : सिद्धातऔरप्रयोग—आचार्यमहाप्रज्ञ, जैनविश्वभारतीप्रकाशन, लाडनूँ।
- 4 प्रेक्षाध्यान : व्यक्तिविकास—मुनि धर्मेश, जैनविश्वभारतीप्रकाशन, लाडनूँ।
- 5 जीवन विज्ञान की रूपरेखा—मुनि धर्मेश, जैनविश्वभारतीप्रकाशन, लाडनूँ, 1996।
- 6 जीवन विज्ञान, प्रेक्षाध्यान एवं योग—संपा. समणी डॉ. मल्लीप्रज्ञा, जैनविश्वभारतीविश्वविद्यालय, 2009।
- 7 Mirror of the Self – AcharyaMahaprajna, Jain VishvaBharatiPrakashan, Ladnun (Rajasthan), 1995.
- 8 PrekshaDhyana – Theory & Practice, AcharyaMahaprajna, Jain VishvaBharatiPrakashan, Ladnun (Rajasthan), 1994.

SEMESTER - III
MJVB301RP: RESEARCH METHODOLOGY

M.M. 100 (CIA-30+THEORY-70)

इकाई-1:

शोध : स्वरूप-परिचय, (Introduction : Research),
वर्णनात्मक शोध (Descriptive Research),
शोध के प्रकार (Types of Research),
ऐतिहासिक, तुलनात्मक, भाषात्मक, सामाजिक, प्रविधिपरक एवं कार्यपरक शोध (Historical, Comperative, Linguistic, Social, Methodological and Action Research),

इकाई-2:

शोध – समस्या का चयन (Selection of Research Problem),
परिकल्पना (Hypothesis),
शोध-क्षेत्र (Area of Research),
शोध रूपरेखा (Synopsis)

इकाई-3:

शोधविधियां (Methods of Research), वैज्ञानिक विधि (Scientific Method)
निरीक्षणात्मक विधि (Observation Method), साक्षात्कार विधि (Interview Method)
प्रश्नपरक विधि (Questionnaire Method)

इकाई-4:

वैयक्तिक व एकल अध्ययन (Case Study), प्रतिदर्श-प्रतिचयन (Sampling),
सामग्री या आंकड़ों का संग्रहण व निरीक्षण (Collection & Analysis of Data etc.),

इकाई-5 :

पादटिप्पण (Foot Notes), डाइक्रिटिकल मार्क (Diacritical Marks),
उपसंहार (Conclusion), सन्दर्भ ग्रन्थ सूची (Bibliography), परिशिष्ट निर्माण (Appendix),
सहायक ग्रन्थ

- 1- Methods in Social Research, William Goode, Paul K. Hatt, McGraw Hill Book Company, 1974.
2. अनुसंधान विधियां (व्यवहारक विज्ञानों में), डॉ. एच.के. कपिल, एच.पी. भार्गव बुक हाउस, आगरा, 2015
3. अनुसंधान विधियां, डॉ. डी.एन. श्रीवास्तव, साहित्य प्रकाशन, आगरा, 2010
- 4- Research Methodology, Gopal Lal Jain, Mangal Deep Publication, Jaipur, 2003.
- 5- Scientific Social Sureys and Research, Pauline V. Young, Prentice Hall of India Private Limited, New Delhi, 1939.

MYSL401MJ : PRACTICAL

M.M. 100 (CIA-30+ Practical and Viva-Voce-70)

Unit-I-Shat Karma and Pranayam

Shat Karma-Dand dhauti, Shankh prakshalan.

Pranayama-Bhastrika, Shitkari, Sadanta

Unit-II- Asana

Asanas in Lying Position: *Setubandhasana, Chakrasana*.

Asanas in Sitting Position: *Brahmacharyasana, Baddha-Padmasana, Merudandasana, Akarna Dhanurasana*

Asanas in Standing Position: *Mahavirasana, Surya Namaskar*.

Advance Asana: *Mayurasana, Chakrasana (Standing), Vrishchikasana, Natrajasana*.

Unit-III-Mantras and Mudras

Mantras-Lam lam lam lam, Lrim lrim, Hram, Hrim, Hraum, Kshaip om swaha, Om shante prashante sarwa krodhopshamani swaha.

Mudra of Hath Yoga-Khechari Mudra & Nabho Mudra

Hast Mudras-Vayu mudra, Aakash mudra, Soonya mudra, Prithvi mudra, Surya mudra, Varun mudra, Pran mudra, Apan-vayu mudra, Shankh Mudra, Shivling Mudra, Apan Mudra, Surbhi Mudra, Mrigi Mudra.

Unit-IV-Preksha Meditation and Contemplation (Anupreksha)

- i. Meditation: Four Steps and Perception of psychic colours.
- ii. Contemplation (Anupreksha): Mental balance, Patience.
- iii. Jeevan vigyan in prayer assembly.

References

- 1 तुम स्वस्थ रह सकते हो – आचार्य महाप्रज्ञ, जैन विश्व भारती प्रकाशन, लाडनूं।
- 2 प्रेक्षाध्यान : आसन-प्राणायाम – मुनि किशनलाल, जैन विश्व भारती प्रकाशन, लाडनूं।
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