Master Degree in Yoga Education

Semester I

INTRODUCTION TO SANSKRTA

Sub Code: MS T 101
Credits: 4
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
I A Marks: 50
Exam Duration: 3 Hrs

Pre Requirement: Knowledge of Devanagari script - alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.

Faculty may test the compatibility of the student by conducting suitable test

Text Book:
Dr. Sarasvati Mohan, Samskrta Level-1, Sharadh Enterprises, Bangalore.

Chapter 1 (3 hours)
Verb roots, nine forms for three persons and three numbers; practise all the verb roots and their forms for correct pronunciation; usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

Chapter 2 (7 hours)
Noun, masculine and neuter genders; 8 cases and their possible meanings; 24 forms of a noun and its declensions; practise of other similar declensions and usage of the 24 forms of a noun. Introduction to write a sentence; syntax, prepositions and their definite requirements of cases; rule how 'ra/sha' changes dental ‘n’ to cerebral ‘N’ and its exceptions for this rule; repeat declensions for pronunciation.
Chapter 3 (7 hours)
Noun- feminine gender; both ā ending and i-ending and practice of similar declensions. Practice of writing sentences with words mainly in feminine gender; exercises mainly for the feminine gender illustration; special declensions where dental ‘n’ changes to cerebral ‘N’; repeat all feminine noun declensions.

Chapter 4 (3 hours)
Madhurashtakam illustrating all the three genders of nouns and study of the adjectives, having all the three genders and changing according to the gender of different qualified nouns; Midterm examination.

Chapter 5 (10 hours)
ex 32-38 ; models of declensions; how to recognize a gender or find the gender using the dictionary and write declensions of new words according to their models of declensions, while applying the rule changing dental ‘n’ to cerebral ‘N’; making simple sentences for all the words given there; repeat vowel-ending model declensions.

Chapter 6 (10 hours)
Exercises for appropriate use of the cases; irregular verbs; absence of verb root “to have” in Samskrta; where to omit root ‘AS’ (to be), use of certain special verbs; repeat model declensions.

Chapter 7 (10 hours)
Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification..

Chapter 8 (10 hours)
- Sandhi explanation; three major kinds of Sandhi: Vowel-Sandhi, Visarga-Sandhi and Consonant- Sandhi, and fifteen exercises.
- Parasmaipadi (P) and Atmanepadi (A) forms of verbs;
- Verb and ten Ganas; how to find the Gana using the Apte Samskrta -English Dictionary
- Verb and ten Lakaras; mastering five Lakaras of both Parasmaipadi and Atmanepadi and doing the pertaining exercises for that.
Text Books:
1. Dr. Sarasvati Mohan, Samskrta Level-2, Samskrta Academy
2. Dr. Sarasvati Mohan, Samskrta-English-Samskrta Dictionary, Samskrta Academy.
3. Dr. Sarasvati Mohan, Samskrta Level-3, Samskrta Academy
4. Vaman Sivaram Apte, Samskrta-English Dictionary, Samskrita Academy

Reference Books:

VEDAS, UPANIshADS AND DARSHANAS
Semester: I
Sub Code: MS T 102
Credits: 4
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Chapter 1: Vedas and Upanishads (20 hours)
Vedas, the foundations of Indian culture; antiquity, the four main Vedas, Science and Technology of Vedas, why Vedas, Prasthanatraya, Essence of the Vedas-Upanishads, the style of Upanishads, the two main quests - Happiness Analysis and Quest for reality; concept of Dharma and higher dimensions of Dharma.

Chapter 2: Samkhya and Yoga (10 hours)
Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Samkhya and means of knowledge; Shankarya vada, similarities and dissimilarities between vyakta and avyakta, triguna; Existence of purusha, plurality of purusha, proximity of purusha and prakrti; Karana, Antau karana & Bahya karana according to Samkhya karika and Euvarkrishna.

Chapter 3: Charvaka, Jaina & Bauddha (10 hours)
Concept of Charvaka philosophy in the shat darsanas; Early Buddhism, rules and disciplines of Buddhists tradition; The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism; The concept of jiva, ajiva, syadvada according to Jainism.
Chapter 4: Nyaya & Vaiseshika (10 hours)
Concept of Nyaya philosophy means of salvation according to Nyaya and Vaiseshika; The sixteen Padarthas according to Nyaya, means and objects of knowledge according to Nyaya and Vaiseshika philosophy; Relation between Nyaya and Vaiseshika philosophy; Perception (Pratyaksha), inference (Anumana), comparison (Upamana) according to Nyaya and Vaiseshika.

Chapter 5: Mimamsa (10 hours)
Uttara mimamsa: Concept of Badarayana in Uttara mimamsa, Pramana, Pratyaksha, Anumana, Shabda according to Uttara mimamsa; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Purva mimamsa: Purva mimamsa in shat darsana; Pramanas of Gaimini, Atheism in Purva mimamsa.

Text Books:
1. Dr H R Nagendra : Yoga Its Basis and Applications (Swami Vivekananda Yoga Prakasana, Bangalore, 2002)

Reference Books:
1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
3. Swami Prabhavananda : Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
4. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (University of Calcutta Culcatta, 1924)
5. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
6. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
10. Swami Jnanananda : Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore,) 

FOUNDATIONS OF YOGA
Sub Code: MS T 103
Credits: 4
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Unit-1: Historical background and introduction to Yoga and Darshanas
1.1 Brief introduction to Origin, History and Development of Yoga: Historical, Mythological and Psychological aspects leading to the origin of Yoga.
1.2 Yoga: Its Meaning and Definitions, Aim and Objectives of Yoga, Misconceptions about Yoga.
1.4 Salient features of Indian Philosophy (Bháratiya Darshana - Ástika and Nástika) and its distinction from Western Philosophy with special reference to the issue of Human Existence.
1.5 General Introduction to Prasthánatraya, Two-way relationship between Yoga and Indian Philosophy, Yoga and Mysticism.

Unit-2: Brief survey of Yoga Traditions-1
2.1 Yoga in Vedas: Jnána Yoga, Bhakti Yoga, Karma Yoga, Dhyána Yoga, Yama, Niyama and Pránidhána.
2.2 Yoga in Upanishads: Jnána Yoga, Karma Yoga, Other Major Upanisads: Astáshga Yoga, Údáshga Yoga, Náda Yoga, Dhyána Yoga, Mantra Yoga, Nádi-tantra, Panca-koshyá.
2.3 Yoga in Epics and Puránas: The nature and types of Yoga in Adhyatma-Rámáyana and Yoga Vásistha, Yoga in Mahábhárata and Yoga in Puránas.
2.5 Yoga in Jain Tradition: Means and Ends, Meditation and its Types, Káyotsarga, Code of Conduct.
Unit-3: Brief survey of Yoga Traditions-II
1. Yoga in Úad Darshana: General Introduction, Aim and Objectives of Sad Darshanas with special reference to Yoga.
3.3 Philosophy and Practice of Tantra: Váma Marga, Kála Marga, Mishra Marga, Samaya Marga, the Philosophy and Nature of Tántric Sádhána, Nature of Siva and Sakti, Ágama and Types of Ágama.
3.4 Yoga in Medieval Literatures-General Introduction, Siddha Siddhánt Paddhati, Hatha Yoga Pradipiká, Gheranda Saýhita, Siva Saýhita, Yoga Bija, Hatha Ratnávali, Hatha Tattvakaumudi and Amanaska Yoga.
3.5 Yoga in Modern Times: Philosophy of Shri Aurobindo, Integral Yoga, Yoga Traditions of Swami Ramakrishna- Vivekananda and Shri Mahesh Yogi.

Unit 4: Phylosophical Foundations and Practices of Yogic Schools
1. General Introduction to Various Schools of Yoga.
2. Philosophical Foundations and Practices of Rája Yoga & Hatha Yoga
4. Types (Nárad Bhakti) and Nature of Bhakti, Types of Karma, Karmashaya, Jati-Ayu-Bhogah, Theory of Karma and Rebirth (Reincarnation).
5. Philosophical Foundations and Practices of Mantra Yoga and Laya Yoga.

Books for Reference
1. Acharya, Shri Ram : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978
2. Sharma : Yoga Philosophy in Relation to other Systems of Indian thought.University of Calcutta, 1924
5. Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
6. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
10. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974
19. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore
20. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramakrishna Math, Madras 2004

**YOGA AND EDUCATION**

**Semester: I**

Sub Code: **MS T 104**  
Credits: 4  
Hours/Wk: 4  
Total Hrs: 60  
Exam Marks: 50  
I A Marks: 50  
Exam Duration: 3 Hrs

**Chapter 1: (15 Hours)**

**New Dimension in Modern Education**

Chapter 2: (15 Hours)
Yoga and Education
i. Education - Its meaning, scope, goal and importance,
iii. Methods of teaching, factors influencing Yoga teaching
iv. Yoga-Teacher as a Friend, Philosopher and Guide, Yoga Teacher’s personality and his role in the development of student’s personality, Concept of Guru-shishya parampará.
v. Relation between yoga and other forms of education.
vi. Comparison of Ásanas and Exercise.
vii. Role of Ásanas, Pránayámas, Kriyás in Education.

Chapter 3: (15 Hours)
Yoga and Value Education
i. Concept of Value, Definition of value, Types of Values.
iii. Value-oriented personality, Role and function of values in society.
iv. Yoga as global value, Yoga as value and Yoga as Practice.
v. Contribution of Yoga towards the development of values.

Chapter 4: (15 Hours)
Yoga Education - its Practical Application
i. Self-direction or dharma
ii. Knowledge (Jnána) and concentration.
iii. Development through vairágya or through objectivity.

Text Books:

Reference Books:
1. Duggal, Satyapad : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985)
2. Swámi Satyananda : Yoga Education For Children Sarasvati (Bihar Schools of Yoga, Munger, 1990)
3. Gawande. E.N. : Value-Oriented Education (Sarup & Sons, New Delhi - 110002)

7. Dr R Nagarathna and Dr H R Nagendra : Integrated Approach of Yoga Therapy for Positive Health, (Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2003.)

APPLICATIONS OF YOGA
Semester: I

Sub Code: MS T 105
Credits: 2
Hours/Wk: 2
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Chapter 1: (10 Hours)
Introduction to Applications of Yoga
Modern science and yoga and Ecological dimensions of Yoga in technology.

Chapter 2: (10 Hours)
Yoga and Health
Yoga in health perspectives, Yoga psychology, Higher powers through yoga and inputs to parapsychology.

Chapter 3: (10 Hours)
Yoga and Physical Sciences
Yoga in physics and mathematics, Yoga in engineering and technology.

Chapter 4: (10 Hours)
Yoga and Education and Management
Yoga for all-round development of personality through Yoga in education, factors of yoga education: Teacher, Student and Teaching Methods. Factors influencing Yoga teaching. Yoga Teacher as a Philosopher, Friend and guide. Yoga Teacher's
own personality and development of student’s personality. Stress management for the corporate world; Holistic systems management, Economics and Yoga, Yoga perspectives in Indian history.

Chapter 5: (10 Hours)
Yoga and Humanity
Creative dimensions of Yoga in art, paintings, skits & dramas, poetry, music and dance; Dharma & jurisprudence; Human relation development through Yoga in business; Yoga for sportsmen, Yoga for physically, mentally & socially deprived, Yoga for women’s problems, Yoga the foundation of Indian culture, Social dimensions of Yoga for creating social orders.

Chapter 6: (10 Hours)
Other applications: Environmental and Drug Abuse
i. Yoga and Occupational Hazards: Management of Occupational risk factors and prevention of occupational Hazards.
ii. Yoga for Substance Abuse: Supportive role in the management of withdrawal phase.
iii. Role of Yoga in improving the tolerance in extreme environmental conditions - high Altitude Sickness, extreme heat and cold.

Text Book:
1. Lecture notes of Dr H R Nagendra

REFERENCE BOOKS
1. Dr H R Nagendra : Yoga in Education (Swámi Vivekánanda Yoga Prakáshna, Bangalore, 2002)
2. Swámi Satyananda : Yoga Education for Children Saraswati (Yoga Publication Trust, Munger, 1990)
3. Gawande. E.N. : Value-Oriented Education (Sarup & Sons, New Delhi - 110002)
4. Dr H R Nagendra and : New Perspective in Stress Management Dr R Nagarathna (Swámi Vivekánanda Yoga Prakáshna Bangalore, 2002)
5. Research Contributions of VYÁSA, Swámi Vivekánanda Yoga Prakáshna, Bangalore, 2002
YOGA PRACTICE 1
Semester: I
Sub Code: MSE P 101
Credits: 2
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Vedic Chanting:
1. Dasha Shántih
2. Bhrguvalli

Devotional Music:
Bhajanas, Dhunas, Námávalis, Prayers and Group singing of Bhajanas

Yoga Games:
Krida Yoga

Text Book:
— VYÁSA Pushpánjali, Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2002.
— Kridá Yoga, Vivekananda Kendra Prakashana, Chennai.

YOGA FOR PERSONALITY DEV-IYM 1, 2
Semester: I
Sub Code: MSE P 102
Credits: 2
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

A.. Eye Sight Impruvement

1. Preparatory Eye Exercises:
— Up and Down
— Right and left
— Diagonal (Right up-Left down, Left up -right down)
— Rotation- clockwise and anticlockwise)
2. Ásanás
   — Pádahastásana
   — Ardha Cakrásana

3. Relaxation Technique
   — Palming-3 stages of palming,
   — Hand cup Palming - hold
   — Press and release palming - 5 times
   — Palming with bhrámari - 3 rounds

4. Cleansing Techniques (Kriyás)
   — Eye cup Washing -1
   — Massaging, tear sac massaging
   — Blinking, Jala Neti
   — Washing using the palm

5. Pránáyáma
   — Relax in QRT-abdominal breathing
   — Nádi Shuddhi
   — Bhrámari for Head Relaxation

6. Trátaka
   — Náságra, - straight finger - Palming 1
   — Úrdhva Palming 1
   — Adhomukha- horizontal finger - Palming 1
   — Váma Jatr Palming 1
   — Dakshina Jatr Trátaka Palming 1
   — Bhrümadhyya Trátaka- bent index Palming 1

a. Jyoti Trátaka
   Jyoti Trátaka 1 eye at a time - Palming 1
   Both eyes trataka three steps
   — Multiple flames- merge them into one flame - concentrate on the sharpness of
   the margins of the flame
   — Brightest part of the flame- recognize the gradation in the intensity of the light
   — Wick of the candle,
b. Antar Dháraná trataka - imagine jyoti in the center of the skull focussing the eye ball inside skull

c. Sürya trátaka- sunrise and sunset - never look at white light

d. Moon trátaka and star trataka

e. Dháraná on jyoti and meditation

f. Relaxed eyes in action- relax the frown on the forehead, keep a smile on the face always Neck Muscles Relaxation- neck back bending action in relaxation. Interactions in calmness

B. Physical Stamina
1. Shithilikarana Vyáyáma
   a) Simple Jogging - Mukha Dhouti
   b) Forward jogging
   c) Backward jogging
   d) Side Jogging
   e) Twisting
   f) Rotation of arms
   g) Forward & backward bending
   h) Tiger Stretch
   i) Pavana Muktásana
   j) Back stretch
   k) Side Bending
   l) Neck Movement

2. Breathing Practices
   a) Hands in and out breathing
   b) Hand stretch Breathing
   c) Ankle stretch Breathing
   d) Dog breathing
   e) Rabbit breathing
f) Tiger Stretch

g) Tiger Breathing

3. Relaxation Techniques
   a. Shavásana (Drt)

4. Ásana
   a. Sūrya Namaskára (12 Steps)
   b. Sūrya Namasára (10 Steps)

5. Pránáyáma
   a. Sūrya Anuloma Viloma

6. Kriyás
   a. Agnisára
   b. Kapálabháti; Both nostril & Alternate Nostril Kapálabháti

7. Meditation
   a. Sun
   b. Hanuman
   c. Hanuman & sun

C. Voice Culture
1. Breathing Exercises
   a. Tiger stretch

2. Relaxation
   a. Instant Relaxation Technique (IRT)
   b. Quick Relaxation Technique (QRT)
   c. QRT with chanting
   d. Neck Relaxation with bhrámari
   e. Siýha mudrá

3. Ásanas
   a. Janushirsásana
   b. Prasáríta pashcimattánásana
   c. Vakrásana.
d. Ardhamatsyendrásana
e. Matsyásana
f. Prasárita halásana,

4. Pránáyáma
a. Bhastriká
b. Ujjáyi,
c. Sitkári
d. Sádanta
e. Bhrámari in shhanmukhi mudrá
f. Bhrámari

5. Kriyás
a. Gargling
b. Usháh Pána
c. Jalaneti
d. Kapálabháti alternate nostrial
e. Kapálabháti both nostrial
f. Vaman Dhouti

6. Námávalis
a. Speech - Intonations
b. Shakti Vikásaka: Karna Shhakti Vikásaka

7. Voice Special Technique
a. Matching the Voice to ‘OM’ while
b. Breathing-out
c. Breathing-in
d. Tongue massage
e. Blowing cheeks
f. Pursing the lips

D. Stress Management
1. Meditation Techniques (Cyclic Meditation)
a. Instant Relaxation Technique (IRT)
   — Centering
   — Ardhkaticakrásana
— Pádahastásana
— Ardhacakraśana

b. Quick Relaxation Technique (QRT)
— Vajrásana
— Shashánkásana
— Ushtrásana

c. Deep Relaxation Technique (DRT)
— Awareness
Master's in Education: A Master's in Education (M.Ed) is an advanced degree geared more towards moving beyond the classroom and into the education system itself. Certified teachers and aspiring teachers can pursue an M.Ed and still remain in the classroom, but the Master's in Education allows for a broader range within the educational sphere. Often, those who pursue ME degrees have ambitions to influence policies and procedures within schools to make a difference in the lives of students. ME degree programs work to ensure that degree seekers understand the systems and mechanisms Masterâ€™s in Education Degrees. The following experts contributed to our page: Greg Feistman, Online Masterâ€™s Graduate. Kim Miles, Online Masterâ€™s Graduate. Fast Facts. There are many types of masterâ€™s in education degrees. You may have more opportunities and higher pay with a masterâ€™s in education degree than teachers with a bachelorâ€™s degree. A masterâ€™s program is more focused and shorter than a bachelorâ€™s program. Masterâ€™s programs vary in cost, and there are many financial aid opportunities available. Masterâ€™s degrees in teaching specific subjects: Some schools offer degrees specifically for people who want to focus on teaching one topic, rather than on teaching in general.