

SYLLABUS

Of

DIPLOMA IN YOGA

FOR

KRISHNA KANTA HANDIQUE GOVT. SANSKRIT COLLEGE,
JALUKBARI, GUWAHATI

SCHEME OF EXAMINATION
Programme: Diploma in Yoga
FIRST SEMESTER

Course Code	Name of the Course	Total Marks
YD/101	Foundation of Yoga	100
YD/102	Hatha Yoga	100
YD/103	Human Anatomy and Physiology for Yogic Practices	100
YD/104	Yoga in Indian Philosophies	100
YD/105	Practical : Yoga Practice I	200
	Grand Total	600

SCHEME OF EXAMINATION
Programme: Diploma in Yoga
SECOND SEMESTER

Course Code	Name of the Course	Total Marks
YD/201	Patanjal Yoga Sutra	100
YD/202	Yoga and Health	100
YD/203	Yoga Therapy	100
YD/204	Teaching Methods in Yoga	100
YD/205	Practical I : Yoga Practice II	200
	Grand Total	600

PROGRAMME: DIPLOMA IN YOGA
FIRST SEMESTER
COURSE: YD/101 FOUNDATION OF YOGA

Unit I : The Concept of Yoga:

- Meaning and Definitions of Yoga,
- Misconceptions about Yoga
- Importance of Yoga in life,
- Scope of Yoga,
- History of Yoga,
- Personality Characteristics of a Yogi

Unit II : Yoga in various texts :

- Vedas,
- Upanishads,
- Srimad Bhagavad Gita,
- Yog-Vasistha,
- Ayurveda

Unit III : Yoga in Smritis and Tantra:

- Introduction to Smritis and Yoga in Smritis
- General Introduction to Agamas and Tantra
- Yoga in Tantra
- Concept of Nadi and Prana in Tantra
- Kundalini, Effects of Kundalini Shakti
- Shatchakra Sadhana

Unit IV : Types of Yoga:

- Karma Yoga,
- Bhakti Yoga,
- Jnana Yoga,
- Astanga Yoga,
- Mantra Yoga,
- Hatha Yoga and
- Raja Yoga.

Unit V : Some Important Yoga teachers and their Contributions:

- Swami Vivekananda and his propagation of Yoga-Vedanta;
- Swami Kuvalayananda and Scientific experiments on Yoga;
- Tirumulai Krishnamacharya and the trend of Modern Yoga;
- Pt. Shriram Sharma Acharya and Pragya Yoga;
- Swami Sivananda of Umachal and Yoga Movement in North -East India
- Srimanta Sankardeva and Bhakti movement in North-East

Text Books:

1. Feuerstein, George, *The Yoga Tradition*, Motilal Banarshidass, New Delhi
2. Burley, Michael., *Hatha Yoga*, Motilal Banarshidass, New Delhi
3. Nagendra, H.R., *Yoga: Its Basis and Utility*, V.K. Prakasan
4. Phukan, B. N., *Yog Vijnan Parichay*
5. Swami Vigyananada Saraswati - Science of Yoga
6. Dr. Kamakhya Kumar - Super Science of Yoga
7. S.N. Dasgupta - Yoga Philosophy
8. Radhakrishnan - Bhagwadgeeta

Reference Books:

1. Alter, Joseph S., *Yoga in Modern India*, New Age Books, New Delhi
2. Golberg, Elliott, *The Path of Modern Yoga*, Inner Traditions India, Noida
3. Stefanie Syman, *The Subtle Body: The Story of Yoga in America*
4. Prof. Ishwar Bharadwaj - Aupnishadik Adhyatm Vigyan
5. Swami Divyananda - Vedo me Yog Vidya
6. Geetapress - Kalyan (Yogank)
7. Vishwanath Mukharjee - Bharat ke Mahan Yogi
8. Narendra Kohli - Todo Kara Todo
9. Harendra Prasad Sinha - Bhartiya Darshan ki Ruprekha

Course YD/102 : HATHA-YOGA

- UNIT-I Introduction of Hatha Yoga-
- Meaning and definition
 - Brief introduction of Hatha yogic texts and their authors
 - Hatha Pradipika,
 - Gherand Samhita,
 - Shiv Samhita,
 - Siddha-Siddhant Paddhati,
 - Hatha Ratnavali
- UNIT-II Preparation for the practice of Hatha yoga-
- Proper place, season and time for the practice of hatha yoga,
 - Elements of success and failure in hatha yoga.
 - Symptoms of Hatha-Siddhi.
- UNIT-III Yogic practices: Meaning, process and results-
- Shat-karmas:
 - Neti,
 - Dhauti,
 - Vasti,
 - Nauli,
 - Kapalbhata and
 - Trataka
 - Asanas
 - Pratyahara
- UNIT-IV Yogic practices: Meaning, process and results-
- Nadishuddhi and Pranayama
 - Mudra and Bandh
 - Dharana and Dhyana
- UNIT-V Yogic practices: Meaning, process and results-
- Nadanusandhan
 - Samadhi
 - Shat-Chakra and Kundalini

Text Books:

1. Hathapradeepika- Kaivalyadhama, Lonavla
2. Gherand Samhita- Yoga Publication Trust, Munger, Bihar
3. Prof. M. Venkata Reddy - Hatharatnavali
4. Shiv Samhita- Kaivalyadhama, Lonavla
5. Paramhansa Swami Anant Bharti - Sidhha siddhant paddhati
6. M.M. Gore - Anatomy and Physiology of Yogic Practices

Reference Books:

1. Hatha Yoga: its Context, theory and Practice - Mikel Burley
2. Prana and Pranayama – Bihar School of Yoga
3. Asanas - Swami Kuvalyananda
4. Pranayama- Swami Kuvalyananda
5. Goraksh Samhita - Gorakshanath
7. Vasishta Samhita- Kaivalyadhama, Lonavla
8. Bharati, Swami Ved, *Philosophy of Hatha Yoga*, Himalayan Institute
6. Muktibodhananda (ed), *Hatha Yoga Pradipika*, Yoga Publication Trust, Munger

Course YD/103: HUMAN ANATOMY & PHYSIOLOGY FOR YOGIC PRACTICES

- UNIT-I Meaning of anatomy and physiology; Need and importance of knowledge of anatomy and physiology in Yoga; Structure and function of Cells, Different types of tissues.
- Musculoskeletal System- Types of Muscles: Skeletal, Smooth and cardiac; Types of bones; Joints and types of joints. Effect of Yogic Practices on Musculoskeletal System
- UNIT-II Respiratory System- Structure of respiratory tract: Nose, Pharynx, Larynx, Bronchi, Bronchioles, Alveoli- lungs; Mechanism of respiration, Effect of Yogic practices on Respiratory system
- Cardio-vascular System- structure and functions of heart; Blood vessels; Effect of Yogic practices on cardio-vascular system.
- UNIT-III Digestive System- anatomy and physiology of digestive system; Secretions of the gastrointestinal tract; Functions of Liver and Pancreas, Effect of Yogic Practices on Digestive system.
- Excretory system- structure and functions of kidney, ureters, bladder, urethra; Effect of Yogic Practices on excretory system.
- UNIT-IV Endocrine System- structure and functions of pituitary, pineal, thyroid, parathyroid, thymus, pancreas, adrenal and ovary, testes. Effect of Yogic Practices on endocrine system
- Nervous System- Central, Peripheral and Autonomic Nervous System; Effect of Yogic Practices on nervous system
- UNIT-V The special senses: The eye, The ear, The taste, The nose. Effect of Yogic practices on special senses
- Reproductive System- Male and female reproductive organs; menstrual cycle; Effect of Yogic Practices on reproductive system

Text Books:

1. Ross and Wilson - Anatomy and physiology
2. Pearce, Evelyn C. - Anatomy and physiology for Nurses (Jaypee Brothers)
3. Tortora - Anatomy and Physiology

Reference Books:

1. Gray, H., *Anatomy of Human Body*, Lea & Febiger, Philadelphia,
2. Guyton, Arthur C. *Textbook of Medical Physiology*, W.B.Saunders Co. Philadelphia
3. Muruges, M., *Anatomy, Physiology & Health Education*, Sathya Pub., Madurai
4. Gupta, A.K., *Sharir Rachana v kriya Vigyan*
5. Gore, M. M., *Anatomy & Physiology of Yogic Practices*, New Age Books, N.D.
6. Chaurasiya - *Human Anatomy*
7. Byas Deb Ghosh - *Human anatomy for Students*
8. Shirley Teles - *A glimpse of Human Body*

Course YD/104 : YOGA IN INDIAN PHILOSOPHY

- Unit I : **Introduction:**
Meaning of Philosophy, The main divisions of Indian Philosophy;
The schools of Indian Philosophy;
Common characteristics of systems of Indian Philosophy
- Unit II : **Philosophy of Vedas and Upanishads:**
Four Vedas: Rigveda, Yajurveda, Samveda, Atharvaveda and brief philosophy; Yoga in Vedas

108 Upanishads and important Upanishads and their brief philosophy; Yoga in Upanishads
- Unit III : **Philosophical thoughts in Srimad Bhagwadgita:**
Brief Philosophy of Bhagwadgita;
Yoga in Gita-
 The path of knowledge,
 Path of devotion,
 Path of Action
- Unit IV : **Six Systems of Indian Philosophy:**
Samkhya, Yoga, Nyaya, Mimansa, Vaisheshik, Vedanta; their brief philosophy

Basic Philosophy of the Buddha, Mahavira, Carvaka
- Unit V : **Basic Philosophy of Srimanta Sankaradeva;**
His Bhakti Yoga;
Matri Akhara;
Yogic thoughts in his philosophy

Text Books:

1. Cultural Heritage of India – Published by Sri Ramkrishna Math, Madras
2. S.N. Dasgupta - History of Indian Philosophy (5 vols)
3. Harendra Prasad Sinha - Bhartiya Darshan ki ruprekha
4. Prof. Ishwar Bharadwaj - Aupnishadik Adhyatm Vigyan
5. Swami Divyananda - Vedo me Yog Vidya
6. Radhakrishnan - Bhagwadgeeta
7. Pandey, Vinita - *Indian Society and Culture*, Rawat Publications, Guwahati
8. Garg, Veena - *Indian Culture and Heritage*, Ancient Publishing House, Delhi
9. *Indian Culture* - Vivekananda Kendra Prakashan Trust, Chennai
10. Bhattacharya, Sabyasashi, (Ed), - *Cultural Unity of India*, R.K.M.I.C., Kolkata
11. Chatterjee, S.C. and D. M. Dutta - *Introduction to Indian Philosophy*, Rupa Pub. N.D.

Reference Books:

1. Werner, Karel, *Yoga and Indian Philosophy*, Motilal Banarshidass, New Delhi
2. R. Puligandla - Fundamentals of Indian Philosophy
3. S. Radhakarishnan - Indian Philosophy, Vols. I and II
4. C.D. Sharma - A Critical Survey of Indian Philosophy
5. Larson.G.J. & Others- Encyclopedia of Indian Philosophies, Vol-XII
6. Swamy Sivananda - Lectures on Yoga & Vedanta

Course YD/105 : Practical : Yogic Practices I

I. Preparatory Exercises – Joints Movement, Body Flexibility and Energizing Exercises Surya Namaskar, Sthiti Positions for Asanas- Standing, Sitting, Supine & Prone		
Asanas- A. Meditative Postures 1. Samasana 2. Swastikasana 3. Siddhasana (for men) 4. Padmasana 5. Vajrasana 6. Veerasana 7. Bhadrasana 8. Gomokhasana B. Resting Postures 9. Savasana 10. Makarasana	C. Cultural Postures 11. Tadasana 12. Vrikshasana 13. Garudasana 14. Utkatasana 15. Padahastasana 16. Ardha-chakrasana 17. Kati Chakrasana 18. Trikonasana 19. Parsva- Konasana 20. Veera Bhadrasana 21. Janusirasana 22. Akarna-Dhanurasana 23. Ardha-Kurmasana 24. Mandukasana	25. Simhasana 26. Sasankasana 27. Ustrasana 28. Marjariasana 29. Paschimottanasana 30. Vakrasana 31. Uttan Padasana 32. Pavan-Muktasana 33. Viparit-Karani asana 34. Halasana 35. Matsyasana 36. Bhujangasana 37. Salabhasana (1) 38. Dhanurasana (1) 39. Naukasana 40. Chakrasana (Supine)
II. Mudra-Bandha	Bandhatraya (Jalandhar-bandha, Uddiyan – bandha and Mula-bandha) Mudras (Ashwini, Mahabandha and Mahabedh)	
III. Shat-karmas	Dhauti (Agnisar, Vamana) Neti (Jala & Catheter) Nauli (Central), Tratak (Sthul), Kapalbhati (Vatkrama)	
IV. Breathing/Pranayama	Sectional Breathing, Yogic Breathing, Nadishuddhi, Anulum Vilom, Bhramari, Suryabhedan	
V. Prayer	Paramatma Vandana, Gayatri Mantra, , Guru Vandana Santipath from Kathopanishad, Mangal Prarthana	
VI. Meditation	Soham Japa, Pranav Japa	
VII. Contemporary Yogic Practices	Yogic Sukshma Vyayama, Cyclic meditation (S-VYASA)	

Books Recommended:

- Satyananda Saraswati, Swami (2002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust
- Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
- Dr. Ramesh Babu. K. (2011): *Aasana Sutras Vizianagaram*, Home of Yoga Publications.
- Niranjanananda Sarswati, Swami. (1994): *Prana, Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.
- Phukan, B. N., *Yog Vijnan Parichay*

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/201: PATANJAL-YOGA-SUTRAS

- UNIT-I Brief historical outlines of the Yoga system of Patanjali; Sage Patanjali and Commentators of the Yoga Sutras with their Commentaries; Brief Introduction to the subject matter of the Yoga Sutras.
- UNIT-II Definition of Yoga; Chitta, Chitta Bhumi, Chitta Vrittis; Abhyas and Vairagya; Ishwar and Ishwar pranidhan; Types of Samadhis; Chaturvyuhvada.
- UNIT-III Obstacles of Yoga (Antarayas); Means of Chitta-prasadan; Ritambhara Pragya; Kriya Yoga; Panch-kleshas; Karmashaya; Vivek-khyati; Saptadha Pragya.
- UNIT-IV Eight steps of Yoga- Ashtanga Yoga (Yama, Niayama. Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi); Samyam; Yoga Vibhutis; Nirmana-chitta.
- UNIT-V Samskar and Vivek-jnana; Five types of Sidhis; Types of Karma; Dharmamedha Samadhi; Kaivalya; Swaroop-pratishthan.

Text books:

1. Swami Satyananda - Four Chapters of Freedom, Munger, Bihar
2. Feuerstein, Georg, *Yoga Sutras of Patanjali*: U.S.A. Inner Traditions of India.
3. Iyengar B.K.S., *Light on Astanga Yoga*, New Delhi , Alchemy,
4. Bhattacharya ,R. S., *An Introduciton to the Yogasutra*, Bharatiya Vidya Prakashan, Varanasi.
5. Rajveer Shastri - Yog-darshan

Reference books:

1. Taimini, I.K., *The Science of Yoga*, Chennai, The Theosophical Publishing House.
2. Vivekananda, Swami, *Raja Yoga*, Culcutta, Advaita Ashram,.
3. Dasgupta , Surendranath, *A Study of Pantanjali*, Delhi, Motilal Banarisidass.
4. Bangali Baba, *The Yogasutras of Patanjali* ,New Delhi, Motilal Banarsidas.
5. Larson. G.J. *Encyclopedia of Indian Philosophies* (Vol XII) Motilal Banarsidas.

PROGRAMME: DIPLOMA IN YOGA

SECOND SEMESTER

COURSE: YD/202: **YOGA AND HEALTH**

- UNIT-I Yogic concept of health; Importance of Tridosha- *Vata, Pitta, Kapha*;
Importance of Triguna- *Sata, Raja, Tama*; Importance of five basic elements
- UNIT-II Concept and importance of Panchkoshas; Importance of three bodies;
Location and importance of Shatchakra in human body; Concept of Prana and
Up-prana in human body
- UNIT-III Meaning, definition and concept of health; Components of health; Signs of
healthy person; Factors affecting health- *dincharya, sandhyacharya,*
ratricharya and ritucharya. Concept of disease- according to modern science,
Ayurveda and Yoga; Difference between Exercise and Asana;
- UNIT-IV Physical Health; Importance of Physical health; Signs of physically healthy
people; Yoga for physical health;
- Mental Health; Importance of mental health; Signs of mentally healthy people;
Yoga for mental health;
- UNIT-V Social Health; Importance of social health; Signs of Socially healthy people;
Yoga for social health;
- Spiritual Health; Importance of Spiritual health; Signs of Spiritually healthy
people; Yoga for spiritual health

Text Books:

1. M.M. Gore- Anatomy and physiology of Yogic Practices
2. H. David Coulter- Anatomy of Hatha Yoga
3. Prof. M. Venkata Reddy- Scientific studies on Yoga
4. Bhogal R.S.- Yoga and Mental Health
5. Dr. Ganesh Shankar Giri- Health for all through Yoga
6. Satyananda Saraswati- Nav Yogini Tantra
7. Prof. Suresh Lal Barnwal- Yoga evam mansik swasthya

Reference Books:

1. Swami Kunalayananda- Rational of Yogic poses and other articles
2. N.C. Panda- Mind and Super mind
3. Nagarathna and HR Nagendra- Integrated approach of Yoga Therapy for positive health
4. Swami Satyananda- Yoga for children and adolescents
5. Selvarajan Y., *Yoga and Health*,
6. Iyengar, B.K.S., *Yoga, Path to Holistic Health*,
7. Hittleton, Richard, *Yoga for Health*
8. Yoga Journal, *Yoga as Medicine*
9. Sri Yogendra: *Yoga Personal Hygiene* (Vols I & II)
10. Kunalayanda, Swami & Dr.S.L. Vinekar: *Yogic Therapy: Its Basic principles & methods*
11. Chandrasekaran, K. *Sound Health Through Yoga*,
12. Elizabeth B. Hurlock: *Personality development*, Tata mc graw - Hill

COURSE: YD/203: YOGA THERAPY

- UNIT-I Yoga Therapy: meaning and definition; Principles of Yoga Therapy; Scope and limitations of Yoga Therapy; Role of lifestyle and diet in Yoga Therapy; Approach of Yoga towards Holistic Health.
- UNIT-II Yoga for Health-care of children and adolescence, Adult, Women, Pregnant women, Corporate person, Sport person.
- UNIT-III Yogic management of Arthritis, Spondylitis (Cervical, Lumber), Backache, Sciatica, Hernia, Muscle fatigue.
- UNIT-IV Yogic management of Kidney disorder, Hypo and Hyperthyroidism, Diabetes, Obesity, Liver disorder, Heart disease (Coronary Artery Disease, Rheumatic Heart Disease).
- UNIT-V Yogic management of Hyperacidity, Constipation, Asthma, Hypertension.
Yogic management of Stress, Anxiety, Depression, Insomnia.

Text Books:

1. Basis and applications of Yoga (SVYASA, Bangluru)
2. Anatomy and physiology of Yogic Practices- (Dr. M.M. Gore), Pune
3. Yoga for different ailments (SVYASA, Bangluru)
4. Yoga for Common ailments (Robin Monro, Nagarathna & Nagendra)
5. Yoga Therapy (Swami Kuvalayananda), Kaivalyadhama, Pune
6. Yog evam Mansik Swasthya (Dr. Suresh Lal Barnwal)
7. Yog evam Yogic Chikitsa (Prof. Ramharsh Singh)
8. Yog aur rog (Swami Satyananda Saraswati)
9. Yogic management of common diseases (Swami Shankardevananda)
10. Yoga Therapy (Munger, Bihar)
11. Integrated Approach of Yoga Therapy (Nagrathna and Nagendra)
12. Yoga for common ailments (Nagrathna and Nagendra)
13. Yogic Therapy (Swami Kuvalayananda)

Reference Books:

1. Anice George- Yoga Therapy for Dysmenorrhea
2. Swami Satyananda Saraswati- Yoga therapy for Hypertension and Asthma
3. Gharote ML- Yoga therapy, its scope and limitations

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/204 : TEACHING METHODS IN YOGA

Unit I : Yoga and Yogic practices -

Concept of Yoga, Types of Yogic Practices- Shatkarma, Asana, Pranayama, Meditation, Yama-Niyama; Importance and Benefits of Yogic Practices.

Unit II : Meaning and Scope of Teaching Methods -

Terminology, Scope, Methods – Traditional, Modern – i) Lecture Method, ii) Response to Instruction Method, iii) Individualized Instructional Method, iv) Directed Practice Method, v) Project Method, vi) Demonstration Method, - Factors Influencing the Method –i) Previous Background and Experience of the Student, ii)The Teacher, iii) Facilities, iv) Scientific Principles;

Unit III : Sources of Teaching Methods -

Yogic Principles, Psychological Principles, Anatomico-Physiological Principles, Educational Principles, Sociological Principles;

Unit IV : Class Management -

Dealing with different categories of students, Seating Arrangement, Instructions, Audio-visual Aids, Discussion, Extra-Class Practice;

Unit V : Lesson Planning -

Necessity of Lesson Planning, Essentials of a Good Lesson Plan, Lesson Plan for Teaching Yogic Practices, Methods of Teaching Meditation.

Text Books:

1. Gharote, M.L. and S.K.Ganguly, *Teaching Methods for Yogic Practices*
2. Dr. Gharote M.L.- *Yoga Techniques*
3. Mark Stephens- *Yoga sequencing, designing, transformative Yoga classes*
4. Bhatia, K. K. and J. N., *Arora Methodology of Teaching*
5. Yogendra- *Teaching Yoga*
6. N. C. E. R. T., *Yogasana – Teachers' Guide*

Reference Books:

1. Gharote , M.L., *Guidelines to Yogic Pactices*
2. Knapp, C. and Patricia Hagmann , *Teaching Methods of Physical Education*
3. Lochar, S.K., *Methods and Techniques of Teaching*
4. Sundaram, A.G. & R.N. Kaul, *A Handbook of Education*

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/205 : Practical : Yogic Practices II

I. Asanas		
A. <u>Meditative Postures</u> 1. Swastikasana 2. Siddhasana (for men) 3. Baddha Padmasana 4. Veerasana 5. Baddha Konasana 6. Gomokhasana (2)	10. Ardachakrasana (standing) 11. Parivarta Trikosana 12. Parsva Konasana 13. Veera Bhadrana (2) 14. Parsuttanasana (Advanced) 15. Janusirasana 16. Akarna-Dhanurasana (2) 17. Simhasana (Variations) 18. Sasankasana 19. Supta-Vajrasana 20. Ustrasana (Purna)	21. Chandrasana 22. Kona-Pachimottanasana 23. Ardha-Matshyendrasana 24. Sirshasana 25. Sarvangasana 26. Karnapeedasan 27. Matsyasana 28. Purna Bhujangasana 29. Salabhasana (2) 30. Purna Dhanurasana 31. Naukasana (2) 32. Chakrasana
Bandhas and Mudras	Jalandhara, Uddiyana and Mula Bandha Shambhavi mudra, Hasta-mudra- Gyan, Panch tatva mudra	
Sat Karmas	Dhauti- (Danda Dhauti and Laghu-Sankha Praksalan) Neti (Jal-Neti -2 & Sutra Neti), Nauli (Left and right) Kapalbhati (Vyutkarma & Sitkarma)	
Pranayama	Nadi Sodhana, Chandrabhedha, Ujjaiyi, Sitali, Sitkari	
Meditation	Antarmauna and Ajapa Dharna Jaina Sakshi Meditation	
Prayer	Pratah-Smaran Strota of Sankaracharya,	
Contemporary Yogic Practices	Yoga Nidra (BSY) and Raja Yoga Meditation (Brahmakumaris)	

Recommended books:

Swami, Satyananda, *Asana, Pranayama, Mudra, Bandha*, Munger, Y. P. Trust
Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
Rama R.R.: *Journey to the Real Self*, Vijinigiri, Yoga Consciousness Trust
Babu R.K.: *Aasana Sutras*, Vizianagaram, Home of Yoga Publications.
Niranjanananda Sarswathi, Swami.: *Prana Pranayama, Prana Vidya*, Munger, B.S.Y.
Kuvalyananda, Swami. (1931): *Pranayama*, Bombay, Popular Prakashan

Attested .
Rajawati .
PRINCIPAL
K.K.H. Govt. Sanskrit College
Guwanati- 781014