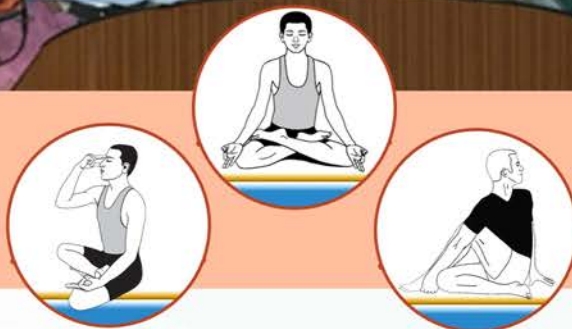


REPORT OF THE COMMITTEE ON YOGA EDUCATION IN UNIVERSITIES



**REPORT OF THE COMMITTEE ON
Yoga Education in Universities setup by MHRD
to establish Departments of Yoga in Central
Universities**

Submitted to

Ministry of Human Resource Development,
Government of India

Submitted by:

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Chancellor, S-VYASA Yoga University

Chairman, Committee of Yoga Education in Universities

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1. FORMATION OF COMMITTEE

F.No.4-3/2016-UIA
Government of India
Ministry of Human Resource Development
Department of Higher Education

New Delhi, dated the 15th January, 2016

ORDER

Subject: **Committee on Yoga Education in Universities.**

A Consultative meeting on Yoga Education in Universities was taken by the Hon'ble Minister for Human Resource Development with the Vice-Chancellors in Bangalore on 2nd January, 2016 wherein it was decided to set up Department of Yogic Art and Science in the Universities and constitute a Committee on Yoga Education in Universities to look into various aspects pertaining to setting up of Departments of Yogic Art and Science.

2. The Government, therefore, hereby constitutes a Committee on Yoga Education in Universities with the following members:

- i. Prof. H.R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana, Samsthana, Bengaluru.....Chairperson
- ii. Prof. Suresh Lal Barnawal, Head, Department of Yoga Dev Sanskriti Vishwavidyalaya, Gayatrikunj-Shantikunj, Haridwar.....Member
- iii. Prof. Ishwar Bharadwaj, Head, Department of Yogic Sciences, Gurukul Kangri University, Haridwar.....Member
- iv. Prof. Neel Kamal, University of Patanjali, Haridwar.....Member
- v. Swami Atmapriyananda, Vice-Chancellor, Ramakrishna Vivekananda University, Kolkatta.....Member
- vi. Pandit Radhey Shyam, Director, Ujjain Yoga Life Society International, Yoga Bhavan, Taran Tall Premises, Kothi Road, Ujjain.....Member
- vii. Prof. O P Tiwari, Kaivalayadhama, LonawalaMember
- viii. Prof. Subramanayam, Adviser, Vivekananda College, Madurai.....Member
- ix. Prof. P. Venkat Rangan, Vice-Chancellor, Amrita University, Coimbatore.....Member
- x. Sri Rupen Bhowmik, Working President, Indian Yoga Federation, Agartala.....Member
- xi. Joint Secretary, Department of AYUSH.....Member
- xii. Secretary, UGC.....Member-Convener

3. The following will be the Terms of Reference (ToRs) of the Committee:

- (i) To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.
- (ii) To spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof.
- (iii) To prescribe the syllabus for conducting NET in Yogic Art and Science.
- (iv) To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.
- (v) To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and universities as presently

approved by the University Grants Commission (UGC), will need amendments.

- (vi) To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.
- (vii) To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.
- (viii) To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.
- (ix) Any other issue considered relevant for the establishment of Department of Yogic Art and Science.

4. The UGC shall provide all secretarial assistance and logistics support to the Chairman and Members of the Committee. This will include expenditure on travel and accommodation of the Committee. The Committee may devise its own methodology and processes for its functioning. The Committee may also engage Experts, rapporteurs and raconteurs as required by it for enabling smooth progress in its working. The expenditure for engagement of such Experts, rapporteurs and raconteurs may also be borne by the UGC.

5. The Committee will submit its report to this Ministry within 45 days. The Committee shall cease to function on the day it submits its report to the Government.


(Ishita Roy)

Joint Secretary to the Govt. of India

To: Chairperson and all Members

Copy to:

- 1. The Chairman, University Grants Commission, New Delhi.
- 2. PS to HRM
- 3. Sr. PPS to Secretary, Department of Higher Education
- 4. PPS to Secretary, Department of AYUSH
- 5. Webmaster, MHRD-for uploading the Order on the website of the MHRD for general information.

*Please e-mail/fax of the Members of the
Committee on e-mail - usa.the.mhrd@gmail.com*

2. TERMS OF REFERENCE AS PER F.NO.4-3/2016-UIA

- 2.1 To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.
- 2.2 To spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof
- 2.3 To prescribe the syllabus for conducting NET in Yogic Art and Science.
- 2.4 To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.
- 2.5 To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and universities as presently approved by the University Grants Commission (UGC), will need amendments.
- 2.6 To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.
- 2.7 To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.
- 2.8 To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.
- 2.9 Any other issue considered relevant for the establishment of Department of Yogic Art and Science.

3. IDENTIFICATION OF COURSES AND PROGRAMMES

The following programmes and courses have been identified:

- 3.1 Certificate Course in Yoga - CCY
- 3.2 Bachelors of Science (Yoga) - BSc (Yoga)
- 3.3 Post Graduate Diploma in Yoga - PGDY
- 3.4 Post Graduate Diploma in Yoga Therapy - PGDYT
- 3.5 Masters of Science (Yoga) - MSc (Yoga)
- 3.6 Doctor of Philosophy (Yoga) – PhD (Yoga)
- 3.7 Doctor of Philosophy Integrated (Yoga) – PhD (Yoga)

4. SCOPE OF THE PROGRAMMES TO BE OFFERED

The Scheme and Syllabi for the following programmes and courses have been spelled out:

- 4.1 Certificate Course in Yoga – CCY
- 4.2 Bachelors of Science (Yoga) - BSc (Yoga)
- 4.3 Post Graduate Diploma in Yoga – PGDY
- 4.4 Post Graduate Diploma in Yoga Therapy – PGDYT
- 4.5 Masters of Science (Yoga) - MSc (Yoga)
- 4.6 Doctor of Philosophy (Yoga) – PhD (Yoga)
- 4.7 Doctor of Philosophy (Yoga) Integrated – PhD (Yoga)

4.1 CERTIFICATE PROGRAMME IN YOGA (CPY)

Preamble

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root meaning "to join", "to yoke" or "to unite". yuj. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. During the programme the student is taught the basic concepts of Yoga for wellness. **This programme looks to train enthusiasts to teach general public wellness through yoga.**





I. Title of the Programme

The programme shall be called "**Certificate Course in Yoga**" (CPY)

II. Aim of the Programme

The aim of the programme is to spread "**Wellness through Yoga**"

III. Objectives of the programme

-  To introduce basic wellness principles and practices of Yoga to common people
-  To bring awareness of the fundamentals of Yoga for wellness in their daily lives
-  To bring peace and harmony in the society at large by introducing the Yogic way of life.
-  To create teachers to teach Yoga for wellness in the society

IV. Duration

The minimum duration of the programme will be SIX months (1 semester) and the maximum duration will be 12 months

V. Eligibility

The candidate should have completed 12th Standard from a recognized board or equivalent.

VI. Scheme of Teaching and Examination

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
				L	T	P	Credit	CT	TA/PR	
One Semester										
1	CPY - T101	Introduction to Yoga and Yogic Texts	3	1	-	4	20	10	70	100
2	CPY - T102	Human Anatomy & Physiology	3	1	-	4	20	10	70	100
3	CPY - T103	Yoga for Wellness	3	1	-	4	20	10	70	100
4	CPY - T104	Teaching Techniques	1	1	-	2	10	3	35	50
5	CPY - P105	Yoga Practical	-	-	8	4	20	10	70	100
6	CPY - FW106	Field Work	-	-	8	4	20	10	70	100
32 Hrs						22	TOTAL			550

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

VII. Programme Details

Subject Title: Introduction to Yoga and Yogic Texts

Subject Code: CPY-T101

Objectives:

The above programme has been designed with the following objectives

- To equip the learners with a brief understanding about yoga and its stream
- To give an over view of Hatha Yoga and Patanjala Yoga.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: General Introduction to Yoga

[10 Hrs.]

Brief to origin of Yoga, History and Development of Yoga: Vedic Period, Classical Period, Post classical period, Modern Period. Etymology and Definitions of Yoga in classical Yoga texts. Meaning, Aim and Objectives of Yoga, Misconceptions about Yoga; True Nature of Yoga; Principles of Yoga; Basis of Yoga.

Unit-2: Streams of Yoga

[10 Hrs.]

Basic concepts of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga and Unity in Diversity;

Unit-3: Introduction to Hatha Yoga and its texts

[20 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions; Hatha Yoga: Its Philosophy and Foundations; History and development of Hatha Yoga, Hatha Yoga practices: Asanas, Pranayama and Asta kumbhakas, Dharana on the five elements, Mudras and bandhas, Satkarmas (the set of six cleansing techniques); Briefing on Important Hatha Yoga texts (Gheranda Samhita, Hata Yoga Pradeepika, Shiva Samhita, Hata Ratnavali).

Unit-4: Introduction to Patanjala Yoga

[20 Hrs.]

Brief to Maharshi Patanjali and Patanjala Yoga Sutra; Ashtanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Definition of Yoga according to Patanjali; Concept of Chitta-Bhumi; Citta-Vritties and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Relationship between the two schools of Yoga (Patanjali and Hatha Yoga).

Subject Title: Human Anatomy & Physiology

Subject Code: CPY -102

Objectives:

The programme has the following objectives

- i. To give a basic understanding about the structure, functions with respect to various systems of the body for equipping the students to understand the benefits and contraindications of yogic postures in a better way.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: Cell and Tissue, Musculo Skeletal and Digestive system

[15Hrs.]

Structure and function of cell; Homeostasis; Introduction to tissues and types; Anatomy of the Skeleton; Classification of bones; Types of joint and muscles in the body; Digestive system: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands

Unit-2: Excretory, Respiratory and Cardiovascular system

[15Hrs.]

Basic understanding about different stages of digestion; absorption; Function of Kidney, Urinary Bladder and Urethra; Respiratory system: Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Brief understanding about transport of respiratory gases; Composition and function of blood - Plasma, RBC, WBC and Platelet; Cardiovascular system: Structure of heart, its chamber, valves, function of arteries, vein and capillaries.

Unit-3: Neuro Endocrine system

[15Hrs.]

Structure of: human brain and spinal cord; Basic understanding about Sympathetic and Para sympathetic; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal, ovary and testes.

Unit-4: Lymphatic and Immune system

[15 Hrs.]

Lymphoid organ: Bone marrow, Thymus, Spleen, Lymph node, Composition and function of lymph; Immunity in brief, Types of immunity: Innate immunity and acquired immunity

Subject Title: Yoga for Wellness

Subject Code: CPY -103

Objectives:

The above programme has been designed with following objectives

- i. To give an introduction to the concept of wellness
- ii. To give an understanding of wellness and illness with reference to the yogic texts
- iii. To give a basic knowledge of Yoga as preventive health care and Yogic life style analysis.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: Concept of Wellness and Illness

[15 Hrs.]

Concept of health (Modern and Ancient View); Concept of Wellness and illness (Modern and Ancient View); Concept of Body (Pancha Kosha according to Taittiriya Upanishad); Potential causes of illness according to Yoga Vasishta - Concept of Adhi and Vyadhi and their consequences on the body

Unit- 2: Yogic Life style prescription according to various Yogic Texts [15 Hrs.]

Remedial measures for Wellness suggested in Yoga Vasistha; Yogic attitude (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Hygiene; Psycho-social environment: its role and importance for wellness; (Patanjali); Role of yoga as mind-body medicine with reference to Yogic Texts. Role of yoga in transforming the life style; Health and Yoga according to Gheranda Samhita; Ghatastha yoga in the context of Gheranda Samhita and its significance

Unit- 3: Yogic Concept of Holistic Health [15 Hrs.]

Total Human Development through Yogic practices for Pancha Kosha (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanamaya Kosha and Ananda maya Kosha) and its integration with Ashtanga Yoga of Patanjali.

Unit – 4: Yoga as Preventive Health Care [15 Hrs.]

Concept of stress according to modern science and Yoga; Stress as the cause for illness; Role of Yoga in Stress management: Holistic approach of catering to moderation in eating (Yogic Diet), sleeping (rhythm of the nature), working (the sense of duty as per BG), entertainment (moderation), change in life style;

Subject Title: Teaching Techniques

Subject Code: CPY-T104

Objectives:

The above mentioned programme has the following objectives

- To give an overview of Yoga teaching techniques to the students
- To introduce to class management and lesson planning
- To introduce educational tools of yoga teaching

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	0
Hours/ week		1	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Teacher; Yogic levels of learning, Vid્યarthi, Shishya; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-2: Basics of yoga class management and Educational Tool

[15 Hrs.]

Practice of Yoga for Beginners; Techniques of Individualised teaching; Techniques of group teaching; *Yoga classroom:* Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teachings.

Subject Title: Yoga Practicum

Subject Code: CPY-P 105

Objectives:

The above mentioned programme has been designed with following objectives

- i. To introduce Yogic postures and Practices
- ii. To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, Breathing practices and Pranayama

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit-1: Shatkarmas

[30 Hrs.]

Dhauti (Kunjal), Neti (Sutra and Jala), Kapalabhati, Agnisara

Unit-2: Suryanamaskar

[15 Hrs.]

Unit-3: Asanas (yogic postures)

[45 Hrs.]

Standing postures

- i) Ardhakati chakrasana, ii) Ardha chakrasana, iii) Padahasthasana, iv) Hastottanasana, v) Vriksasana, vi) Kati Chakrasana, vii) Trikonasana, viii) Parivritta trikonasana

Sitting postures

i) Padmasana, ii) Bhadrasana, iii) Vajrasana, iv) Kagasana, v) Yoga Mudrasana, vi) Ushtrasana, vii) Sasankasana, viii) Uttana Mandukasana, ix) Gomukhasana, x) Ardhamatsyendrasana, xi) Paschimottanasana, xii) Supta Vajrasana

Prone postures

i) Bhujangasana, ii) Salabhasana, iii) Dhanurasana, iv) Makarasana

Supine postures

i) Uttanapadasana, ii) Ardh Halasana, iii) Setubandhasana, iv) Sarvangasana, v) Halasana, vi) Mayurasana, vii) Chakrasana, viii) Matsyasana, ix) Setubandhasana, x) Shavasana

Balancing postures

i) Vrikshasana, ii) Garudasana, iii) Namaskarasana, iv) Natarajasana

Unit-4: Breathing practices (for rectification of breathing pattern)

[15 Hrs.]

Breathing Practices: i) Hands in and out, ii) Hands stretch, iii) Ankle stretch, iv) Legs rising, v) Rabbit breathing, vi) Tiger breathing, vii) Breath awareness, viii) Sectional breathing: Abdominal, Thoracic and Clavicular breathing;

Unit-5: Pranayama practices

[15 Hrs.]

Pranayama Practices: i) Nadi shuddhi, ii) Surya Bhedana, iii) Bhastrika, iv) Ujjai, v) Cooling Pranayama (Sitali, Sitkari and Sadanta), vi) Bhramari

Subject Title: Field Work

Subject Code: CPY -FW 106

Objectives:

- i. To teach and support practice simple worksheet and presentations
- ii. To inculcate the practise of teaching with internship to junior students in certificate programme

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit 1:

[30 Hrs.]

Teaching Internship for Certificate Students;

Unit 2:

[60 Hrs.]

Lecture cum demonstration; Organising Yoga Workshops and Yoga Camps

Unit 3:

[30 Hrs.]

Worksheet & Presentation

REFERENCES FOR THE SYLLABUS

TEXT BOOKS

1. Nagendra H R and Nagarathna, Promotion of Positive Health, SVYP, 2002
2. MDNIY, New Delhi : Shatkarma, Yogasana, Pranayama

BOOKS FOR REFERENCE

1. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Gore MM: Anatomy and Physiology of Yogic Practices
4. Hiriyanan M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
5. Iyendra BKS : Light on Yoga
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Swami Dharendra Brahmachari: Yogasana Vijnana, Surya Namaskara
8. Swami Kuvalyananda: Asanas, Yoga-Mimamsa Publications
9. Swami Kuvlayananda: Pranayama, Yoga-Mimamsa Publications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama, Calcutta, 2000
12. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009

4.2 BACHELOR OF SCIENCE (YOGA) - BSc (Yoga)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.





I. Title of the Programme

The programme shall be called "**Bachelor of science in Yoga**" (BS)

II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapists for a clinical set up**"

III. Objectives of the programme

-  To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
-  To make the people aware of the therapeutic and preventive value of Yoga.
-  To bring peace and harmony in the society at large by introducing the Yogic way of life.
-  To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

IV. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

V. Eligibility

The candidate should have completed 12th Standard in any discipline from a recognized board or equivalent.

VI. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
BS- I Year										
Semester – I										
1	BS-CT101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BS-CT102	Introduction to Hath Yoga and it’s texts	3	1	-	4	20	10	70	100
3	BS -CT103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	BS-AECCT104	AECC-1 (Communicative English)	1	1	-	2	10	5	35	50
5	BS-GE105	GE-1	2	-	-	2	10	5	35	50
6	BS-CP106	Yoga Practicum-I	-	-	8	4	20	10	70	100
7	BS-CP107	Yoga Practicum-II	-	-	4	2	10	5	35	50
8	BS-CP108	Human Anatomy and Physiology Practicum-I	-	-	4	2	10	5	35	50
32 Hours						24	TOTAL			600
Semester – II										
1	BS-CT201	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	BS-CT202	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
3	BS-CT203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	BS-AECCT204	AECC-2 (Environmental Studies)	2	-	-	2	10	5	35	50
5	BGET205	GE-2	2	-	-	2	10	5	35	50
6	BS-CP206	Yoga Practicum-III	-	-	8	4	20	10	70	100
7	BS-CP207	Computer Lab	-	-	4	2	10	5	35	50
8	BS-CP208	Human Anatomy and Physiology Practicum-II	-	-	4	2	10	5	35	50
32 Hours						24	TOTAL			600
BS- II Year										
Semester – III										
1	BS-CT301	Essence of Bhagavad Gita for Personality Development	3	1	-	4	20	10	70	100
2	BS-CT302	Yoga and Holistic Health	3	1	-	4	20	10	70	100
3	BS-CT303	Methods of Teaching Yoga	3	1	-	4	20	10	70	100

4	BS-AECCT304	AECC-3 (Spoken Sanskrit)	2	-	-	2	10	5	35	50
5	BS-GE305	GE-3	2	-	-	2	10	5	35	50
6	BS-CP306	Yoga Practicum-IV	-	-	8	4	20	10	70	100
7	BS-CP307	Yoga Practicum-V Teaching practice	-	-	4	2	10	5	35	50
8	BS-FW308	Field Work	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
Semester – IV										
1	BS-CT401	Four Streams of Yoga	3	1	-	4	20	10	70	100
2	BS-CT402	Basis of Yoga Therapy	3	1	-	4	20	10	70	100
3	BS-CT403	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
4	BS-AECCT 404	AEEC-4 (Sanskrit)	2	-	-	2	10	5	35	50
5	BS-GE405	GE-4	2	-	-	2	10	5	35	50
6	BS-CP406	Yoga Practicum 7	-	-	8	4	20	10	70	100
7	BS-CP407	Yoga Practicum 8	-	-	4	2	10	5	35	50
8	BS-CP408	Biochemistry Lab	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
BS- III Year										
Semester – V										
1	BS-CT501	Basis of Indian Culture	3	1	-	4	20	10	70	100
2	BS-CT502	Yoga and Human Consciousness	3	1	-	4	20	10	70	100
3	BS-CT503	Yogic Management of Lifestyle related disorders	3	1	-	4	20	10	70	100
4	BS-DSE504	DSE-1	2	-	-	2	10	5	35	50
5	BS-DSE505	DSE-2	2	-	-	2	10	5	35	50
6	BS-CP506	Yoga Practicum 9 – Case Study	-	-	8	4	20	10	70	100
7	BS-CP507	Psychology Practicum	-	-	4	2	10	5	35	50
8	BS-FW508	Study Tour	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
Semester – VI										
1	BS-CT601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	BS-CT602	Applied Yoga	3	1	-	4	20	10	70	100
3	BS-CT603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BS-DSE604	DSE 3	2	-	-	2	10	5	35	50
5	BS-DSE605	DSE-4	2	-	-	2	10	5	35	50
6	BS-CP606	Yoga Practicum 10 – Case Study Reports	-	-	8	4	20	10	70	100
7	BS-CP607	Research Project	-	-	4	2	10	5	35	50
8	BS-CP608	Practical Statistics	-	-	4	2	10	5	35	50
32 Hrs.						24				600
TOTAL CREDIT						144				3600

CT- Core Theory, CP- Core Practical, AECC-Ability Enhancement Compulsary Course, AECC - Ability Enhancement Elective Course, DSE - Discipline Specific Elective, GE- Generic Elective, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record,

**DISCIPLINE SPECIFIC ELECTIVES/
ABILITY ENHANCEMENT ELECTIVE COURSES/
SKILL ORIENTED COURSES**

1. Fundamentals of Naturopathy
2. Introduction to Ayurveda
3. Yoga and Mental Health
4. Yogic Diet and Nutrition
5. Human System according to Yoga

GENERIC ELECTIVES

1. Application of Yoga
2. Introduction to Yoga and Common Ailments
3. Yoga Psychology
4. Introduction to AYUSH
5. Health and Yogic Hygiene

Semester-I

COURSE DETAILS

Subject Title: Foundation of Yoga

Subject Name: BS-CT101

Course Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: General introduction to yoga

[15Hrs.]

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga

Unit - 2: General introduction to Indian philosophy

[15Hrs.]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy

Unit - 3: Brief about Yoga in texts – I

[15Hrs.]

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras

Unit-4: Brief about Yoga in texts – II

[15 Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010
2. Swami Bhuteshananda : Narayana Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

Subject Name: Introduction to Hatha Yoga & its Texts

Subject Name: BS-CT102

Objectives:

By introducing hatha Yoga & its texts, students shall be able to

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the relationship between Patanjala and Raja yoga.
- Have an understanding about the concept of yoga in other yogic texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - I: General introduction to Hatha yoga**[10 Hrs.]**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga

Unit - 2: Pre-requisites**[15 Hrs.]**

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam

Unit - 3: Principles and Introduction to Hatha Yoga texts**[15 Hrs.]**

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; **Introduction to hatha yoga texts:** Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

Unit-5: Relationship between Patanjala Yoga and Hatha Yoga**[20Hrs.]**

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IIInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.

6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Subject Name: Human Anatomy and Physiology-I

Subject Name: BS-CT104

Objectives:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Cell, Tissue and Muscular – Skeletal system

[15Hrs]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular -Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit-2: Biomolecules, Digestive and Respiratory system

[15 Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; **Digestive system:** Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under

nutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder

Unit-3: Cardiovascular system

[15 Hrs]

Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Subject Name: Communicative English (AECC-I)

Subject Name: BS-AECC105

Objectives:

Following are the objectives of introducing this course

- To acquire the skill of communicating with others in English.
- To apply the value of English in diverse field.
- To understand the approach and theory of English.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Evolution and functions of English language

[15 Hrs.]

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism

Unit- 2: Acquisition of skills**[15 Hrs.]**

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

Unit- 3: English: its application**[15 Hrs.]**

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

Unit- 4: Approaches and theories of English language**[15 Hrs.]**

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

TEXT BOOKS

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascull, Bill.: Business vocabulary in Use. Cambridge: CUP, 2004

Subject Name: Generic Elective

Subject Name: BSGET-106

Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Yoga Practicum-I

Subject Name: BS-CP107

Objectives:

Following the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Recitation of hymns & hasta mudra

[30 Hrs.]

Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

Unit-2: Shatkarmas

[30 Hrs.]

Dhauti (Kunjal, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneiti); Kapalabhati and its variants; Agnisara

Unit-3: Breathing practices

[30 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen,

Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

Unit-4: Continuous evaluation by the Teachers

[30 Hrs.]

TEXT BOOKS

1. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

Subject Name: Yoga Practicum 2

Subject Name: BS-CP108

Objectives:

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Explain and demonstrate the above mentioned practices skillfully.
- Have a indepth understanding anout Surya namskara and Yogasanas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic suksma and sthula vyayama**[20 Hrs.]****1.1 Yogic suksma vyayama**

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

1.2 Yogic sthula vyayama**[10 Hrs.]**

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit- 2: Surya namaskara**[10 Hrs.]****Unit-3: Yogasana (Standing Postures and body alignment)****[15 Hrs.]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations

Unit-4: Continuous evaluation by the Teachers**[15 Hrs]****TEXT BOOKS**

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966

BOOKS FOR REFERENCES

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.

4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Subject Name: Human Anatomy and Physiology (practical)

Subject Name: BS-CP108

Objectives:

The objectives behind teaching Anatomy and Physiology is to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Demonstration of Osteology & Myology [15 Hrs.]

Unit-2: Demonstration of Organs and Viscera [15 Hrs.]

Unit-3: Demonstration of Bones, Joints [15 Hrs.]

Unit-4: Demonstration of Human Skeleton [15 Hrs.]

Semester-II

Subject Name: Essence of Principal Upanishads

Subject Name: BS-CT201

Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.

Unit-1: Introduction essence of Isha and Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; **Ishavasyopanishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (Kenall.5)

Unit-3: Essence of Katho and Prashnapanishad [15 Hrs.]

Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul

Unit-3: Essence of Mundaka, Mandukya and Taitriya [15 Hrs.]

Mundaka: The greatness of Brahmanvidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being

Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka [15 Hrs.]

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics

Subject Name: Patanjala Yoga Darshana

Subject Name: BS-CT202

Objectives:

Following the completion of this course, students shall be able to

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Undertand the essence of Vibhuti and Kaivalya pada.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	2	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada [15 Hrs.]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada [15 Hrs.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada [15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; VivekNanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012

2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

Subject Name: Human Anatomy and Physiology-2

Subject Name: BS-CT203

Objectives:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Nervous system and special senses

[15Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye,ear,nose,tongue and skin

Unit -2: Endocrine system**[10Hours]**

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action

Unit -3: Reproductive and Excretory system system**[15 Hrs]**

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation

Unit -4: Lymphatic system and immune system**[15Hrs]**

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

1. Bijlani R. L.:Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

Subject Name: Environmental studies (AECC-2)

Subject Name: BS-AECCT204

Objectives:

Following the completion of these course students shall be able to

- Understand the ecosystem and different type of it.
- Have an idea about the natural resources and understand what is a renewable and non renewable natural resource.
- Have an understanding about different biodiversities and their conservation.
- Understand Pollution and its impact on our health.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to environmental studies and Ecosystem

[15 Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2: Natural Resources: Renewable and Non-renewable Resources

[15 Hrs.]

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity and Conservation

[15 Hrs.]

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit 4: Environmental Pollution, policies and practices

[15 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.

2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013): 36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Subject Name: Yoga Practicum-3

Subject Name: BS-CP205

Objectives:

Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- Have an understanding about the practices that help practitioners to lead to meditation.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Shatkarma

[15 Hrs.]

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)

Unit-2: Pranayama

[15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama

Unit-3: Practices leading to meditation**[15 Hrs.]**

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)

Unit- 4: Continuous evaluation by the Teachers**[15 Hrs.]****TEXT BOOKS**

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

BOOKS FOR REFERENCES

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
6. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

Subject Name: Yoga Practicum- 4**Subject Name: BS-CP206****Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Yogasana (Sitting Postures)**[60 Hrs.]**

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-2: Yogasana (Supine lying Postures)

[20 Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

Unit-3: Yogasana (Prone line Postures)

[20 Hrs.]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

Unit-4: Continuous evaluation by the Teachers

[20 Hrs.]

TEXT BOOKS

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.

Subject Name: Computer Lab

Subject Name: BS-CP207

Objectives:

Following the completion of this course, students shall be able to

- Understand the application of computer in our day today life.
- To represent the data and organize them.
- Understand about operating system and importance of file management.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory :		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Basics of computer and its applications**[15 Hrs.]**

Definition of a Computer, Block Diagram of elements of digital computer-their functions; Computer Hardware & Software, Computer generations, Types of Computers; Primary Memory – RAM, ROM, PROM, EPROM, CPU, I-O devices; Secondary storages, Magnetic Tape, Disk, Compact disks; Hardware and Software. Micro, Mini, Main-frame and super computers, Discussion on recent IT trends.

Unit-2: Representation of data and software concepts**[15 Hrs.]**

Decimal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information; Introduction to Programming, Flowcharts and Algorithms; Types of Softwares, System software's, Application software's, Firmware software's , Computer; Languages like machine, Assembly and Higher Level Languages; Stored program concept.

Unit-3: Operating system**[15 Hrs.]**

General introduction to Operating system, Definition of Operating System; Elementary concepts of Operating system, Functions of OS, Types of OS; Introduction to Windows – Basics of Windows, The User Interface, Windows Setting, Advance Windows; Difference between two OS (Single & multi-users); Operating system applications.

Unit – 4: File management**[15 Hrs.]**

Concept of file; File organization and accessing techniques-Indexed, Line; Rules for naming of the files, sequential, Hashed; File handling functions; Types of computer files.; Other related issues

TEXT BOOKS

1. Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
2. Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
3. Timothy N. Trainor, Diane Krasnewich : Computers! McGraw Hill, 2000

BOOKS FOR REFERENCE

1. V Rajaraman : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
2. P. K. Sinha : Computer Fundamentals, BPB Publications, 1992
3. James Martin : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
4. Donald H Sanders : Computers Today, McGraw Hill, First edition, 1983

Subject Name: Anatomy and Physiology Lab

Subject Name: BS-CP208

Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and procedure of every experiment.
- Demonstrate an experiment with the interpretation of the results.
- Explain the procedure of each step of an experiment skillfully.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Hematology and physical examination

[30 Hrs.]

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Unit-2: Viva voce

[15 Hrs.]

Unit-3: Continuous evaluation by the Teachers

[15 Hrs.]

TEXT BOOK

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004

Semester-III

Subject Name: Essence of Bhagavad Gita for holistic living

Subject Name: BS-CT301

Objectives:

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit – 1: Significance of Bhagavadgita as synthesis of yoga

[15 Hrs.]

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita

[15 Hrs.]

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita

[15 Hrs.]

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Yoga of Bhakti and Bhakta as described in Bhagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living

[15 Hrs.]

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras

2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Subject Name: Yoga and Holistic Health

Subject Name: BS-CT302

Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II

[15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Name: Methods of Teaching Yoga**Subject Name: BS-CT303****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Principles and methods of teaching yoga**[15 Hrs.]**

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-2: Basics of yoga class management**[15 Hrs.]**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.)

Unit-3: Lesson planning in yoga**[15 hrs.]**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit-4: Educational tools of yoga teaching**[15 hrs.]**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

TEXT BOOKS

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

BOOKS FOR REFERENCE

2. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Subject Name: Basics of Samskritam

Subject Name: BS-AECCT303

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: संस्कृतभाषा परिचय।

संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्व और योग एवं संस्कृत का अन्तःसम्बन्ध। माहेश्वरसूत्र। संस्कृतवर्णमाला,स्वर ,व्यंजन वर्गज्ञान सहित (रोमन लिपि में लेखन एवं पठन); वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान।प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान। कारक, विभक्ति(सुप् और तिङ्),लिङ्ग,वचन,पुरुष, लकार एवं वाक्याङ्ग परिचय। संस्कृत संख्याएं (एक से सौ तक)

Unit-2: शब्दरूप।

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित। अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत्(तीनो लिङ्गों में), एतद्(तीनो लिङ्गों में), किम्(तीनो लिङ्गों में); 4 सर्व(तीनो लिङ्गों में), भवत्(तीनो लिङ्गों में) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

Unit-3: धातुरूप ।

भू,अस्,पठ्,मुद्,कृ,लिख्,नम्,दृश् धातुओं के पांच लकारों (लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। वद्,गम्,स्था,पा(पिब्)दा, शक्, आप्,प्रच्छ् धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। जा,कथ्,चिन्त्,ब्रू,श्रु,नी, याच्,खाद् ,शीङ्, धातुओं के पांच

लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Unit-4: वाक्यनिर्माण ।

प्रथमदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom P R : Devavanopraivesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sasnkrit Grammer for college students, MLBD, New Delhi, 2011
3. द्विवेदी कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011
4. द्विवेदी कपिल देव : रचनानुवादकौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2011
5. द्विवेदी कपिल देव : रचनानुवाद कौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2007

Subject Name: Generic Elective

Subject code: BS-GE304

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Yoga Practicum 4**Subject code: BS-CP305****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-2: Yogasana (Supine lying Postures)

Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

Unit-3: Yogasana (Prone line Postures)

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana

Unit-4: Continuous evaluation by the Teachers**TEXT BOOKS**

1. Swami Dharendra Bhrahmachari : Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers.

3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
4. Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

Subject Name: Yoga Practicum 5 (Practice teaching)

Subject code: BS-CP306

Objectives:

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Bandha

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

Unit-2: Pranayama (with Antar & Bahya Kumbhaka)

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama

Unit-3: Practices leading to Meditation

Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

Unit-4: Continuous evaluation by the Teachers

TEXT BOOKS

1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012
2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

BOOKS FOR REFERENCES

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangoore
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
6. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003
7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

Subject Name: Field Work

Subject code: BS-FW307

Objectives:

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages.

Semester-IV

Subject Name: Four Streams of Yoga

Subject Name: BS-CT401

Objectives:

Following the completion of this course, students shall be able to

- Understand the four paths/streams of yoga with indepth understanding.
- Have an indepth understanding about their similarities and dsisimilarities.
- Understand the principle and conceptualize each stream

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: JnanaYoga

[15 Hrs.]

Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine.

Unit-2: Bhakti Yoga

[15 Hrs.]

Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing

Unit-3: Karma Yoga

[15 Hrs.]

The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma

Unit-4: Raja Yoga

Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda :J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

Subject Name: Basis of Yoga Therapy

Subject Name: BS-CT402

Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic concepts of health and disease

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit-2: Yogic concepts for health and healing

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing

Unit-3: Yogic principles and practices of healthy living

[15 Hrs.]

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-4: Health benefits of yogic practices**[15 Hrs.]**

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra, and Meditation

TEXT BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanajala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

Subject Name: Fundamentals of Biochemistry**Subject Name: BS-CT403****Objectives:**

Following the completion of this course, students shall be able to

- Understand the biomolecules and their role in our body.
- Have an understanding about the protein, carbohydrate, lipid metabolism.
- Understand the role of Biochemistry and its test as the indicators to know about the progress of a disease.

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: Introduction to Bio-chemistry

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, classification and bio-chemical structure of immunoglobulins with

functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations

Unit – 2: Metabolism of carbohydrates

Carbohydrates: Definition, classification with examples and general functions; Basics of Carbohydrate Metabolism (I) - Glycolysis; Aerobic and Anerobic, metabolism of glycogens; glycogenesis, glycogenolysis, glyconeogenesis, Regulation of glycogen metabolism; Basics of Carbohydrate Metabolism (II) - Kreb's Cycle (T.C.A), Regulation of Blood glucose, Hexose Mono Phosphate (HMP Shunt); Concept of isomerism, types & mode of action; Integration of metabolism and catabolism

Unit-3: Metabolism of lipids and proteins

Lipids: definition, classifications and general functions; Intoduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver; Proteins: definition, classification and Bio-medical Importance, Plasma Proteins and functions; Definition, classification and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic activity

Unit- 4: Functional Bio-chemistry

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders; Basic techniques for estimation of different Bio-chemical markers i.e., diffusion, Osmosis, Electro-phoresis, Quantative and Analytical Titration; Introduction to investigations related to Hepatobiliary diseases i.e., Serumbiliru, Amino-Transferases, Alkiline Phosphatase, LDH; Basics of routine Bio-chemical tests for Kidney and related common diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Createnin, Serum Uric Acid with estimation of Urinal Protien and Sugar.

TEXT BOOKS

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad:Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. K. Malhotra:Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. N. Haridas:Bio-chemistry made easy:A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. Arvind S Yadav:Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004

BOOKS FOR REFERENCE

1. Robert K Murray & others:Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
2. M. K. Ganesh :Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008

3. S. K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers Ltd. 2006
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

Subject Name: AEEC-2 (Sanskrit)

Subject Name: BS-AECCT404

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: कर्मवाच्य एवं भाववाच्य ।

[15 Hrs.]

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। अस् एवं भू धातु का भाववाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। कर्तृवाच्य एवं कर्मवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद। कर्तृवाच्य एवं भाववाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

Unit-2: कृदन्त ।

[15 Hrs.]

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

Unit-3: सन्धि एवं भाषाभ्यास ।

[15 Hrs.]

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद् गीता के द्वितीय अध्याय के प्रथम २० श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ। संस्कृत से हिन्दी/ अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।

Unit-4: भाषादक्षता |**[15 Hrs.]**

द्वितीयदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

TEXT BOOKS

1. DEVAVANIPRAVESIKA- : Robert p. goldman: MLBD-NEWDELHI.
2. प्रारम्भिक रचनानुवाद कौमुदी : कपिल देव द्विवेदी;विश्वविद्यालय प्रकाशन वाराणसी।
3. रचनानुवादकौमुदी : कपिल देव द्विवेदी;विश्वविद्यालय प्रकाशन वाराणसी।

BOOKS FOR REFERENCE

1. प्रौढ-रचनानुवादकौमुदी : कपिल देव द्विवेदी;विश्वविद्यालय प्रकाशन वाराणसी।
2. प्रथमदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली
3. द्वितीयदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली

Subject Name: Generic elective (GE) :**Subject Name: BS-GE405**

Subject Name: Yoga Practicum 7**Subject Name: BS-CP406****Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Shatkarmas**[20 Hrs.]**

Vastra Dhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara

Unit-2: Yogasanas -I**[50 Hrs.]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana

Unit-3: Yogasanas -II**[30 Hrs.]**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana

Unit-4: Teacher's evaluation**[20 Hrs.]**

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should be at least 1 minute and maximum can be 5 minutes.

TEXT BOOKS

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Subject Name: Yoga Practicum 8

Subject Name: BS-CP407

Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Bandha and Mudras

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

Unit-2: Pranayama

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation

Unit-4: Continuous evaluation by the Teachers

TEXT BOOKS

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Subject Name: Biochemistry Practicals

Subject Name: BS-CP408

Objectives

Following the completion of this course, students shall be able to

- Understand the principle and procedure of each experiment.
- Demonstrate each experiment skillfully.
- Interpret the result during experiment.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Demonstration

Identification and Analysis of Constituents in Normal Urine –Urea-Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

Unit-2: Writing of Procedure and repeatation of all the above mentioned biochemical tests

Unit-3: Teacher's continuous evaluation

TEXT BOOKS

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5th edition
2. V.K.Malhotra :Practical Biochemistry for students, 4th edition, 2008, 12th edition 2012, Jaypee Brothers medical Publishers Ltd.

REFERENCE BOOKS

1. Shruti Mohanty & Aparna B. Varma: Practical Clinical Biochemistry, Jaypee Brothers medical Publishers Ltd. 2013
2. D.M. Vasudewan & Subir Kumar Das : Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers Ltd. 2013

Semester-V

Subject Name: Basis of Indian Culture

Subject Name: BS-CT501

Objectives:

Following the completion of the course, students shall be able to

- Understand meaning and process of culture with respect to the settlement of human in India.
- Have an understanding about the religious movements and cultural configuration in India.
- Understand the development and progress of India during Guptas and their legacies.
- Understand the Indoislamic architecture and change in the trend during that time.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1 : Meaning & process of culture and early human settlements in India

[15 Hrs.]

Meaning and process of culture; Sources – Archaeology, Literature, Foreign accounts; Pre and Proto historic cultures; Indus Civilization – Origin extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period.

Unit - 2:Religious movements and cultural configurations in India[15 Hrs.]

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Social and economic changes; Impact of Persian and Greek invasions; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam age – Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock – cut architecture, sculpture; Dharmashastra, Natyashastra, Kamasutra, Panchatantra, Ayurveda; Religious sects and schools – Hindu, Buddhist and Jain.

Unit - 3 : Developments during the Gupta and legacies

[15 Hrs.]

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Cultural contacts with outside world; Legacies of classical ideas and patterns and development of new trends in Indian society and thought during the early medieval times; Vedanta – Sankara, Ramanuja;

Bhakti, Tantra, Alavars, Nayanars; Temple styles Nagara, Vesara, Dravida; Literature, society, polity feudalism; Efflorescence of Indian cultural contacts; Islam in India; Alberuni on India.

Unit-4: Indo-Islamic architecture and new cultural trends in Mughal India [15 Hrs.]

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre – Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India-William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

Unit – 5 : Western ideas relationship with ancillary disciplines [15 Hrs.]

Influx of Western ideas and Indian response; English education and press; Bengal renaissance; Reform movements in Bengal and other regions, Administrative Measures for Social Reforms (1828 – 1857), Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed .Ahmad Khan; Indian nationalism-Rise, salient features and its cultural expressions in literature, art and education, Gandhian ideas – tradition and modernity; Indian Classics, Indian culture studies, Objectivity and bias; Relationship with ancillary disciplines; Scope of research; Primary and Secondary sources; Heritage of India; World's debt to Indian culture.

TEXT BOOKS

1. Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987

REFERENCE BOOKS

1. R.S. Sharma; India's ancient past, Oxford publication, 2006

Subject Name: Yoga and Human Consciousness

Subject Name: BS-CT502

Objectives

Following the completion of the course, students shall be able to

- Understand the necessity and significance of psychology.
- Have an understanding about utility of psychology in the society.
- Understand human behavior with regard to therapy.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- I: Psychology: a science of behaviour

[15 Hrs.]

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System

Unit- 2: Domains and dynamics of behaviour – I

[15 Hrs.]

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation

Unit- 3: Domains and dynamics of behaviour – II

[15 Hrs.]

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

Unit- 4: Personality and its development

[15 Hrs.]

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga

Unit-5: Yoga for mental health

[15 Hrs.]

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and

Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style

TEXT BOOKS

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

BOOKS FOR REFERENCE

1. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
5. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007

Subject Name: Yogic Management of Lifestyle related disorders

Subject code: BS-CT503

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Introduction to common ailments and Respiratory disorders [8 Hrs.]

Introduction to stress and stress related disorders; Introduction to Yoga therapy– AdhijaVyadhi concept, IAYT; **Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management

Unit -2: Cardiovascular disorder [8 Hrs.]

Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

Unit- 3: Endocrinal and Metabolic Disorder [8 Hrs.]

Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management

Unit -4: Obstetrics and Gynecological Disorders [8 Hrs.]

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Unit-5: Cancer and gastrointestinal disorders [8 Hrs.]

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; **Gastro Intestinal Disorders:** APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features , Medical and

Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Unit-6: Musculo-Skeletal Disorders

[7 Hrs.]

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management

Unit-7: Neurological Disorders

[7 Hrs.]

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Unit- 8: Psychiatric disorders

[7 Hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and

Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003)

3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Discipline Specific Elective-1: Human System According To Yoga

Subject Name: BS-DSE504

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Discipline Specific Elective-2: Yogic Diet and Nutrition

Subject Name: BS-DSE505

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Yoga Practicum 9 – Case Study**Subject Code: BS-CP506****Objectives:**

- Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Case taking-I

Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

Unit-2: Case taking-II

Students shall be permitted to take remaining four cases and parameters will be recorded.

Unit-3: Preparation of the cases

Candidate shall write a report of a most improved and least improved case.

Unit-4: Presentation

Following the presentation, candidate will present the case to the examiners and the same will be examined.

Subject Name: Psychology Practicum**Subject Name: BS-CP506****Objectives:**

- Objectives of this course is to make the students familiar about the tests and the scales and the procedure of administering them.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Practical & Practicum

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief ; Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study

Note: Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.

Subject Name: Study Tour

Subject Name: BS-FW502

Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Study tour

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged by the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator.

The Study Tour will carry marks as mentioned in the Scheme of examination

Unit-2: Presentation

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

Unit-3: Continuous evaluation by the Teachers

Semester-VI

Subject Name: Yoga and Human Values

Subject Name: BS-CT601

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an understanding about our social responsibility.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Harmony in Human Being and in Myself

[15 Hrs.]

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'

Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship

[15 Hrs.]

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

Unit -3: Concept of Human values: Moral Education

[15 Hrs.]

Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their inter-relationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

Unit -4: Social Responsibility and Yoga

[15 Hrs.]

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and

its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

TEXT BOOKS

1. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
2. Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

BOOKS FOR REFERENCE

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

Subject Name: Applied Yoga

Subject Name: BS-CT602

Objectives

Following the completion of the course, students shall be able to

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, sports, technostress and geriatric care.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Yogic Health for school

[15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of

cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences

[15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

Unit -3: Yoga for technostress

[15 Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress

Unit -4: Yoga for geriatric care

[15 Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Name: Research Methodology & Statistics

Subject code: BS-CT603

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to research methodology

[15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit- 2: Introduction to Research Process

[15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity

Unit-3: Introduction to Research Design

[15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding

Unit-4: Statistics

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard

deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change

Unit-5: Reporting Research

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

TEXT BOOKS:

1. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Subject Name: Discipline Specific Elective 3: Yoga and Mental Health

Subject Name: BSDSET-T604

Subject Name: Discipline Specific Elective 4 :

Subject Name: BSDSET-T605

Subject Name: Yoga Practicum 10 – Case Study Reports

Subject Name: BS-CP606

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Case taking-I

[30 Hrs.]

Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

Unit-2: Case taking-II

[30 Hrs.]

Students shall be permitted to take remaining four cases and parameters will be recorded.

Unit-3: Preparation of the cases**[30 Hrs.]**

Candidate shall write a report of a most improved and least improved case.

Unit-4: Presentation**[30 Hrs.]**

Following the presentation, candidate will present the case to the examiners and the same will be examined.

Subject Name: Research Project

Subject Name: BS-CP606

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of h/is/er choice for a common variable in a particular group of sample.

Subject Name: Practical statistics

Subject Name: BS-CP607

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.

List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
 - a. Creating a table, Entering text and contents in a table.
 - b. Toolbars in word, Using various toolbars options.
 - c. Watermarks and Water-marking a document.
 - d. Inserting clip arts/picture, Hyper-linking a text.
 - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
 - a. Creating and Saving a new Workbook.
 - b. Deleting and Renaming a Worksheet.
 - c. Creating Formulas, Using Formulas.
 - d. Using Functions.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account

**DISCIPLINE SPECIFIC ELECTIVES/ABILITY ENHANCEMENT ELECTIVE
COURSES/SKILL ORIENTED COURSES**

Subject: HUMAN SYSTEM ACCORDING TO YOGA

Credits: 04

Unit-1: EVOLUTION OF BODY

[15 Hrs.]

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāikhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body

Unit-2: PANCHA KOSA THEORY

[15 Hrs.]

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

Unit-3: CHAKRAS AND MADALAS

[15 Hrs.]

Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mannalas, types and their work.

Unit-4: VAYUS, NADIS AND SVARA YOGA

[15 Hrs.]

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Pīṅgalā and Sushumnā; Effects of Svarayoga as explained in the Haōha yogic texts, Relevance of Svava-vijnāna in day-today life and the importance of Svarodaya in health and disease.

TEXT BOOKS

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda : Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

REFERENCE BOOKS

1. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
3. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.

4. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

Subject: Yogic Diet and Nutrition

Unit – 1: YOGIC CONCEPT OF DIET & NUTRITION

[15 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

Unit –2: DIETETICS IN YOGA

[15 Hrs.]

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.

Unit-3: BIOMOLECULES

[15 Hrs.]

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit-3: NUTRITION-BASICS

[15 Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

TEXT BOOKS:

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

REFERENCE BOOKS

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005

4. Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others : Vasishta Samhita

Subject: Yoga and Mental Health

Credits: 04

Unit-1: MENTAL HEALTH [15 Hrs.]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS [15 Hrs.]

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders

Unit-2: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS [15 Hrs.]

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Unit- 2: YOGA FOR MENTAL HEALTH [15 Hrs.]

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory ,Intelligence,Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udapa, K.N. : Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007

Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math

Subject: Introduction to Ayurveda

Credits: 04

Unit-1: GENERAL INTRODUCTION TO AYURVEDA [15 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA [15 Hrs.]

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dincharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA [15 Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention

Unit-4: INTRODUCTION TO PANCHAKARMA [15 Hrs.]

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalal, Varanasi, Edition of 2008
2. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit
3. Pratishthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

REFERENCE BOOKS

1. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
2. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
3. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

Subject: Fundamentals of Naturopathy

Credits: 04

Unit-1: INTRODUCTION TO NATUROPATHY [15 Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY

[15 Hrs.]

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

Unit-3: NATUROPATHY

[15 Hrs.]

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion

TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
2. M.K.Gandhi. : My Nature Cure

GENERIC ELECTIVES

Subject: Health and Yogic Hygiene

Credits: 04

Unit-1: INTRODUCTION TO HEALTH AND HYGIENE

[15 Hrs.]

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-2: INFECTION AND DISINFECTANTS

[15 Hrs.]

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection

Unit-3: INFECTIOUS DISEASES

[15 Hrs.]

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS;

Unit-4: Immunity - Definition, types of immunity & immunization schedule

[15 Hrs.]

Common emerging health problems among women: Cancer of Breast and Cervical

TEXT BOOKS

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

Subject: Introduction to Ayush

Credits: 04

Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

[15 Hrs.]

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

[15 Hrs.]

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications

Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

[15 Hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Präëa, Präëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryä (daily routine), concept of Ritucarya; Seasonal routine), Svasthavåtta and Ñaòvåtta in Äyurveda; Concept of Trayo Upasthambas.

Unit- 4: Introduction to Basic concepts of Unani, Siddha and Homeopathy

[15 Hrs.]

History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B. : Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

Subject: Yoga Psychology

Credits: 4

Unit-1: HUMAN PSYCHE

[15 Hrs.]

The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors

Unit-2 : PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS

[15 Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention

Unit- 3: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE

[15 Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

Unit-4: YOGA PSYCHOLOGY

[15 Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

TEXT BOOKS:

1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

REFERENCE BOOKS

1. Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

Subject: Introduction to Yoga and Common Ailments

Credits: 04

Unit-1: CARDIORESPIRATORY DISORDERS

[15 Hrs.]

Modern Medical and Yoga therapy principles and practices for diseases related to: Yogic management of Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease Respiratory Disorders: Bronchial asthma; Chronic Obstructive; Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary; tuberculosis; Sleep apnea; Snoring

Unit-2: NEURO MUSCULAR DISORDERS

[15 Hrs.]

Yogic management of Muscle and Bone Disorders: Pain in the limbs; and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy ; Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision; Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS

[15 Hrs.]

Yogic management for Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis; Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity

Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS

[15 Hrs.]

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

TEXT BOOKS:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

Subject: Applications of Yoga

Credits: 04

Unit-1: YOGA IN SCHOOL

[15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga

Unit-2: YOGA FOR SPORTS

[15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical; Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

Unit-3: YOGA FOR STRESS

[15 Hrs.]

Introduction to stress, its causes; Role of Yoga in prevention of stress

Unit-4: YOGA FOR ELDERLY POPULATION

[15 Hrs.]

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population

TEXT BOOKS

1. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
5. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008

REFERENCE BOOKS

1. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006

4.3 POST GRADUATE DIPLOMA IN YOGA (PGDY)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.




I. Title of the course

The course shall be called "**Post Graduate Diploma in Yoga**" (PGDY)

II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

III. Objectives of the course

-  To introduce basic concepts of preventive health and health promotion through yoga
-  To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
-  To train teachers on preventive health and promotion of positive health through yoga and personality development

IV. Duration

The minimum duration of the course will be 1year (2 semesters) and the maximum duration will be 2years.

V. Eligibility

The candidate should have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.

VI. Scheme of Teaching and Examination

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
Semester – I										
1	PGDY-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDY-CT 102	Hatha Yoga	3	1	0	4	20	10	70	100
3	PGDY -CT103	Human Anatomy & Physiology	3	1	0	4	20	10	70	100
4	PGDY -CT104	Yogic Life Style	3	1	0	4	20	10	70	100
5	PGDY-CP105	Yoga Practicum-I			8	4	20	10	70	100
6	PGDY-CP106	Yoga Practicum-II	0	0	4	2	20	10	70	100
7	PGDY-FW107	Assignments & Self Appraisals	0	0	4	2	20	10	70	100
32 HRS						24	TOTAL			700

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
Semester – II										
1	PGDY-CT201	Essence of Principal Upanishads and BG	3	1	0	4	20	10	70	100
2	PGDY-CT202	Patanjala Yoga Darshana	4	0	0	4	20	10	70	100
3	PGDY-CT203	Applied Yoga	3	1	0	4	20	10	70	100
4	PGDY-CT204	Methods of Teaching Yoga & Value Education	4	0	0	4	20	10	70	100
5	PGDY-CP205	Yoga Practicum 3	0	0	8	4	20	10	70	100
6	PGDY-CP206	Yoga Practicum 4	0	0	4	2	20	10	70	100
7	PGDY-FW207	Teaching Practice	0	0	4	2	20	10	70	100
32 HRS						24	TOTAL			700

TC- Theory Core, PC- Practice Core, L - Lecture, T-Tutorial*, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

VII. PROGRAMME DETAILS

Subject Title: **FOUNDATION OF YOGA**

Subject Code: **PGDY-CT101**

Objectives:

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. To give a brief history and the basis different yoga traditions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]

Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee and Purushartha Chatushtaya

Unit - 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - I [15 Hrs.]

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana ; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints

Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - II [15 Hrs.]

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana;

Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - III [15 Hrs.]

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of

Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions;

TEXT BOOK

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

Subject Title: **HATHA YOGA**

Subject Code: **PGDY -CT102**

Objectives:

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS

[15 Hrs.]

SHodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranòda Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranòda Samhita: their techniques, benefits, precautions and importance.

Unit-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS

[15 Hrs.]

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranòda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranò Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svava, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Brief introduction to Hatha Rathnavali.

TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svamarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)

Subject Title: HUMAN ANATOMY & PHYSIOLOGY

Subject Code: PGDY-CT103

Objectives:

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,

DIGESTIVE AND EXCRETORY SYSTEM

[15 Hrs.]

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland

Unit-2: MUSCULO-SKELETAL SYSTEM

[15 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND

LYMPHATIC SYSTEM

[15 Hrs.]

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM

[15 Hrs.]

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain

viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

Unit 5: REPRODUCTIVE SYSTEM

[15 Hrs.]

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwic: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C.: Human Physiology(Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

Subject Title: YOGIC LIFE STYLE

Subject Code: PGDY -CT104

Objectives:

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II

[15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai

3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Title: **YOGA PRACTICUM - I**

Subject Code: **PGDY-PC105**

Objectives:

- i. To introduce a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit- 1. SHAT KARMAS

[30 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalan, Jyoti Trataka, Agnisara

Unit-2. YOGASANAS

[90 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhujangasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pawanmuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, , Padangusthasana, Hastapadangusthasana, Garudasana, , Natarajasana
Mayurasana, Sirshasana

TEXT BOOKS

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004

Subject Title: **YOGA PRACTICUM-II**

Subject Code: **PGDY-CP106**

Objectives:

- i. To help establish a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit- 1: PRANAYAMA

[15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak), Surya-bhedi and Chandra-bhedi Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka)

Unit- 2: PRACTICES LEADING TO MEDITATION

[30 Hrs.]

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

Unit- 3: BANDHA AND MUDRAS

[15 Hrs]

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

TEXT BOOKS

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001

5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004

Subject Title: **ASSIGNMENTS & SELF APPRAISALS**

Subject Code: **PGDY-FW107**

Objectives:

- i. To introduce the principles of teaching yoga
- ii. To introduce class and lesson management
- iii. To help overcome obstacles in self-practice through self-appraisals
- iv. To assess through regular viva voce and help deepen the understanding of yoga

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit-1: TEACHING PRACTICE

[90 Hrs]

Illustration of the need for a lesson plan; Illustration of the need for a content plan; Demonstration of types of teaching methods; Demonstration of optimum use of teaching aids viz. audio-visual aids; Practical training on class management; Practical demonstration of critical observation, active supervision and interaction; Method of preparing for an ideal setting based on the specific requirement of the class; Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class; Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet

individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

Unit-2: VIVA-VOCE

[30Hrs]

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lessons

Semester- 2

Subject Title: **ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA**

Subject Code: **PGDY -CT201**

Objectives:

- i. To teach the essence of the principal Upanishads
- ii. To teach the essence of the Bhagavad Gita

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

UNIT - 1: ESSENCE OF UPANISHADS- I

[15 Hrs]

Aitriya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

UNIT - 2: ESSENCE OF UPANISHADS-2

[15 Hrs]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

UNIT - 3: YOGA IN BHAGAVAD GITA - I

[15 Hrs]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

Unit - 4 : YOGA IN BHAGAVAD GITA - II

[15 Hrs]

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

REFERENCE BOOKS

1. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

Subject Title: **PATANJALA YOGA DARSHANA**

Subject Code: **PGDY -CT202**

Objectives:

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY **[10 Hrs]**

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

Unit-2: SAMADHI PADA AND SADHANA PADA **[10 Hrs]**

Kriya-yoga, Theory of Kleshas, Nature of Drshtha & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA **[10 Hrs]**

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

Unit-4 : PARINAMAS AND THE PERSONALITY TRANSFORMATION **[10 Hrs]**

The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

**Unit-5: ASTA-SIDHIS, PARA-NORMAL PHENOMENON AND SPIRITUAL
TRANSFORMATION**

[10 Hrs]

A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)

Subject Title: **APPLIED YOGA**

Subject Code: **PGDY - CT203**

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

UNIT - 1: YOGA FOR STRESS MANAGEMENT

[15 Hrs]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT

[15 Hrs]

Physical level: Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

Unit - 3: YOGA AND SPORTS

[15 Hrs]

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;

Unit - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS**[15 Hrs]**

Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability; Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises; Strengthening poses Relaxing postures, yogic breathing practices, yogic games - to develop strength, concentration, imagination, confidence.

TEXT BOOKS:

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

REFERENCE BOOKS:

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

Subject Title: **METHODS OF TEACHING YOGA AND VALUE EDUCATION**

Subject Code: **PGDY -CT204**

Objectives:

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA

[15 Hrs]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit 2: BASICS OF YOGA CLASS MANAGEMENT

[15 Hrs]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA

[15 Hrs]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING

[15 Hrs]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

Unit 5: YOGA AND VALUE EDUCATION**[15 Hrs]**

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value-education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

TEXT BOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

BOOKS FOR REFERENCE

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

Subject Title: YOGA PRACTICUM - III

Subject Code: PGDY - CP 205

Objectives:

- i. To help maintain the yoga practise or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit 1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYE SIGHT [15 Hrs]

Characteristics of physical development: Flexibility, stamina, endurance, longevity; loosening the joints, stretching-relaxation of muscles, improve strength and stamina; physical revitalisation; Need for control on breath; special exercises for voice culture; Cleansing practices, eye muscle strengthening practices

Unit 2: PRACTICES FOR MEMORY AND CONCENTRATION [15 Hrs]

Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; Barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per Patanjali – binding to a particular; practices to improve concentration.

Unit 3: PRACTICES FOR CREATIVITY AND IQ [15 Hrs]

Physiology and creativity; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to yoga; yoga module of IQ development;

Unit 4: PRACTICES FOR ANGER MANAGEMENT AND STRESS MANAGEMENT [15 Hrs]

What is anger? Expression of anger, outcome of anger, yogic management of anger; Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation

TEXT BOOKS

Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: **YOGA PRACTICUM - IV**

Subject Code: **PGDYS - CP206**

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-I: HEALING AT THE PHYSICAL LEVEL**[15 Hrs]**

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction
Technique (Kabatzin)

Unit-II: HEALING AT THE PRANA LEVEL**[15 Hrs]**

Vipasana Meditation; Preksha Meditation

Unit-III: HEALING AT THE MENTAL LEVEL

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris)
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

Unit-IV: HEALING AT THE CONSCIOUS LEVEL

Yoga Nidra (BSY)

TEXT BOOK:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999

Subject Title: **TEACHING PRACTICE**

Subject Code: **PGDYS -FW207**

Objectives:

1. To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 120		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

The student is expected to teach yoga modules to Certificate and Diploma students and also teach personality development modules to School children and write a report therein

4.4 POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

Preamble

Yoga is an ancient Indian art and science which is adopted as a self discipline and a way of life to promote positive health at physical, mental, social and spiritual planes of being. Yoga focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature.

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. This programme will help orientate medical and para-medical graduates to integrate yoga therapy into their medical practice. As more and more medical and para-medical practitioners in the country turn towards integrative healthcare practices for better patient care, this course looks to introduce yoga therapy to such practitioners. This course looks to introduce doctors to the theoretical aspects of yoga through yogic texts such as the Bhagavad Gita, Patanjali Yoga Sutras and the Yoga Vasistha. Since medical and para-medical practitioners have prior knowledge of the anatomy and physiology of the human body, this course looks to introduce the physiological mechanisms of yogic practices. The modern lifestyle diseases require a holistic approach for their management. With the integration of yogic management with modern approach of healthcare, modern lifestyle disease will find a new panacea.





I. Title of the programme

The programme shall be called "Post Graduate Diploma in Yoga Therapy" (PGDYT)

II. Aim of the programme

The aim of the programme is to orient Medical and Para-medical Graduates to Integrate Yoga Therapy in their practice.

I. Objectives of the programme

-  To teach medical professionals to integrate yoga therapy in their medical practice for prevention and treatment of life style diseases.
-  To orientate paramedical and medical Graduates of any system of medicine to learn and administer yoga therapy modules for life style related common ailments
-  To introduce holistic principles of Indian Systems of Medicine to medical professionals
-  To orient the medical professionals on the psycho-physiological mechanisms of yogic practices

Duration

The minimum duration of the programme will be 1 year (2 semesters) and the maximum duration will be 2 years

II. Eligibility

Medical graduates of any system of medicine, Bachelor of dental medicine and surgery, Physiotherapy, paramedical (4 years or more) courses from a University recognised by UGC or a similar regulatory body authorized by Govt. of India.

III. Scheme of Teaching and Examination

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
		L	T	P	Credit	CT	TA			
Semester - I										
1	PGDYT-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDYT-CT102	Classical Yoga Texts	3	1	0	4	20	10	70	100
3	PGDYT-CT103	Physiology of Yoga Practices	3	1	0	4	20	10	70	100
4	PGDYT-CT104	Basis of Yoga Therapy	3	1	0	4	20	10	70	100
5	PGDYT-CT105	Disease specific Yoga Therapy-I	3	1	0	4	20	10	70	100
6	PGDYT-PC106	Yoga Practicum - I	0	0	8	4	20	10	70	100
7	PGDYT- PC107	Yoga Practicum - II (Case Studies)	0	0	4	2	10	5	35	50
32 hrs						26	TOTAL			650
Semester - II										
1	PGDYT-CT201	Message of Principal Upanishads and Bhagavad Gita	3	1	0	4	20	10	70	100
2	PGDYT-CT202	Fundamentals of Ayurveda, Naturopathy, Diet and Nutrition	3	1	0	4	20	10	70	100
3	PGDYT-CT203	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	PGDYT-CT204	Disease specific Yoga Therapy-II	3	1	0	4	20	10	70	100
5	PGDYT-CT205	Applied Psychology and Yogic Counselling	3	1	0	4	20	10	70	100
6	PGDYT-CP206	Yoga Practicum - 3	0	0	8	4	20	10	70	100
7	PGDYT-CP207	Yoga Practicum - 4	0	0	4	2	10	5	35	50
8	PGDYT-FW208	Case studies and Report presentation	-	-	4	2	10	5	35	50
36 hrs						28	TOTAL			700

CT- Theory Core, CP- Practice Core, L - Lecture, T-Tutorial*, P-Practical (practice/ field), CT-Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

* The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, movement analysis of different yoga skill through virtual skills of different yoga (movement patterns from YouTube and famous videos of skills/techniques) human skeleton/system model (3D anatomy and 3D physiology software and virtual Video), charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

IV. Programme Details

Subject Title: FOUNDATION OF YOGA

Subject Code: PGDYT-CT101

Objectives:

1. To understand the fundamental components of Yoga required for a Yoga practitioner
2. To conceptualize the therapeutic benefits of yoga based on the insights of Yoga texts
3. To understand the concept and principles of Yoga therapy across various Yoga texts

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]

Brief introduction to origin, evolution, etymology and definitions of Yoga; Aim and Objectives of Yoga, Misconceptions about Yoga, Principles of Yoga and True Nature of Yoga; Brief introduction to Schools (Streams) of Yoga, Yoga Samanvaya, Important Yoga Practices advocated by Schools(Streams) of Yoga; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas), Two-way relationship between Yoga and Indian Philosophy, General introduction to Prasthanatrayee and Purushartha Chatushtaya

Unit - II: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – I [15 Hrs.]

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period; Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta Darshana; Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in; Adhyatma Ramayana, Yoga in Mahabharata, General introduction to Bhagavadgita;

Yoga in Bhagavadgita; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra; Introduction to Smritis and Yoga in Smritis, Yoga in Yoga Yajnavalkya Smriti, Introduction to Puranas, Nature of Yoga in Bhagavat Purana

Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – II

[15 Hrs.]

General introduction to Agamas, Tantras and classification of Tantras, Concept of Sha4a and Shakti, Yoga of Sha4a Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times; Yoga in Med4al Literature, Bhakti Yoga of Med4al Saints ; Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami V4ekananda, Yoga of Maharishi Raman, Swami Kuvalyananda, Sri Yogendra, Swami Dayanand Saraswati and Integral Yoga of Shri Aurobindo; Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Sh4anada Saraswati, Yoga Parampara of Shri Madhav das, Swami Kartikeya, Swami Rama of Himalayas, Maharsi Mahesh Yogi etc. and their contributions for the development and promotion of Yoga.

Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – 3

[15 Hrs.]

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana.; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).; Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions; Introduction to Schools(Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti,Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga , Kundalini Yoga, Mantra Yoga etc.)

TEXT BOOKS

1. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in C4ilization Ist, 2010

BOOKS FOR REFERENCE

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
5. Swami V4ekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

6. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013
7. Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Sing, Lalan Prasad: Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
9. Swami Jnanananda: Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

Subject Title: CLASSICAL YOGA TEXTS

Subject Code: PGDYT-CT 102

Objective:

1. To gain an understanding of the important concepts in Patanjali Yoga Sutras
2. To gain an understanding of the important concepts in Hatha Yoga

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS

[15 Hrs.]

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sutra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrttis, Citta-vrtti nirodhopaya (Abhyasa and Vairagya) Citta-Vikñepas (Antarayas), Citta-prasadanam and its' associates;

Unit-2: FOUR PADAS OF PATANJALI'S YOGA

[15 Hrs.]

Kriya-yoga, Theory of Kleshas, Nature of Drsta & Drshya and means of elimination of Kleshas/ V4ekakhyati; Types and nature of Samadhi in Yoga Sutra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashta Siddhis; Nature of Ka4alya, Ka4alya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

Unit-3: HATHA YOGA PRACTICES - I

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & object4es, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradipika; Concept of Ghata,

Ghatashuddhi, concept and importance of Shodana in Hatha Yoga; Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya; Shodhana kriyas in Hatha Pradeepika; Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali; Health benefits, precautions, and contraindications of Shodana kriyas; Importance of Shodhana kriyas in health and disease; Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika and Hatha Ratnavali; Asanas in Gheranda Samhita; Health benefits, precautions, and contraindications of different Asanas; Importance of Asana in health and disease.

Unit - 4: HATHA YOGA PRACTICES - II

[15 Hrs.]

Concept and definition of Prana and Pranayama; its importance in Nadi shuddhi; Pre-requisites of Pranayama, Nadishodhana Pranayama; Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications; Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Health benefits, precautions and contraindications of Bandha and Mudra; Concept of Manas (mind) and Kanda in Hatha Yoga; Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Techniques and benefits 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

TEXT BOOKS

1. Swami Muktibodhananda Saraswati. Hatha Yoga Pradeepika, Yoga publication trust, Munger, 2001
2. Taimini. Science of Yoga. Theosophical publication of India, Chennai,

Subject Title: PHYSIOLOGY OF YOGA PRACTICES

Subject Code: PGDYT-TC103

Objectives:

1. To revise the knowledge of the patho-physiology of a disease to enable the yoga therapy consultant to select a suitable module for the individual patient with the right understanding of how and why to avoid a high risk practice, what to emphasize and how frequently the practices are to be repeated etc.
2. To equip the students to understand the recent advances in psycho-neuro-immunological aspects of a disease to correlate with the holistic perspective of yogic concepts of mind body interaction in life style related diseases.
3. To get an understanding of subtle physiological changes following the practice of yoga practices e.g. the Neuro Psychological locks in Mudras and Bandhas etc.

- To have a brief idea of the underlying mechanism behind the possible benefits of yogic practices
- To orient the professionals in documentation of the parameters at various levels (anatomical, physiological, biochemical, prāna, psychological and cognitive) to assess the changes after the practices of yoga.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit - 1: THE CONCEPT OF HOMEOSTASIS

[15 Hrs.]

Regulatory systems of the body, Characteristics of control systems (humoral and autonomic) HPA axis as the physiological basis of mind-body medicine; Hypothalamo-pituitary-ovarian Humoral mechanisms, metabolic homeostasis-glucose-insulin dynamics, lipids-liver homeostasis.

Physiology of exercise, muscle physiology, neuromuscular control, effects of the sthira sukha aspect of Asana on nerve-muscle physiology Mechanism of influence there are six types of asanas: stretching; posturing; strengthening; inverted; pressing; equilibration.

Unit - 2: PRANAYAMA

[15 Hrs.]

Recent advances in understanding of anatomy, physiology of cardio-respiratory system; orientation to lung function tests, ECG, scans, and other relevant investigations related to cardio-respiratory system. Psycho-physiological effects of pranayama; physiological mechanisms involved in higher levels of adaptation through pranayama.

Unit - 3: KRIYAS

[15 Hrs.]

An overview of diffusion, osmosis and active transport; advances in physiology of excretory system, digestive system, fluid-electrolyte balance, acid-base balance and temperature regulation with emphasis on understanding stress-mind-body interaction. Significance of salt during the practice of Kriya; Tonicity of a solution [hypotonic, hypertonic and isotonic solution]; Effect of Kriyas on digestive system and peristalsis; Mechanism of action of all shatkriyas Kriya practices as a) cleansing practice, b) stamina building practice, and c) a promoter of voluntary mastery over involuntary reflex functions of the body to achieve chitta vritti nirodha.

Unit - 4: MUDRAS & BANDHAS**[15 Hrs.]**

Advances in physiology of brain and nervous system including resting membrane potential; action potential and transmission of nerve impulse; neurotransmitters; ; a brief update on measurements- nerve conduction velocity, EEG, EMG, CT scans, MRI, fMRI, NMR spectroscopy. Psycho-physiology of stress; Psycho-physiology of sleep; Psycho-biology of behavior; Psycho-physiology of emotional states.

Sphincters and their functions; neuro-regulatory system that control the sphincters; Principles behind the practice of Mudras; Navadvara and their significance in yoga; Granthis and their significance ;

Significance of neuro psychological locks and their role in regulating the tone of the muscles and nerve conduction;

TEXT BOOKS

1. Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners Book by Herbert David Coulter; Publisher Body and Breath, 2001

REFERENCE BOOKS

2. A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)
3. Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
3. Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006
4. Clinical Neuroanatomy for medical students. 4th edition.
5. Textbook of medical physiology, Guyton. 9th edition.

Subject Title: BASIS OF YOGA THERAPY

Subject Code: PGDYT-TC104

Objectives:

1. To understand the Yogic concept of Body and Health
2. To have an understanding of the Yogic concept of Disease and yoga therapy for each disease.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam	Internal Assessment	Final Exam (SEE)	Internal	

(SEE)	(CT+TA)		Assessment (CT+TA/PR)
70	30		

Unit-I: YOGIC CONCEPTS OF HEALTH AND DISEASE

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in prevent4e health care – Heyam dukham anagatam ; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva

Unit - II: PREVENT4E HEALTHCARE ACCORDING TO YOGA

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in prevent4e and curat4e Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit – 3: THEORY OF PRACTICES RELATED TO PREVENT4E HEALTH - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic rules and regulations Niyamas & Yamas

Unit - 4: THEORY RELATED TO THE PRACTICES RELATED TO PREVENT4E HEALTH - II

[15 Hrs.]

Attitude change towards yoga through ind4idualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

TEXT BOOK

1. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
2. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

REFERENCE BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Bhat Krishna K Dr., (2006) The Power of Yoga: An authentic guide on Yoga and Personal Health, Mangalore: Suyoga Publications
4. Dr. R. S. Bhogal: Yoga Psychology, Kaalyadhama Publication
5. T.S. Rukmani : Patanjali Yoga Sutra
6. Sahay, G. S. : Hatha Yoga Pradeepika, MDNIY Publication, 2013
7. Nagendra H. R : New Perspectives in Stress Management, VK Yoga Publication, Bangalore

Subject Title: **DISEASE SPECIFIC YOGA THERAPY-I**

Subject Code: **PGDYT-TC 105**

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Objectives:

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.

- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- to be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress) , the cause of the disease.

For each condition the following aspects will be covered:

- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

Unit-1: MUSCULO-SKELETAL DISORDERS

[15 Hrs.]

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Arthritis, Spinal pain-neck, lumbar, Muscle diseases-Muscular dystrophy, MND etc.

Unit- 2: GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

[15 Hrs.]

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerat4e colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies ; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones

Unit- 3: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS

[15 Hrs.]

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases , Varicose veins, Peripheral vascular disease, Autoimmune Arteritis

Unit- 3: RESPIRATORY DISORDERS

[15 Hour]

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if

available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, ILD, COPD & Emphysema- Occupational pulmonary disease; Obstructive sleep apnea

TEXT BOOKS

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

1. Sh4anand Saraswati : Yoga Therapy (Hindi & English)
2. Rai, Lajpat : Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakasana, Bangalore, 2000
8. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition
9. Swami Shankardevananda Saraswsati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002
10. Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007

Subject Title: YOGA PRACTICUM-I

Subject Code: PGDYT-PC 106

Objective:

1. General Yoga practices of Shatkarmas, Asanas, Suryanamaskar, Breathing practices and Pranayama

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: SHATKARMAS

[15 Hrs.]

Dhauti (Kunjal), Neti (Sutra and Jala), Kapalbhati, Agnisara

Unit-2: SURYANAMASKAR

[15 Hrs.]

Unit-3: ASNAS (YOGIC POSTURES)

[15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukutasana, Matsyendrasana, , Padangusthasana, Hastapadangusthasana, Garudasana, , Natarajasana
Mayurasana, Sirshasana

Unit-4: BREATHING PRACTICES AND PRANAYAMA

[15 Hrs.]

Hands in and out, Hands stretch, Akle stretch, Legs rising, Sasankasana breathing, Rabbit breathing, Tiger breathing, Breath awareness, Sectional breathing, Nadishuddhi Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

TEXT BOOKS

1. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
2. B.K.S Iyenger, Light on Yoga, Published by HarperCollins, 1966

REFERENCE BOOKS:

1. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.
3. B.K.S Iyenger, Light on Pranayama, Published by HarperCollins, 1981
4. Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra, Number of pages: 178 | Publication Date: 2004 | ISBN-13: 9780615256245, Published by SVYP, Bangalore

Subject Title: YOGA PRACTICUM-II

Subject Code: PGDYT-PC 107

Objective:

1. To understand the Yoga therapy practices for specific diseases

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

(Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)

Unit - 1 : YOGA THERAPY TECHNIQUES FOR MUSCULO SKELETAL DISORDERS [15 Hrs.]

Muscular Dystrophy, Back Pain, Neck Pain, Arthritis, Cervical Spondylosis,

Unit - 2: YOGA THERAPY FOR GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM [15 Hrs.]

Constipation, IBS, Piles & Fistula

Unit - 3 : YOGA THERAPY FOR CARDIO-VASCULAR DISORDERS: [15 Hrs.]

Primary and Secondary Hypertension, IHD

Unit - 4 : YOGA THERAPY FOR RESPIRATORY DISORDER : [15 Hrs.]

Asthma, Nasal Allergy, Cystic Fibrosis

TEXT BOOKS

1. Nagaratha R. and Nagendra H. R.: Commonailment series, published by SVYP, Bangalore, 2010
2. Swami Karmananda: Yogic management of common diseases, Yoga Publications Trust, Munger, 2001

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
7. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
8. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
9. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Posit4e Health, Published by SVYP, Bangalore, 2004

Semester - II

Subject Title: MESSAGE OF PRINCIPAL UPANISHADS, BHAGAVAD GITA & YOGA VASISHTA

Subject Code: PGDYT -TC201

Objectives:

- i. To teach the essence of the Principal Upanishads
- ii. To teach the essence of the Bhagavad Gita and Yoga Vasishta

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hrs/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: ESSENCE OF UPANISHADS-1 [15 Hrs.]

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad.

Unit - 2 ESSENCE OF UPANISHADS-2 [15 Hrs.]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

Unit -3: YOGA IN BHAGAVAD GITA [15 Hrs.]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Chapters II, 3, 4, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc ; Essentials of B.G (Contd.): Samnyasa, Dhyana , Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

Unit - 4: YOGA VASISHTHA [15 Hrs.]

Statge of Yoga Vasistha; A Brief understanding of Vairagya prakarana, Mumukshu Prakarana, Utpatti prakarana (Story of Leela), Stiti Prakarana, Upashanti Prakarana (Story of Janaka) and Nirvana Prakarana (Story of BHushanda); Concept of Adhis and Vyadhis; Psychosomatic Ailments; What are the four Gatekeepers (Pillars) to Freedom?, Inspirational Verses from Yoga Vasistha, The Story of HastAmalaka, Rama and Dispassion, Story of Suka – How Suka attained the Highest State of Bliss, What are the impediments

of Yoga? How to abandon them? Eight limbs of Meditation, Greatest Verses from Yoga Vasistha, Story of Lila; The Conclusion of Nirvana Prakarana, Summary of the Yoga Vasistha.

TEXT BOOK

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

REFERENCE BOOKS:

1. Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)
2. Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press (1985).
3. K. Narayan Swami Aiyar : Yoga Vasishta (Laghu, The Smaller), Vista International Publisher, 2005.

Subject Title: **FUNDAMENTALS OF AYURVEDA, NATUROPATHY, DIET AND NUTRITION**

Subject Code: **PGDYT -TC202**

Objectives:

- i. Brief understanding of Ayurvedan and Naturopathy
- ii. To understand the Yogic Concept of Diet & Nutrition

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hrs/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: FUNDAMENTALS OF AYURVEDA**[15 Hrs.]**

General introduction, definition, history and principles of Ayurveda; Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatra, Prakriti, Deha Prakriti and Manasa Prakriti.

Unit - 2: CONCEPT OF HOLISTIC LIVING IN AYURVEDA**[15 Hrs.]**

Concept, role and importance of – Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana; Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda; Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.

Unit - 3 : FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) - I**[15 Hrs.]**

General introduction, definition, history and principles of Nisargopachar; Concept, role, qualities, functions and importance of –f4e elements. Relationships of f4e elements with seasons, body and mind; Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Main principles of Naturopathy (Nisargopachar); Relationship between Yoga and Nisargopachar. Yoga & Nisargopachar as a system of medicine in disease prevention, health promotion and management of diseases.

Unit - 4 : FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) -II**[15 Hrs.]**

Practices in Nisargopachar- Upavasa & Diet Therapy, Hydrotherapy & Mud therapy, Solar, Color & Magnet therapy, Massage & Manipulat4e therapies, Acupuncture and Energy Medicine; Common principles of Naturopathy & Yoga as a holistic system of medicine; Hydrotherapy & Mud therapy; Natural diet, nutraceuticals, nutrition and fasting therapy; Manipulat4e therapies (Massage therapy, Chiropractic and Osteopathy); Helio therapy, Color therapy and Magnet therapy.

Unit - 4: YOGIC CONCEPT OF DIET & NUTRITION**[15 Hrs.]**

Concept of food, Acceptance of Food, Functions of Food (Modern and Ancient); General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

TEXT BOOKS

1. Laxmipati, K., Basic principles of Ayurveda
2. Indrani T : A Nursing manual of Nutrition & Therapist Diet by Jaypee Brothers, 2008

REFERENCE BOOKS:

4. Kaushik, Mai Ram, Ayurveda Kya Hai? Bikaner: Anand Prakashan, 2003
5. Gardiner, A.K, Principles of Exercise Therapy C B S Publications, New Delhi
6. Ghosh, A.K., Poshan Ke Pracheen tatha Adhunik, Avadharana, Hindi.
7. Joshi S.V., Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasisdas Publishers Pr4ate Limited, Delhi.
8. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
9. Carroll A Lutz: Nutrition & Diet Therapy, Evidence Based Application, Japee Brother New Delhi, 2008

Subject Title: BIOMECHANICS AND KINESIOLOGY

Subject Code: PGDYT -TC203

Objectives:

1. The biomechanics course objectives are
2. Helping learners to realize biomechanics importance to yoga practice;
3. To learn general biomechanics concepts and principles that influence human movement;
4. Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hrs/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit 1: Introduction to Kinesiology and Yoga Biomechanics

[15 Hrs.]

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

Unit 2: Fundamental Concept**[15 Hrs.]**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

Unit-3 : Biomechanics of Hip and spine**[15 Hrs.]**

Biomechanics of Hip Structure & function of the bones & noncontractile element of the Hip, mechanics & pathomechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & pathomechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

Unit-4: Biomechanics of Shoulder, elbow and wrist**[15 Hrs.]**

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & pathomechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

TEXT BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998

3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

Subject Title: DISEASE SPECIFIC YOGA THERAPY-II

Subject Code: PGDYT-TC204

Objectives:

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- To be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress) , the cause of the disease.
- For each condition the following aspects will be covered:
- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: NEUROLOGICAL DISORDERS**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Headache-Migraine, Tension. Post traumatic, trigeminal neuralgia; Cerebro-vascular accidents- prevention and rehabilitation; Multiple sclerosis-rehabilitation and prevention of recurrence; Epilepsy; Chronic Pain; Autonomic dysfunctions; Neurodegenerative diseases - Parkinson's disease, Alzheimer's, dementias ; . Eyes- errors of Refraction, glaucoma, prevention of cataract, uveitis, yoga for the blind; ENT- voice culture – musicians, hoarseness of voice, meniere's disease yoga for rehabilitation of hearing impaired; Speech rehabilitation

Unit-2: ENDOCRINOLOGICAL AND METABOLIC DISORDER**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Metabolic Syndrome; Diabetes Mellitus (I&II) ; Hypo and Hyper thyroidism; Obesity; PCOD

Unit-3: OBSTETRICS AND GYNECOLOGICAL DISORDERS**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Menstrual disorders-DUB, fibroids, endometriosis, adolescent dysmenorrhoea; Premenstrual Syndrome;. Peri menopausal syndrome; Pregnancy and Childbirth - Ante-natal care; Post-natal care; high risk pregnancy; Infertility- female and male

Unit-4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDERS:**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Neurosis - Anxiety; Depression; panic attacks , specific phobias , OCD; Psychosis- Schizophrenia; bipolar; Addictions – rehab for alcoholism, drug addicts; Mental deficiency, CP; ADHD; Autism spectrum disorder

TEXT BOOKS:

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

REFERENCE BOOKS

1. Sh4anand Saraswati : Yoga Therapy (Hindi & English)
2. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
3. Rai, Lajpat : Discovering Human Potential energy: A Physiological, Approach to Yoga, Anubhava Rai Publications, 1998
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan

5. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard Publication, Varanasi; 1965
6. Abhedananda: The Yoga Psychology Ramakrishna Vedanta, Math, Calcutta, 1973.
7. Nagarathna, R and Nagendra, H.R. : Integrated Approach of Yoga Therapy for Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2001
8. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments Gui Publication, U.K
9. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, New York: McGraw Hill Co. Inc., 1998.
10. A.K. Das (Ed.): Medicine Update. Bombay: Association of Physicians of India, 1998.
11. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

Subject Title: APPLIED PSYCHOLOGY AND YOGIC COUNSELLING

Subject Code: PGDYT- TC205

Objectives:

- To grow as a good counselor by understanding the fundamental principles of counseling - such as - good listener, good empathizer, phenomenon of transference, responses during listening, documentation, confidentiality, non personal example etc
- To develop a general understanding of abnormal behavior and disease process through various models of health psychology
- To understand causes of pathological behavior and psycho-diagnostic assessment.
- To develop skills for diagnosis of the stress factor that caused the disease
- To offer yogic techniques of raja yoga, jnana yoga, bhakti yoga and karma yoga as coping strategies.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit :- INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY

[15 Hrs.]

Understanding Human Nature; Individual differences in Human Functioning; A Framework for Viewing Human Functioning and Disorders; Application of psychology in

Education, Industry, Medicine; Betterment of individual, Community and Nation; Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Adjustment: Definition and Nature; Adjustment and Mental Health; Ways of Adjustment: Direct Ways and Indirect Ways (Defense-mechanisms) of Adjustment, Meliorative and Prophylactic aspects of Mental Health.

Unit -II: PSYCHOLOGICAL DISORDERS

[15 Hrs.]

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders; Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse; Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

Unit - 3: YOGA AND PSYCHOTHERAPY

[15 Hrs.]

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy-I: Psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy-II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjali Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

Unit -4: YOGIC COUNSELLING

[15 Hrs.]

Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes

TEXT BOOK:

1. Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010
2. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Nagendra, H. R.: New Perspectives in Stress Management. Bangalore: Vaidika Kendra.

BOOKS FOR REFERENCE

1. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005
2. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
3. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006
4. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
5. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
6. V4ekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.

Subject Title: YOGA PRACTICUM - 3

Subject Code: PGDYT- PC 206

Objective:

1. To understand the Yoga therapy modules for the psycho- somatic disorders.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

(Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)

Unit - 1: YOGA THERAPY FOR NEUROLOGICAL DISORDERS [15 Hrs.]

Migraine & Tension headache, Cerebro-vascular accidents, epilepsy; Pain; Autonomic dysfunctions, idiopathic Parkinson's disease, Multiple sclerosis, Refractory errors of vision

Unit - 2: YOGA THERAPY FOR ENDOCRINOLOGICAL AND METABOLIC DISORDER [15 Hrs.]

Diabetes Mellitus (I&II), Hypo and Hyper thyroidism, Obesity, Metabolic Syndrome

Unit - 3: YOGA THERAPY FOR OBSTETRICS AND GYNECOLOGICAL DISORDERS [15 Hrs.]

Menstrual disorders, Premenstrual Syndrome, Pregnancy and Childbirth, Ante-natal care, Post-natal care.

Unit - 4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDER [15 Hrs.]

Anxiety, Depression, Schizophrenia, Mania, OCD

TEXT BOOK:

Yoga Therapy (Hindi & English), Sh4anand Saraswati

BOOKS FOR REFERENCE

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspect4es in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Posit4e Health, Published by SVYP, Bangalore, 2004

Subject Title: YOGA PRACTICUM - 4

(Contemporary Yoga techniques for Self Management)

Subject Code: PGDYT- PC 207

Objective:

1. To know the contemporary yoga techniques developed by various schools of yoga at physical, mental, Pranic and conscious levels.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Healing at the Physical Level [15 Hrs.]

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction Technique (Kabatzin)

Unit-2: Healing at the Prana Level [15 Hrs.]

Vipasana Meditation; Preksha Meditation

Unit-3: Healing at the Mental level [15 Hrs.]

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris);
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

Unit-4: Healing at the Conscious level

- Yoga Nidra (BSY)

Subject Title: **CASE STUDIES AND REPORT PRESENTATION**

Subject Code: **PGDYT-FW208**

Objective:

1. To get the practical experience of handling different ailments through Yoga therapy techniques

Total Number of Hrs: 128		Theory	Tutorial	Field Work
Credits		0	0	2
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

The student is expected to administer Yoga therapy for different 40 cases covering all the ailments and record it. He / She is expected to take 16 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a dissertation. Among the 16 cases he/she should make a power point presentation of two cases.

4.5 MASTER OF SCIENCE (YOGA) - MSc (Yoga)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.




I. Title of the Programme

The programme shall be called "**Master of science in Yoga**" (MS)

II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

III. Objectives of the programme

-  Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
-  Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.
-  Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

- To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them 'be and make' i. e., ensure they practice what they teach.
- Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

IV. Duration

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

V. Eligibility

The candidate should have completed only Bachelor of Science in Yoga from any UGC recognized university.

VI. Scheme of Teaching and Examination

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme				Course Total
						Sessional			SEE	
					L	T	P	Credit	CT	TA
I Year										
Semester – I										
1	MS-CT101	Insights into Indian philosophy	3	1	0	4	20	10	70	100
2	MS-CT102	Applications of Hatha Yoga and Patanjala Yoga	3	1	0	4	20	10	70	100
3	MS-CT103	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	MS-CT104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MS-CT105	Yoga and Strategic Management	3	1	0	4	20	10	70	100
6	MS-CP106	Yoga Practices-I (Yoga therapy techniques)	0	0	8	4	20	10	70	100
7	MS-CP107	Practical Biomechanics and Kinesiology	0	0	4	2	10	05	35	50
32 Hrs.						26	TOTAL			650
Semester – II										
1	MS-CT201	Applications of Yoga Vasistha and Bhagavad Gita	3	1	0	4	20	10	70	100
2	MS-CT202	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MS-CT203	Yoga, Dietetics and Nutrition	3	1	0	4	20	10	70	100
4	MS-CT204	Applied psychology and Yogic Counselling	3	1	0	4	20	10	70	100
5	MS-CT205	Research Methodology and statistics	3	1	0	4	20	10	70	100
6	MS-CP206	Practical: Contemporary Yoga Techniques for self-	0	0	8	4	20	10	70	100

		management								
7	MS-CP207	Practical: Applied psychology and Counselling	0	0	4	2	10	05	35	50
32 Hrs						26	TOTAL			650
II Year										
Semester – III										
1	MS-SCT301	Principal Upanishads	3	1	0	4	20	10	70	100
2	MS-SCT302	Yoga in World Religions – Synthesis	3	1	0	4	20	10	70	100
3	MS-EL303	Elective-I	3	1	0	4	20	10	70	100
4	MS-FW304	Field Training-I	-	-	-	4	20	10	70	100
5	MS-PW305	Dissertation -I	-	-	-	4	-	-	-	200
15+ hrs						20	TOTAL			600
Semester-IV										
1	MS-SCT401	Yoga Shastras-I*	3	1	0	4	20	10	70	100
2	MS-SCT402	Yoga Shastras –II**	3	1	0	4	20	10	70	100
3	MS-EL403	Elective-II	3	1	0	4	20	10	70	100
4	MS-FW404	Field Training-II	0	0	-	4	20	10	70	100
5	MS-PW405	Dissertation -II	0	0	-	4	-	-	-	200
15 + hrs						20	TOTAL			600
Total number of Credits						88	Total marks			2400

*SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work
L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

* (Chatuh-sutri: Brahmasutra), Narada bhakti sutra, Vivekachudamani, Swami Vivekananda's four Yogas

** Karma yoga sutra shatakam, Samkhya Karika,

Name of the course: Insight into Indian Philosophy

Course code: MS-CT 101

Course objectives:

Following the completion of this course, students shall be able to

- Appreciate the insight in the six systems of Indian philosophy.
- Explain the understanding of Yoga as a philosophy and inculcate the essence.
- Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Nyaya and Vaisesika

[15hrs]

Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy

Unit-2: Samkhya and Yoga

[15hrs]

Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation

Unit-3: Mimamasa (Purva and Uttara)

[15hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma

in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

Unit-4: Naastika philosophy

[15hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada

TEXT BOOKS

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003
2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974

REFERENCE BOOKS

- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
- S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

Name of the course: Applications of Hatha Yoga and Patanjala Yoga

Course code: MS-CT 102

Course objectives:

Following the completion of this course, students shall be able to

1. Apply its value in education.
2. Apply its value practically for the management of stress.
3. Introduce its value and insights for persons with special need.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- I: APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY

DEVELOPMENT

[15 Hrs]

Stress reduction through mastery over the modifications of the mind using Combinations of Shat Kriyas (Detoxifying techniques), Asanas (Culturing the body), Mudras (for prāna perception and balance), Pranayama (for mastery over prana through slowing and balance), dharana, Dhyana (mastery over mind through concentration, focusing and defocusing techniques).

Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina).

Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama.

Mental level: Personal and Social Discipline through Yamas(don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

Emotion level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme);

Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yjuyate anena it yogah* (yoga is that which unites the individual consciousness with universal consciousness)

Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).

Unit-II: Application of Patanjala yoga in Stress Management

[15 Hrs]

Combinations of Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); Culturing the body through Asanas; Regulation the flow of prana through pranayama;

Application in Stress management: Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Sadhana Pada – Discipling the life through Yama and Niyama; Pratyahara practicing abstinence from sense cravings; Applications in personality development: Applications of Hatha Yoga in personality development for; Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through,yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina); Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama; Mental level: Personal and Social Discipline through five Yamas(don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Emotion

level:mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness); Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states),

Unit-III: Application of Hatha yoga and Patanjala yoga in sports

[15 Hrs]

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training); Vital Level: Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques; improved Cognitive abilities– Focus, creative skills and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for spiritual growth through intensified awareness;

Unit-IV: Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs

[15 Hrs]

Assessment of cognitive, emotional, physical needs of normal and special children Specific modules of integrated yoga for children with : Down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability Impaired vision, hearing, speech disorders, Emotional disorder of behavior Integrated yoga practices to increase cognitive and motor skills in normal children - Practices which help in strength, endurance, speed, agility, flexibility, and self- confidence;

TEXT BOOKS

1. Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
2. Iyengar B.K.S. : Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002

REFERENCE BOOKS:

1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.

6. Rukmini T.S.: Yoga Vartika of Vijnanbikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

Name of the course: Biomechanics and Kinesiology

Course code: MS-CT103

Course objectives:

The biomechanics course objectives are

- Helping learners to realize biomechanics importance to yoga practice;
- To learn general biomechanics concepts and principles that influence human movement;
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga [15 Hrs.]

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

Unit 2: Fundamental Concept

[15 hrs.]

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

Unit-3 : Biomechanics of Hip and spine**[15 Hrs.]**

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

Unit-4: Biomechanics of Shoulder, elbow and wrist**[15 Hrs.]**

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

TEXT BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

Name of the course: Therapeutic Yoga**Course code: MS-CT104****Course objectives:**

Following the completion of this course, students shall be able:

- To understand the concept of body and health from the perspective of yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures therein

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic concepts of health, stress and disease**[15 Hrs.]**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva

Unit - 2: Preventive healthcare according to yoga**[15 Hrs.]**

Concepts of Trigunas, Pancha-mahabhutas, pancha koshas, Pancha-prana, nadis, chakras, and their role in Health and Healing. Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit – 3: Yoga for prevention of health**[15 Hrs.]**

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social

Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas

Unit - 4: Psycho physiological effects of yoga evidences through modern research [15 Hrs.]

Literature on therapeutic benefits of yoga in health and diseases of cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmology, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health- on individual asanas, kriyas, mudras, bandhas, pranayamas, different meditation techniques.

TEXT BOOKS

1. Preeti Goel & Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

REFERENCE BOOKS

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
2. T.S. Rukmani : Patanjali Yoga Sutra, Munshiram Manoharlal, 2001
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
4. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore

Name of the course: Yoga and Strategic management

Course code: MS-CT105

Course objectives:

Following the completion of the course, students shall be able to:

- To appreciate the complexities of managing a formal organisation.
- To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.
- The meaning and need for strategic management.
- Understand and conceptualize the Indian ethos and need for holistic globalization
- Conceptualize the need for Indian models and significance.
- Understand the need for corporate responsibility.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			

Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

UNIT 1: Basic Concepts in Strategic Management

15 hours

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT 2: Yogic Vision, Mission

10 hours

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT 3: Internal and External Assessment, and business strategies

20 hours

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises.

Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 4: Yogic Approach to strategic management

15 hours

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

Text Book:

1. Fred R David, Strategic Management concepts and cases, 10/e, Prentice Hall

Reference Books:

2. John A. Pearce II and Richard B Robinson Jr., Strategic Management: Formulation, Implementation and Control, 9/e, Tata McGraw Hill
3. Srinivasan, Strategic Management - Indian Context, Prentice Hall Of India
4. Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global Routes, New Age International Publishers, New Delhi
5. Color of the Rainbow – Compassionate Leadership, Swami Amritaswarupananda Puri, M.A.center, 2013
6. Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.
7. Non-profit Management – Principles and Practice, Michael J. Worth, The George Washington University, ISBN 9781412937788 Sage Publications, September 2008

Name of the course: Yoga Practicum-I

Course code: MS-CP106

Course objectives:

Following the completion of the course, students shall be able to:

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Shatkarmas

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana

Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli

Unit-2: Suryanamaskar

Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients.

Unit-3: Asnas (yogic postures)

Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, Veersana,

Sitting postures

Paschimottasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakonasana, Merudandasana, Akarna dhanurasana, Gomukhasana,

Prone postures

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhasvanasana, Makarasana,

Supine postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

Balancing postures

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana

Unit-4: Pranayama

Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

TEXT BOOK

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002

REFERENCE BOOKS:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
- B.K.S Iyengar: Light on Pranayama, Aquarian/Thorsons, 1992

Name of the course: Practical Biomechanics and Kinesiology**Course code: MS-CP107****Course objectives:**

Following the completion of the course, students shall be able to:

- Understand the principle of biomechanics and its importance during the practice of Yoga.
- Guide the practitioners based on the alignment principles.
- Demonstrate yogic practice having biomechanics principles in mind.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1:

Locating of muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

Unit-2:

Locating of center of gravity of rigid bodies and assessment of angular kinematics of one plane movements.

Unit-3:

Conversion of angular kinematics and Draw stick figures from the photograph of yoga movements

Unit-4:

Demonstration of yogic practices under the supervision of the teaching faculty

TEXT BOOK

1. Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015

REFERENCE BOOKS

1. J E Herzenberg. Principles of deformity correction, Springer publication

Semester-II

Name of the course: Application of Yoga in Bhagavadgitha and Yoga Vasistha

Course code: MS-CT201

Objectives:

Following the completion of the course, students shall be able to:

- To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
70	30			

Unit – 1: Application of Bhagavadgita – 1

a. Applications in stress management

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; unconcerned attached to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

b. Applications in Personality development

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

Unit – 2: Applications of Bhagavad Gita - 2

c. Applications for Sports personnel

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with

adapting qualities like humility, tolerance, non- violence, cleanliness, self control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith;

Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

Unit – 3: Application of Yoga Vasistha - 1

a. Applications in stress Management:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

Unit – 4: Applications of Yoga Vasistha – 2

b. Applications in Personality development:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa (practice) and vairagya (dispassion). Self discipline and self control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the power of discrimination.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998

REFERENCE BOOKS

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

Name of the course: Physiological Effect of Yoga practices

Course code: MS-CT202

Objectives:

Following the completion of the course, students shall be able:

1. To have an in depth understanding of physiological changes following the practice of yoga
2. To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
3. To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
4. To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: The concept of homeostasis

[15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

Unit - 2: Pranayama

[15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

Unit - 3: Kriyas**[15 Hrs.]**

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

Unit - 4: Mudras Bandhas**[15 Hrs.]**

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes;; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

REFERENCE BOOKS

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Name of the course: Yoga, dietetics and nutrition

Course code: MS-CT203

Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition
- Advise appropriate diet to different age groups
- Benefits and caloric value of various food groups

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit – 1: Basic concepts and components of food and nutrition

[15 Hrs.]

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body ; Water soluble Nutrients - Sources, Functions and Effects on the Body

Unit-2: Food groups

[15 Hrs.]

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

Unit-3: Food and metabolism

[15 Hrs.]

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

Unit – IV: Yogic concept of diet & nutrition**[15 Hrs.]**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

TEXT BOOK

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Name of the course: Applied Psychology and Yogic Counselling**Course code: MS-CT204****Objectives:**

- To develop a general understanding towards abnormal behaviour and disease process through various models of health psychology
- To understand causes of pathological behaviour and psych-diagnostic assessment.
- To develop skill for diagnosis and classification of mental disorders.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to models of Psychopathology**[15 Hrs.]**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders

Unit-2: Case history taking and mental status examination**[15 Hrs.]**

Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

Unit-3: Mental Disorders of Children and their treatment**[15 Hrs.]**

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

Unit-4: Yogic counselling**[15 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

TEXT BOOKS

1. Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) The Clinical Psychology Handbook Pergamon. New York

REFERENC EBOOKS:

1. Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) Handbook of Clinical Psychology in Clinical
2. Practice. New York: Plenum.
3. Walker, C. E. (2001) Handbook of Child Clinical Psychology. New York: John Wiley & Sons.

Name of the course: Research Methodology and Statistics**Course code: MS-CT205****Objectives:**

Following the completion of the course students will:

- Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.
- Acquire basic understanding of Research methodology and knowledge of various statistical procedures
- Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Research Methodology Concepts -I

[15Hrs]

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

Unit-2: Research Methodology Concepts –II

[15Hrs]

Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases – Randomization; Types of variables – Independent , dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification

Unit-3: Statistical Concepts - I

[15Hrs]

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem

Unit-4: Statistical Concepts - II

[15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,

TEXT BOOK

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi

REFERENCE BOOKS

- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Name of the course: Yoga Practicum (Contemporary Yoga Techniques)**Course code: MS-CP206****Objectives:**

Following the completion of the course students will:

- Have an exposure to understand the principles, concept and the procedure of various contemporary techniques.
- Understand the commonalities across the various contemporary techniques.
- Explain and teach the techniques with confidence.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

Unit-I: Healing at the Physical Level**[15 Hrs.]**

1. Cyclic Meditation (S-VYASA)
2. Mindfulness based Stress Reduction Technique (Kabatzin)

Unit-II: Healing at the Prana Level**[15 Hrs]**

3. Vipasana Meditation
4. Preksha Meditation

Unit-III: Healing at the Mental level**[20 Hrs]**

5. Mind Sound Resonance Technique (S-VYASA)
6. Raja Yoga Meditation (Brahmakumaris)
7. Transcendental Meditation (Mahesh Yogi)
8. ZEN Buddhist Meditation

Unit-IV: Healing at the Conscious level**[10 Hrs]**

9. Yoga Nidra (BSY)

TEXT BOOKS

1. H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

REFERENCE BOOKS:

1. Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000
2. H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

Name of the course: Applied Psychology and Counselling**Course code: MS-CP207****Objectives:**

Following the completion of the course students will:

- Understand the procedure of taking the case studies for the diagnosis of psychological diseases.
- Know the skills of counselling with yogic approach.
- Develop communication skills of becoming an efficient counselor

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Case history**[15 Hrs.]**

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

Unit-2: Audio visual**[15 Hrs.]**

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

Unit-3: Conventional Counselling**[15 Hrs.]**

Conventional counselling for 5 cases

Discussion and interpretation

Unit-4: Yogic counselling**[15 Hrs.]**

Yogic counselling for 5 cases

Discussion and interpretation

TEXT BOOK

1. Rama, S., Ballentine, R. & Ajaya, S. (1976) Yoga Psychotherapy. Pennsylvania: HIP.

REFERENCE BOOKS

2. Brown, B. (1977) Stress and the Art of Biofeedback. Toronto: Bantam Age Books.
3. Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) Handbook of Psycho- physiology, Cambridge.
4. Schwartz, M. S. (Ed) (2001) Biofeedback: A Practitioner's Guide. New York: The Guilford Press.

Semester-III

SPECIALIZED PAPERS

Course Name: Principal Upanishads

Course Code: MS-SCT301

Course Objective:

- i. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit 1: Introduction to Upanishads

15 hours

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction of Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad .

Unit 2: Tattva Mimansa (Theory of Reality)

15 hours

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation)

Unit 3: Yogatattva in Principal Upanishads-I

15 hours

Definition of Yoga, Types of Yoga- Jnana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Teen Shareer, Omkara Upasana

Unit 4: Yogatattva in Principal Upanishads-II

15 hours

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003

4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Course Name: Yoga in World Religions - Synthesis

Course Code: MS-SCT302

Course Objective:

- i. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
- ii. To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit I: Religions and their essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

Unit - 2: Yoga in Jainism and Buddhism

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

Unit - 3: Yoga in Sufism and Islam

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

Unit - 4: Yoga in Christianity

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

TEXT BOOK:

1. Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,
2. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)
3. Parragon: World Religion, Parragon Publishing India

Course Name: Human Consciousness

Course Code: MS-EL303

Course Objective:

1. To understand the concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit 1: Introduction and Concept of Human Consciousness

10 hours

Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

Unit 2: Philosophy and Science of Human Consciousness

15 hours

Human Consciousness in Veda and Upnishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsha and Vedanta.

Unit 3: Various streams of Ancient Indian & Modern Sciences

15 hours

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

Unit 4: Different Mysteries and Development of Human Consciousness

20 hours

Birth and Life, Fate and Efforts (Purushartha) Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

Reference Books

1. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
4. Manav Chetana- Dr. Ishwar Bharadwaj
5. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
6. A study in Consciousness Annie Besant
7. Ayurveda and Mind Dr. David Frawley
8. The Root of Consciousness Jeffery Mishlor
9. Mind and Super Mind N.C. Panda
10. Seven States of Consciousness Anthony Campbell
11. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

Name of the course: Field training-I

Course code: MS-FW304

Objectives:

Following the completion of this field training, students shall be able to:

- Able to teach different Yoga Texts.
- Gain more practical knowledge about the Yoga Texts

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

Course Name: Project work-I

Course Code: MS-EL303

Course Objective:

Following the completion of this project work in Literary and Philosophical area of the Shastras:

- Carry out small scale research projects.`
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester-IV

Paper- Yoga Shashtra-I

Course Name: Brahmasutra & Viveka Chudamani

Course Code: MS-SCT401

Course Objective:

- 1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamni**

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: Brahma Sutra

15 hours

Brief Introduction of Brahmasutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

Unit 2: Vivek Chudamani-I

15 hours

Brief Introduction of Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

Unit 3: Vivek Chudamani-II

15 hours

Atmanirupana, Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya

Unit 4: Vivek Chudamani-III

15 hours

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

Reference Books:

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvidananda Yati, Choukhamba Vidyabawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

Paper- Yoga Shashtra-II

Course Name: Sankhya Karika

Course Code: MS-SCT402

Course Objectives

1. To understand the basics of Sankhya Philosophay

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit: 1- Introduction to Sankhya Philosophy and Sankhya Karika

10 hours

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction of *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

Unit: 2- Principles of Sankhya Karika

20 hours

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabhdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*

Unit: 3- Introduction of Trayodashkaran

15 hours

-Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and fuctions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*

Unit: 4- Introduction to Sarg, Shareer & Mukti

15 hours

Concept and types of *Sarga* : *Bhutsarga* & *Pratyayasarga*, Types of *Shareer* : *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*

Course Name: YOGA UPANISHADS

Course Code: MS-EL403

Course Objective:

1. To study the basics and applied part of Yoga in different Yoga Upanishads

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: Shandilya Upanishad

15 hours

Brief Introduction of *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. Concept of *Samadhi*.

Unit 2: Jabaldarshanopanishad

15 hours

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama* , *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

Unit 3: Trishikhibrahmanopanishad

15 hours

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

Unit 4: Yogchudamanyupanishad

15 hours

Brief Introduction of *Yogchudamanyupanishad*, *Shadanga Yoga*- *Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini* , *Mitahara*, *Mudra* & *Bandhas*, Concept of *Pratyayahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980

3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Name of the course: Field training-I

Course code: MS-FW404

Objectives:

Following the completion of this field training, students shall be able to:

- Able to teach different Yoga Texts.
- Gain more practical knowledge about the Yoga Texts

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Instructions:

During field training students are expected to carry out the following tasks.

4. Involve themselves during practical session.
5. Understand how to take teach
6. Gain the knowledge of teaching different Yoga Texts

Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

Name of the course: Project work-I**Course code: MS-PW405****Objectives:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

- Carry out small scale research projects.`
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Elective Paper-III: Swami Vivekananda's Four Yoga Streams

Course Objective:

2. To give the knowledge in practical way of the different streams of Yoga

Unit 1: Raja Yoga

10 hours

Introduction of Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its practices and spiritual uses.

Unit 2: Karma Yoga

10 hours

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty?, We Help Ourselves, not the World, Non-Attachment is the Complete Self-Abnegation, Freedom, The Ideal of Karma Yoga.

Unit 3: Jnana Yoga

15 hours

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

Unit 4: Bhakti Yoga

25 hours

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The Need of A Guru, Qualifications of the Aspirant and the Teacher, Incarnate Teachers and Incarnation, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self-Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

Reference Books

Raja Yoga – Swami Vivekananda

Karma Yoga – Swami Vivekananda

Jnana Yoga – Swami Vivekananda

Bhakti Yoga – Swami Vivekananda

SPECIALIZED PAPERS - II

II Year										
Semester – III										
1	MS-SCT301	Disease specific pathology-I*	3	1	0	4	20	10	70	100
2	MS-SCT302	Evidence based yoga therapy-I [∞]	3	1	0	4	20	10	70	100
3	MS-ELT303	Elective-I [†]	3	1	0	4	20	10	70	100
4	MS-SCT304	Disease specific pathology practical-I	-	-	4	2	20	10	70	50
5	MS-SCT305	Evidence based yoga therapy practical-I	-	-	4	2	20	10	70	50
6	MS-FW306	Field training-I	-	-	8	4	20	10	70	100
7	MS-PW307	Project work-I	-	-	8	4	-	-	-	100
36 Hrs.						24	TOTAL			600
Semester-IV										
1	MS-SCT401	Disease specific pathology-II**	3	1	0	4	20	10	70	100
2	MS-SCT402	Evidence based yoga therapy-II [∞]	3	1	0	4	20	10	70	100
3	MS-ELT403	Elective-II [†]	3	1	0	4	20	10	70	100
4	MS-SCT404	Disease specific pathology practical-II	-	-	4	2	20	10	70	50
5	MS-SCT405	Evidence based yoga therapy practical-II	-	-	4	2	20	10	70	50
6	MS-FW406	Field training-II	-	-	8	4	20	10	70	100
7	MS-PW407	Project work-II	-	-	8	4	-	-	-	100
36 Hrs.						24	TOTAL			600
Total number of Credits						100	Total marks			2500

*SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work
L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

Discipline specific theory electives

1. Mind-body medicine
2. Neurobiology of consciousness
3. Psychophysiology of meditation
4. Applied yoga therapy
5. Introduction to integrative medicine
6. Human body according to yoga

Name of the course: Disease specific Pathology-I**Course code: MS-SCT301****Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non communicable diseases and the body's capacity for healing.
2. Have an understanding of the common haematological disorders and the steps necessary to understand them.
3. Understand the pathogenesis of gastrointestinal disorders.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to pathology**[15 Hrs.]**

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

Unit-2: Hemodynamics changes**[15 Hrs.]**

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumours), Differences between benign and malignant tumours, Aetiopathogenesis of neoplasia (cancer), Signs of malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

Unit-3: Haematology**[15 Hrs.]**

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

Unit-4:Gastrointestinalpathology**[15 Hrs]**

Typhoid, Tuberculosis, Crohn's, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption : Celiac disease, Tropical sprue and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), complications; Portal Hypertension : Types including non-cirrhotic portal fibrosis and Manifestations.

REFERENCE BOOKS

1. Pathologic Basic of Disease- Kumar, Cotran– SaundersCollins
2. Basic Pathology - Kumar, Cotran - Saunders
3. Test Book of Pathology - Andersons - C.V.MosbyVolume I & II Company
4. General Pathology - Walter & Israel -
5. Clinical LaboratoryMethods - Ramniksood - Jaypee
6. G.C.DeGruchy Clinical - David Penington - CBS Publishers &Haematology in medical Bryan RushDistributors Peter Castaldi
7. Illustrated Pathology - Govans - ELBS Edition

Name of the course: Evidence based yoga therapy-I

Course code: MS-SCT302

Objectives:

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to common ailments

[15Hrs.]

Introduction to stress: Physiology of stress, Psychosomatic ailments; Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anaemia: Classification of anaemia, Medical management, Yogic management

Unit-2: Musculo-Skeletal Disorders

[15Hrs]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

Unit-3: Gastro Intestinal Disorders

[15Hrs]

A PD: Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, PepticUlcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhoea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic

Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management

Unit-4: Excretory System

[15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder, Bone; Diabetes Mellitus, 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management', Hypo and Hyper- thyroids: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: . Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management

REFERENCE BOOKS:

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and Shamantakamani Narendran
2. Yoga for common disorders- Swami Koormananda Saraswati
3. Integrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

Name of the course: Elective-I (Choice based)

Course code: MS-ELT303

Objectives:

Name of the course: Disease specific Pathology Practical-I

Course code: MS-SCT304

Objectives:

Following the completion of the practical training, students shall be able:

- To demonstrate the laboratory experiments.
- To understand the normal and abnormal value of a parameter.
- To develop the skill of interpreting the results.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit- 1: Hematology –I

[15 Hrs]

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

Unit-2: Hematology-II

[15 Hrs.]

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

Unit-3: Anemia-I

[15 Hrs.]

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

Unit-4: Demonstration

[15 Hrs.]

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

REFERENCE BOOKS:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology– Ramnik Sood

Name of the course: Evidence based yoga therapy-I**Course code: MS-SCT305****Objectives:**

Following the completion of this practical, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments.
- Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Special techniques for Anemia**[15 hrs.]**

Set of practices required for Anemia and other associated hematological complications need to be taught.

Unit-2: Cancer and autoimmune diseases**[15 Hrs.]**

Set of practices required for Cancer and Auto immune complications need to be taught.

Unit-3: Musculo skeletal diseases**[15 Hrs.]**

Set of practices required for Muscular and skeletal diseases need to be taught.

Unit-4: Gastrointestinal disorders**[15 Hrs.]**

Set of practices required for gastro intestinal diseases need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Name of the course: Field training-I**Course code: MS-FW306****Objectives:**

Following the completion of this field training, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the course: Project work-I

Course code: MS-PW307

Objectives:

Following the completion of this project work, students shall be able to:

- Carry out small scale research projects.
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester-IV

Name of the course: Disease specific Pathology-II**Course code: MTSS401****Objectives:**

A PG student at the end of this theory teaching will be able to:

- Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non communicable diseases and the body's capacity for healing.
- Have an understanding of the common cardiovascular, respiratory and renal disorders.
- Understand the pathogenesis of endocrine, nervous, obstetrics and gynaecological disorders.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

Unit-I: Cardiovascular and respiratory pathology**[15 Hrs.]**

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

.Unit-I: Nervous and endocrine pathology**[15 Hrs.]**

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders : Pyogenic and tuberculous meningitis, CSF and its disturbances : cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

Unit-IV: Obstetrics, Gynaecologic and Renal pathology**[15 Hrs.]**

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in

pregnancy; Hypertensive disorders in pregnancy, Anaemia in Pregnancy : Heart disease in pregnancy; Antepartum haemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephrotic Syndrome; Acute Renal Failure : Acute tubular and cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

REFERENCE BOOKS

1. Pathologic Basic of Disease- Kumar, Cotran– SaundersCollins
2. Basic Pathology - Kumar, Cotran - Saunders
3. Test Book of Pathology - Andersons - C.V.MosbyVolume I & II Company
4. General Pathology - Walter & Israel -
5. Clinical LaboratoryMethods - Ramniksood - Jaypee
6. G.C.DeGruchy Clinical - David Penington - CBS Publishers &Haematology in medical Bryan RushDistributors Peter Castaldi
7. Illustrated Pathology - Govans - ELBS Edition

Name of the course: Evidence based yoga therapy-II

Course code: MS-SCT402

Objectives:

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Respiratory disorders**[15 Hrs.]**

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

Unit-2: Cardiovascular and Metabolic Disorders**[15Hrs.]**

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ PostCABG rehab.: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; endocrinal and

Unit-3: Neurological Disorders**[15 Hrs.]**

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision of refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

Unit-4: Psychiatric disorders**[15 hrs.]**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalised anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis- Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse – alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management

REFERENCE BOOKS:

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and ShamantakamaniNarendran
2. Yoga for common disorders- Swami KoormanandaSaraswati
3. Integrated approach of yoga therapy for positive health-R Nagaratha, H R Nagendra

Name of the course: Elective-II (Choice based)

Course code: MS-DSTE403

Objectives:

Name of the course: Disease specific pathology practical-I**Course code: MS-SCP404****Objectives:**

Following the completion of the practical training, students shall be able:

- To demonstrate the laboratory experiments.
- To understand the normal and abnormal value of a parameter.
- To develop the skill of interpreting the results.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit- 1: Microscopic observation**[15 Hrs.]**

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

Unit -2: Specimen**[15 Hrs.]**

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

Unit -3: Laboratory tests**[15 Hrs.]**

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

Unit-4: Pulmonary function tests**[15 Hrs.]**

Vital capacity, tidal volume and Peak flow rate in pathological conditions

REFERENCE BOOKS:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology– Ramnik Sood

Name of the course: Evidence based yoga therapy-II**Course code: MS-SCT405****Objectives:**

Following the completion of this practical, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments.
- Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Disease specific techniques for respiratory disorders [15 hrs.]

Set of practices required for respiratory disorders need to be taught.

Unit-2: Disease specific techniques for cardiovascular disorders [15 Hrs.]

Set of practices required for cardiovascular disorders need to be taught.

Unit-3: Disease specific techniques for Neuro endocrine disorders [15 Hrs.]

Set of practices required for Neuro endocrine diseases need to be taught.

Unit-4: Disease specific techniques for Psychiatric and Obstetric & Gynecological complications [15 Hrs.]

Set of practices required for Psychiatric and Obstetric & Gynecological complications need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Name of the course: Field training-II**Course code: MS-FW406****Objectives:**

Following the completion of this field training, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques

Instructions:

During field training students are expected to carry out the following tasks.

4. Involve themselves during practical session.
5. Understand how to take case history
6. Gain the knowledge of recording the common parameters specific to disease.

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the course: Project work-II

Course code: MS-PW407

Objectives:

Following the completion of this project work, students shall be able to:

- Carry out small scale research projects.
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

Note:

During this time, candidates are expected to analyze the data with the help of guides.

Organize and represent the data.

Write the dissertation and complete the presentation.

Project II shall be the continuation of Project I

Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.

SPECIALIZED PAPERS - II

II Year										
Semester – III										
1	MS-SCT301	Disease specific pathology-I*	3	1	0	4	20	10	70	100
2	MS-SCT302	Evidence based yoga therapy-I [∞]	3	1	0	4	20	10	70	100
3	MS-ELT303	Elective-I [†]	3	1	0	4	20	10	70	100
4	MS-SCT304	Disease specific pathology practical-I	-	-	4	2	20	10	70	50
5	MS-SCT305	Evidence based yoga therapy practical-I	-	-	4	2	20	10	70	50
6	MS-FW306	Field training-I	-	-	8	4	20	10	70	100
7	MS-PW307	Project work-I	-	-	8	4	-	-	-	100
36 Hrs.						24	TOTAL			600
Semester-IV										
1	MS-SCT401	Disease specific pathology-II**	3	1	0	4	20	10	70	100
2	MS-SCT402	Evidence based yoga therapy-II [∞]	3	1	0	4	20	10	70	100
3	MS-ELT403	Elective-II [†]	3	1	0	4	20	10	70	100
4	MS-SCT404	Disease specific pathology practical-II	-	-	4	2	20	10	70	50
5	MS-SCT405	Evidence based yoga therapy practical-II	-	-	4	2	20	10	70	50
6	MS-FW406	Field training-II	-	-	8	4	20	10	70	100
7	MS-PW407	Project work-II	-	-	8	4	-	-	-	100
36 Hrs.						24	TOTAL			600
Total number of Credits						100	Total marks			2500

SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work
L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

Discipline specific theory electives

1. Mind-body medicine
2. Neurobiology of consciousness
3. Psychophysiology of meditation
4. Applied yoga therapy
5. Introduction to integrative medicine
6. Human body according to yoga

Name of the course: Disease specific Pathology-I**Course code: MS-SCT301****Objectives:**

A PG student at the end of this theory teaching will be able to:

1. Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non communicable diseases and the body's capacity for healing.
2. Have an understanding of the common haematological disorders and the steps necessary to understand them.
3. Understand the pathogenesis of gastrointestinal disorders.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to pathology**[15 Hrs.]**

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

Unit-2: Hemodynamics changes**[15 Hrs.]**

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumours), Differences between benign and malignant tumours, Aetiopathogenesis of neoplasia (cancer), Signs of malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

Unit-3: Haematology**[15 Hrs.]**

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

Unit-4:Gastrointestinalpathology**[15 Hrs]**

Typhoid, Tuberculosis, Crohn's, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption : Celiac disease, Tropical sprue and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), complications; Portal Hypertension : Types including non-cirrhotic portal fibrosis and Manifestations.

REFERENCE BOOKS

1. Pathologic Basic of Disease- Kumar, Cotran– SaundersCollins
2. Basic Pathology - Kumar, Cotran - Saunders
3. Test Book of Pathology - Andersons - C.V.MosbyVolume I & II Company
4. General Pathology - Walter & Israel -
5. Clinical LaboratoryMethods - Ramniksood - Jaypee
6. G.C.DeGruchy Clinical - David Penington - CBS Publishers &Haematology in medical Bryan RushDistributors Peter Castaldi
7. Illustrated Pathology - Govans - ELBS Edition

Name of the course: Evidence based yoga therapy-I

Course code: MS-SCT302

Objectives:

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to common ailments

[15Hrs.]

Introduction to stress: Physiology of stress, Psychosomatic ailments; Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anaemia: Classification of anaemia, Medical management, Yogic management

Unit-2: Musculo-Skeletal Disorders

[15Hrs]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

Unit-3: Gastro Intestinal Disorders

[15Hrs]

A PD: Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, PepticUlcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhoea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic

Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management

Unit-4: Excretory System

[15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder, Bone; Diabetes Mellitus, 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management', Hypo and Hyper- thyroids: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: . Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management

REFERENCE BOOKS:

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and Shamantakamani Narendran
2. Yoga for common disorders- Swami Koormananda Saraswati
3. Integrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

Name of the course: Elective-I (Choice based)

Course code: MS-ELT303

Objectives:

Name of the course: Disease specific Pathology Practical-I

Course code: MS-SCT304

Objectives:

Following the completion of the practical training, students shall be able:

- To demonstrate the laboratory experiments.
- To understand the normal and abnormal value of a parameter.
- To develop the skill of interpreting the results.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit- 1: Hematology –I

[15 Hrs]

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

Unit-2: Hematology-II

[15 Hrs.]

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

Unit-3: Anemia-I

[15 Hrs.]

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

Unit-4: Demonstration

[15 Hrs.]

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

REFERENCE BOOKS:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology– Ramnik Sood

Name of the course: Evidence based yoga therapy-I**Course code: MS-SCT305****Objectives:**

Following the completion of this practical, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments.
- Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Special techniques for Anemia**[15 hrs.]**

Set of practices required for Anemia and other associated hematological complications need to be taught.

Unit-2: Cancer and autoimmune diseases**[15 Hrs.]**

Set of practices required for Cancer and Auto immune complications need to be taught.

Unit-3: Musculo skeletal diseases**[15 Hrs.]**

Set of practices required for Muscular and skeletal diseases need to be taught.

Unit-4: Gastrointestinal disorders**[15 Hrs.]**

Set of practices required for gastro intestinal diseases need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Name of the course: Field training-I**Course code: MS-FW306****Objectives:**

Following the completion of this field training, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the course: Project work-I

Course code: MS-PW307

Objectives:

Following the completion of this project work, students shall be able to:

- Carry out small scale research projects.
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester-IV

Name of the course: Disease specific Pathology-II**Course code: MTSS401****Objectives:**

A PG student at the end of this theory teaching will be able to:

- Understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non communicable diseases and the body's capacity for healing.
- Have an understanding of the common cardiovascular, respiratory and renal disorders.
- Understand the pathogenesis of endocrine, nervous, obstetrics and gynaecological disorders.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

Unit-I: Cardiovascular and respiratory pathology**[15 Hrs.]**

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

.Unit-I: Nervous and endocrine pathology**[15 Hrs.]**

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders : Pyogenic and tuberculous meningitis, CSF and its disturbances : cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

Unit-IV: Obstetrics, Gynaecologic and Renal pathology**[15 Hrs.]**

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in

pregnancy; Hypertensive disorders in pregnancy, Anaemia in Pregnancy : Heart disease in pregnancy; Antepartum haemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephrotic Syndrome; Acute Renal Failure : Acute tubular and cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

REFERENCE BOOKS

1. Pathologic Basic of Disease- Kumar, Cotran– SaundersCollins
2. Basic Pathology - Kumar, Cotran - Saunders
3. Test Book of Pathology - Andersons - C.V.MosbyVolume I & II Company
4. General Pathology - Walter & Israel -
5. Clinical LaboratoryMethods - Ramniksood - Jaypee
6. G.C.DeGruchy Clinical - David Penington - CBS Publishers &Haematology in medical Bryan RushDistributors Peter Castaldi
7. Illustrated Pathology - Govans - ELBS Edition

Name of the course: Evidence based yoga therapy-II

Course code: MS-SCT402

Objectives:

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Respiratory disorders**[15 Hrs.]**

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

Unit-2: Cardiovascular and Metabolic Disorders**[15Hrs.]**

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ PostCABG rehab.: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; endocrinal and

Unit-3: Neurological Disorders**[15 Hrs.]**

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision of refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

Unit-4: Psychiatric disorders**[15 hrs.]**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalised anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis- Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse – alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management

REFERENCE BOOKS:

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and ShamantakamaniNarendran
2. Yoga for common disorders- Swami KoormanandaSaraswati
3. Integrated approach of yoga therapy for positive health-R Nagaratha, H R Nagendra

Name of the course: Elective-II (Choice based)

Course code: MS-DSTE403

Objectives:

Name of the course: Disease specific pathology practical-I**Course code: MS-SCP404****Objectives:**

Following the completion of the practical training, students shall be able:

- To demonstrate the laboratory experiments.
- To understand the normal and abnormal value of a parameter.
- To develop the skill of interpreting the results.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit- 1: Microscopic observation**[15 Hrs.]**

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

Unit -2: Specimen**[15 Hrs.]**

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

Unit -3: Laboratory tests**[15 Hrs.]**

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

Unit-4: Pulmonary function tests**[15 Hrs.]**

Vital capacity, tidal volume and Peak flow rate in pathological conditions

REFERENCE BOOKS:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology– Ramnik Sood

Name of the course: Evidence based yoga therapy-II**Course code: MS-SCT405****Objectives:**

Following the completion of this practical, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments.
- Understand the principles and procedure of each practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Disease specific techniques for respiratory disorders [15 hrs.]

Set of practices required for respiratory disorders need to be taught.

Unit-2: Disease specific techniques for cardiovascular disorders [15 Hrs.]

Set of practices required for cardiovascular disorders need to be taught.

Unit-3: Disease specific techniques for Neuro endocrine disorders [15 Hrs.]

Set of practices required for Neuro endocrine diseases need to be taught.

Unit-4: Disease specific techniques for Psychiatric and Obstetric & Gynecological complications [15 Hrs.]

Set of practices required for Psychiatric and Obstetric & Gynecological complications need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Name of the course: Field training-II**Course code: MS-FW406****Objectives:**

Following the completion of this field training, students shall be able to:

- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques

Instructions:

During field training students are expected to carry out the following tasks.

4. Involve themselves during practical session.
5. Understand how to take case history
6. Gain the knowledge of recording the common parameters specific to disease.

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the course: Project work-II

Course code: MS-PW407

Objectives:

Following the completion of this project work, students shall be able to:

- Carry out small scale research projects.
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

Note:

During this time, candidates are expected to analyze the data with the help of guides.

Organize and represent the data.

Write the dissertation and complete the presentation.

Project II shall be the continuation of Project I

Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.

4.6 DOCTOR OF PHILOSOPHY (YOGA) – PhD (Yoga)

Preamble

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. More and more people are getting interested in the scientific and philosophical aspects of yoga. Hence it is important to conduct in depth research in the field of yoga both in the scientific and philosophical dimensions. In this program the impact of yoga in healthcare, personality development will be explored and the philosophical aspects will also be explored.







I. Title of the Programme

The programme shall be called "Doctor of Philosophy (Yoga)" or Ph.D (Yoga)

II. Aim of the programme

The aim of the programme is to propagate and promote research in yoga

III. Objectives of the programme

-  To conduct good quality research in the field of yoga.
-  To understand the applications of yoga through scientific method.
-  To study the psychophysiological effects of various yoga practices.
-  To explore the possible application of yoga in healthcare (theoretical and experimental).
-  To understand important philosophical concepts given in traditional yoga text.
-  To explore the possible applications of traditional yoga scriptures in modern lifestyle.

IV. Duration

The course work will be for one semester (6 months)

The candidate can submit his or her thesis 3 years after registration to the Ph.D.

Program and it is extendable till 5 years after the registration.

V. Eligibility

The candidate must have completed Master's degree in yoga from a university recognized by the UGC.

SYLLABUS FOR EXPERIMENTAL RESEARCH

PAPER 1

RESEARCH METHODOLOGY AND STATISTICS

(Total Marks: 100 = External 80 + Internal 20)

OBJECTIVES:

This paper is to impart knowledge about

- Research and its different dimensions
- Scientific findings of yoga research
- Applications of yoga in modern lifestyle
- Conducting high quality research without bias
- Science and technology of modern research
- Conducting research for reliable and valid results
- Recent trends in yoga research

Unit-I: Research Methodology-I

- i. Introduction to research methodology – definition of research, types of research, need for yoga research
- ii. The research process
- iii. Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
- iv. Hypothesis, types of hypothesis
- v. Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice, registration of randomized controlled trials in Clinical Trial Registry of India (CTRI).
- vi. Scales of measurement – nominal, ordinal, interval, ratio
- vii. Types of data: qualitative and quantitative
- viii. Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests.

Unit-II: Research Methodology –II

- i. Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- ii. Methods of controlling biases – Randomization

- iii. Types of variables – Independent, dependent, confounding variable
- ix. Types of research design – Experimental designs, cross sectional design, Case study, Survey
- x. Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- xi. Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- xii. Issues of bias and confounding
 - a. Selection bias, Recall bias, Observer or measurement bias, Publication bias
 - b. Randomization, Matching, Crossover design, Restriction (or blocking), Stratification

Unit-III: Statistical Concepts - I

- i. Descriptive statistics
- ii. Inferential statistics
- iii. Hypothesis testing, null hypothesis
- iv. Statistics and Parameters
- v. Sample and Population
- vi. Generalization
- vii. One tailed, two tailed hypothesis
- viii. Types of Errors and its control
- ix. Central Limit Theorem

Unit-IV: Statistics - II

- i. Point estimate and interval estimate
- ii. Power analysis: Effect size, sample size.
- iii. p-value.
- iv. Confidence interval .
- v. Statistical tests and design.
- vi. Assumptions of tests.
- vii. Statistical tests for various designs: Correlation, proportions, pairedsample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests.

- viii.** Interpretation of SPSS output: Correlation, proportions, paired sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA

Unit-V: Recent trends in yoga research

- i. Consolidated statement of reporting randomized control trial (CONSORT checklist).
- ii. Conducting meta-analysis of published literature.
- iii. Methods for grading evidence in healthcare.
- iv. Writing scientific paper.

RECOMMENDED BOOKS AND WEBSITES:

1. C. R. Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.
3. J. H. Zar (1999). Biostatistical Analysis. Pearson Education. New Delhi.
4. <http://www.consort-statement.org/>
5. <http://www.ahrq.gov/>

PAPER II

COMPUTER APPLICATION

(Total Marks: 100 = External 80 + Internal 20)

OBJECTIVES:

This paper is to impart knowledge about

- Application of modern technology in yoga research
- Searching online databases
- Data recording using computer software
- Storing data
- Data analysis using computer software
- Documents for scientific writing
- Presentation of research activities

Unit -1 Computer Fundamentals

- i. Types of computers
- ii. Input & Output devices
- iii. Software & Hardware
- iv. Storage Devices
- v. Types of Networks LAN & WAN

Unit-2: MS Office

- i. MS – Word
- ii. MS – Excel
- iii. MS – Power point

Unit-3: Data analysis software

- i. Introduction Statistical Package for Social Sciences (SPSS)
- ii. Creating & saving a SPSS
- iii. Data entry in SPSS
- iv. Analysis of description statistics using SPSS
- v. Dependent & independent using SPSS
- vi. One way & two way analysis using SPSS
- vii. Correlation using SPSS

Unit-4: Internet

- i. Email – create, forward & send a mail message
- ii. World Wide Web (WWW)
- iii. Online journals
- iv. Searching Research articles, papers & various topics.

RECOMMENDED BOOKS:

1. P. Norton (2008). Introduction to computers (Indian Adaptation). Tata McGraw-Hill Publishing Company Ltd. New Delhi.
2. K. Pandya, S. Bulsari & S. Sinha. SPSS in simple steps. Wiley India Pvt. Limited. New Delhi.

SYLLABUS FOR THEORITICAL RESEARCH

PAPER 1

RESEARCH METHODOLOGY AND COMPUTER APPLICATIONS

(Total Marks: 100 = External 80 + Internal 20)

OBJECTIVES:

This paper is to impart knowledge about

- Research and its different dimensions
- Applications of yoga to modern lifestyle
- Application of modern technology to yoga research
- Searching online databases
- Corresponding with libraries
- Storing data
- Documents for reporting research findings
- Presentation of research activities

Unit-I: Research Methodology

- i. Introduction to research methodology – definition of research, types of research, need for yoga research
- ii. Literary Research: Assumption of Literary Research, Elements and Theories of Literary Research, Types of Literary Research (Historical Research, Comparative Research, Explanatory Research and Critical Research), Need and Importance of Research in Yoga
- iii. Literature review – Purpose, Process, presentation of literature review, reference writing
- iv. Hypothesis, types of hypothesis
- v. Ethics of research – Publication ethics, Ethical bodies – Institutional Ethics Committee (IEC)& Institutional Review Board (IRB)

Unit –II: Computer Fundamentals

- i. Types of computers
- ii. Input & Output devices
- iii. Software & Hardware

- iv. Storage Devices
- v. Types of Networks LAN & WAN
- vi. MS Office (Word, Excel and Powerpoint)

Unit-III: Internet

- i. Email – create, forward & send a mail message
- ii. World Wide Web (WWW)
- iii. Online journals
- iv. Searching Research articles, papers & various topics.

RECOMMENDED BOOKS:

1. C. R. Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. P. Norton (2008). Introduction to computers (Indian Adaptation).Tata McGraw-Hill Publishing Company Ltd. New Delhi.

PAPER II

AREAS OF RESEARCH IN YOGA

(Total Marks: 100 = External 80 + Internal 20)

OBJECTIVES:

This paper is to impart knowledge about

- Literary research already done in yoga
- Ancient scriptures related to yoga
- Important commentaries on traditional yoga texts
- Major spiritual traditions of the world
- Possible applications of the philosophy of yoga in the modern world

Unit I: Literature review

- i. Exploring online databases and journals: PhilPapers (Online research in philosophy), IJOY-PPP, COPAC etc

Unit 2: Analysis of traditional yoga texts

- i. Introduction to important commentaries on traditional yoga texts (Hatha yoga, Patanjali Yoga Darshana, Bhagvad Gita and ten principal Upanishads)

Unit 3: Philosophical Systems of India

- i. Nyaya, Samkya, Yoga, Vedanta

Unit 4: Philosophy and messages of modern yogis

- i. Teachings and message of Swami Dayananda, Swami Vivekananda, ParamahansaYogananda, Sri Aurobindo, Sri Ramana Maharishi, Swami SivanandaSaraswati, Swami Kuvalyananda, Sri Yogendra.

RECOMMENDED BOOKS:

1. Hatha Yoga Pradipika- KaivlyadhamLonavla
2. GherandaSamhita- KaivlyadhamLonavla
3. Holy Gita - Swami Chinmayananda, Mumbai

4. The ten cardinal Upanishads – Swami Harshananda. Vedanta Press.
5. S. Radhakrishnan (1971). Indian Philosophy (vol 1-2). George Allen &Unwin, London.
6. Autobiography of Sri Yogendra
7. C Bharadwaja. Light of truth (SatyarthPrakash).
8. S. Vivekananda (1971). Teachings of Swami Vivekananda. Vedanta Press. CA. U.S.A.
9. P.Yogananda (2003). The divine romance. Yogodasatsanga society of India. Kolkata.
10. A. Osborne (2010). The teachings of RamanaMaharshi in his own words. Sri Ramashramam Publication. Tamil Nadu.
11. S.Aurobindo (2010). The life divine. Sri Aurobindo Ashram. Pondicherry.
12. S. Krishnananda. Sri Swami Sivananda and his mission. The divine life society publication. Rishikesh.

4.7 DOCTOR OF PHILOSOPHY IN YOGA (INTEGRATED)

Preamble

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. More and more people are getting interested in exploring the scientific and philosophical aspects of yoga. Hence it is important to conduct in depth research in the field of yoga both in the scientific and philosophical dimensions. In this program the impact of yoga in healthcare, personality development will be explored and the philosophical aspects will also be explored.

I. Title of the Programme

The programme shall be called "Doctor of Philosophy - Integrated (Yoga)" or Ph.D (Yoga)

II. Aim of the programme

The aim of the programme is to propagate and promote research in yoga

III. Objectives of the programme

- a) To conduct good quality research in the field of yoga.
- b) To understand the applications of yoga through scientific method.
- c) To study the psychophysiological effects of various yoga practices.
- d) To explore the possible application of yoga in healthcare (theoretical and experimental).
- e) To understand important philosophical concepts given in traditional yoga text.
- f) To explore the possible applications of traditional yoga scriptures in modern lifestyle.

IV. Duration

- a) The course work will be for four semesters (2 years)
- b) The candidate can submit his or her thesis 4 years after the student is admitted to the program and it is extendable till 6 years.

V. Eligibility

- a) The candidate must have completed Bachelor's degree in yoga from a recognized University
- b) Candidates who have Master's degree in any subject other than yoga will also be eligible for the four- year integrated (M.Sc. + PhD) in Yoga.
- c) There shall be an assessment test at the end of first year to confirm the eligibility of the candidate for pursuit of PhD. Those not found eligible for PhD may exit after obtaining a M.Sc. degree in Yoga after two years from the time of admission.

5. QUALIFICATIONS OF FACULTY OF YOGA

Criteria for selection of Professors / Associate Professors / Assistant Professors / Adjunct Faculty as finalised by the Committee on Yoga Education in Universities in meeting held at UGC Main Office, Bahadur Shah Zaffar Marg, New Delhi on 23rd March, 2016

ADJUNCT FACULTY

As per UGC Guidelines as given below, experts will be chosen as Adjunct Faculty specifically as Yoga Teachers, Yoga Therapists, Yoga Instructors and Demonstrators

- i. Should be an accomplished professional / expert in his chosen field of discipline and may not necessarily possess qualifications prescribed under UGC regulations. OR
- ii. Should be a certified professional, for teaching and training on National Occupational Standards under NSQF, by the Sector Skills Council for teaching respective trade / job role.

ASSISTANT PROFESSOR

Good academic record with at least 55% marks (or an in a point scale wherever grading system is followed) at the Master's degree level, in the relevant subject or an equivalent degree from an Indian/Foreign University.

Besides fulfilling the above qualifications, candidates must have cleared the National Eligibility Test (NET) for lecturers conducted by the UGC, CSIR, or similar test accredited by the UGC. Candidates, who are, or have been awarded PhD. Degree in accordance with the University Grants Commission (Minimum Standards and Procedure for Award of PhD. Degree) Regulations, 2009, shall be exempted from the requirement of the minimum eligibility condition of NET for recruitment and appointment of Assistant Professor or equivalent positions in Universities/Colleges/Institutions.

55% marks in Master degree (Yoga) AND NET/SLET/SET in Yoga

Or

55% marks in Master degree (Yoga) + PhD in Yoga

Or

Master degree in any discipline with 55% of marks + PhD in Yoga*

(*Considering the paucity of teachers in the newly emerging field of yoga this alternative has been provided, and will be valid only for five years from the date of this notification)

ASSOCIATE PROFESSOR

Good academic record with a Ph.D. degree in the concerned /allied/relevant disciplines.

A Master's degree with at least 55% marks (or an equivalent grade in a point scale wherever grading system is followed)

A minimum of eight years of experience of teaching and/or research in an academic/research position equivalent to that of Assistant Professor in a University. College or Accredited Research Institution/Industry excluding the period of PhD research with evidence of published work and a minimum of 5 publications as books and /or research/policy papers.

Contribution to educational innovation, design of new curricula and courses, and technology – mediated teaching learning process with evidence of having guided doctoral candidates and research students.

A minimum score as stipulated in the Academic Performance Indicator (API) based performance based appraisal system (PBAS)

PROFESSOR

An eminent scholar with PhD qualifications (s) in the concerned/allied/relevant discipline and published work of high quality, actively engaged in research with evidence of published work with a minimum of 10 publications as books and/or research/policy papers.

A minimum of ten years of teaching experience in University/College, and/or experience in research at the University/National level institution/industries, including experience of guiding candidates for research at doctoral level.

Contribution to educational innovation, design of new curricula and technology- mediated teaching learning process.

A minimum score as stipulated in the Academic performance Indicator (API) based performance based appraisal system (PBAS)

Or

An outstanding professional, with established reputation in the relevant field, who has made significant contributions to the knowledge in the concerned/allied/relevant discipline to be substantiated by credentials.

6. LIST OF UNIVERSITIES WITH YOGA DEPARTMENTS

Sl. No.	State	City	Central State	No. of different yoga Course Offered										
				Ph.D.	M.D	M.Phil.	MSc	M.A.	BNYS	B.Sc.	B.A.	PG Diploma	PGDYT	
1	Andhra Pradesh	Andhra University , Visakhapatnam	State	-	-	-	-	1	-	-	-	1	-	2
		Rashtriya Sanskrit Vidyapeeth , Tirupati	Deemed	-	-	-	-	1	-	-	-	1	1	3
2	Chhattisgarh	Pt.Ravishankar Shukla University , Raipur	State	-	-	-	-	1	-	-	-	1	-	2
3	Delhi	Morarji Desai National Institute of Yoga ,	Govt. AYUSH	-	-	-	-	-	-	1	-	1	-	2
4	Gujarat	Bhavnagar University , Bhavnagar	State	-	-	-	-	-	-	-	-	1	-	1
		Gujarat Vidyapith , Ahmedabad	Deemed	-	-	-	-	-	-	-	-	1	-	1
		Lakulish Yoga University , Ahmedabad	State	-	-	-	-	-	-	1	1	-	1	3
		Gujarat Ayurveda University , Jamnagar	State	-	-	-	-	-	-	1	-	-	1	2
		Gujarat University , Ahmedabad	State	-	-	-	-	-	-	-	-	1	-	1
		Hemchandracharya North Gujarat University , Patan	State	-	-	-	-	-	-	-	-	1	-	1
5	Haryana	Kurukshetra University , Kurukshetra	State	-	-	-	-	1	-	-	-	1	-	2

LIST OF UNIVERSITIES WITH YOGA DEPARTMENTS

6	Himachal Pradesh	Himachal Pradesh University, Shimla	State	-	-	-	-	1	-	-	-	1	-	2
7	Karnataka	Karnataka University, Dharwad	State	-	-	-	-	-	-	-	-	1	-	1
		Mangalore University, Mangalore	State	1		-	1	-	-	-	-	1	-	3
		S-VYASA, Bangalore	Deemed	1	1	1	2	1	1	2	1	1	1	12
		Bangalore University, Bangalore	State	-	-	-	1	-	-	-	-	-	-	1
		Manipal University, Manipal	State	-	-	-	1	-	-	-	-	-	-	1
		SDM, Ujire	-	-	-	-	-	-	1	-	-	-	-	1
8	Madhya Pradesh	Barkatullah Vishwavidyalaya, Bhopal	State	1	-	1	1	1	-	-	-	1	-	5
		Dr. Harisingh Gour Vishwavidyalaya, Sagar	Central	1	-	-	1	1	-	-	1	-	-	4
		Jiwaji University, Gwalior	State	-	-	-	-	-	-	-	-	1	1	1
		Lakshmibai National Institute of Physical Education, Gwalior	Deemed	-	-	-	-	1	-	-	-	1	-	2
		MGC Gramodaya Vishwavidyalaya, Satna	State	1	-	-	-	-	-	-	1	1	-	3

LIST OF UNIVERSITIES WITH YOGA DEPARTMENTS

		Rani Durgavati Viswavidyalaya, Jabalpur	State	-	-	-	-	1	-	-	-	1	-	2
		Maharishi Mahesh Yogi Vedic Viswavidyalaya, Katni	State	-	-	-	-	1	-	-	-	1	-	2
9	Maharashtra	Kaivalyadhama, Pune	-	-	-	-	-	-	-	-	-	1	-	1
		Sant Gadge Baba Amravati University, Amravati	State	-	-	-	-	-	-	-	-	1	-	1
9	Odisha	Indian Institute of Yogic Science & Research, Bhubneshwar	-	-	-	-	-	1	-	-	-	-	-	1
		Utkal University, Bhubneshwar	State	-	-	-	-	-	-	-	-	1	-	1
10	Punjab	Punjab University, Patiala	State	-	-	-	-	-	-	-	-	1	-	1
		Punjab University, Chandigarh	State	-	-	-	-	-	-	-	-	-	Other Ed/Ed	2
11	Rajasthan	Jai Narain Vyas University, Jodhpur	State	-	-	-	-	-	-	-	-	1	-	1
		ML Sukhadia University, Udaipur	State	-	-	-	-	-	-	-	-	1	-	1
		Jain Vishwabharti University, Ladun	Private	1	-	-	1	1	-	-	-	-	-	3

LIST OF UNIVERSITIES WITH YOGA DEPARTMENTS

		Jaipur University , Jaipur	State	1	-	-	1	1	-	-	-	-	-	3
12	Tamil Nadu	Alagappa University , Karaikudi	State	-	-	-	-	-	-	-	-	1	-	1
		Annamalai University , Chennai	State	-	-	-	1	-	-	-	-	1	-	2
		Krishnamacharya Yoga Mandiram , Chennai	State	-	-	-	-	-	-	-	-	1	-	1
		Tamil Nadu Physical Education & Sports University , Chennai	State	1	-	-	1	-	-	1	-	-	-	3
		MS University , Thirunelveli	State	-	-	-	1	-	-	1	-	1	-	3
		Bharathidasan University , Trichy	State	-	-	-	1	-	-	-	-	1	-	2
		Bharathiyar University , Coimbatore	State	-	-	-	1	-	-	-	1	-	-	2
		Tamil University , Tanjore	State	-	-	-	-	1	-	-	1	-	-	2
		University of Madras , Tanjore		-	-	-	-	1	-	-	1	-	-	2
13	Uttar Pradesh	University of Lucknow , Lucknow	State	-	-	-	-	1	-	-	-	1	-	2
		MJP Rohilkhand University , Bareilly	State	-	-	-	-	-	-	-	-	1	-	1
		Dr Ram Manohar Lohia Awadh University , Faizabad	State	-	-	-	-	-	-	-	-	1	-	1

LIST OF UNIVERSITIES WITH YOGA DEPARTMENTS

		Bundelkhand University , Jhansi	State	-	-	-	-	-	-	-	-	1	-	1
14	Uttarakhand	Dev Sanskrit Vishwavidyalaya , Haridwar	Private	1	-	-	1	1	-	1	1	1	-	6
		Gurukul Kangri Vishwavidyalaya , Haridwar	Deemed	1	-	-	1	1	-	1	1	1	-	6
		Hemwati Nandan Bahuguna Garhwal University , Pauri Garhwal	Central	-	-	-	-	1	-	-	-	1	-	2
		Kumaun University , Kumaun	State	-	-	-	-	1	-	-	-	1	-	2
		Patanjali University , Haridwar	Private	-	-	-	1	1	-	1	1	1	-	5
15	West Bengal	Jadavpur University , Kolkata	State	-	-	-	-	-	-	-	-	1	-	1
Total				10	1	2	17	22	2	10	10	40	7	121

1	Ph.D.	M.D	M.Phil.	MSc	M.A.	BNYS	B.Sc.	B.A.	PG Diploma	PGDYT	Total
2	10	1	2	17	22	13	10	10	40	7	121

7. NAMES OF NATIONAL LEVEL YOGA CENTERS

YOGA UNIVERSITIES

1. S-VYASA Yoga University

Prashanti Kutiram

Vivekananda Road, Kalluballu Post,
Jigani Hobli, Anekal Taluk,
Bengaluru – 560105

Website: www.svyasa.edu.in

www.svyasadde.com

2. Dev Sanskriti Vishwavidyalaya

Gayatrikunj-Shantikunj,
Haridwar-249411.

Website: www.dsvv.ac.in

3. University of Patanjali

Maharshi Dayanand Gram,
Delhi-Haridwar National Highway,
Near Bahadarbad, Haridwar-249405

Website: www.divyayoga.com

INSTITUTES

1. Morarji Desai National Institute of Yoga

68, Ashoka Road, Near Gole Dak Khana,
New Delhi - 110 001

Website: www.yogamdniy.nic.in

2. Kaivalyadhama Yoga Institute

Lonavla (Pune) 410 403.

Website: www.kdham.com

8. FINANCIAL ASPECTS

Estimated budget for starting a Yoga Department as finalised by the Committee on Yoga Education in Universities in meeting held at UGC Main Office, Bahadur Shah Zaffar Marg, New Delhi on 23rd March, 2016

Particulars	Nos.	Rate	Total for 5 years
Salaries (Recurring Annually)			
Teaching Faculty			
Professors	1	₹ 1,50,000.00	₹ 90,00,000.00
Associate Professors	2	₹ 1,00,000.00	₹ 120,00,000.00
Assistant Professors	4	₹ 75,000.00	₹ 180,00,000.00
Adjunct Faculty (Yoga Teachers / Therapists / Instructors)	10	₹ 30,000.00	₹ 180,00,000.00
	Total		₹ 570,00,000.00
Infrastructure (One-time costs)			
Yoga Halls	6	₹ 40,00,000.00	₹ 240,00,000.00
Yoga Classrooms	6	₹ 15,00,000.00	₹ 90,00,000.00
Auditoriums	1	₹ 75,00,000.00	₹ 75,00,000.00
Labs	4	₹ 20,00,000.00	₹ 80,00,000.00
Kriya Blocks	2	₹ 5,00,000.00	₹ 10,00,000.00
Furniture and Furnishings	1	₹ 20,00,000.00	₹ 20,00,000.00
			₹ 515,00,000.00
			₹ 1085,00,000.00

Yearwise breakup of Costs for starting a Yoga Department as finalised by the Committee on Yoga Education in Universities in meeting held at UGC Main Office, Bahadur Shah Zaffar Marg, New Delhi on 23rd March, 2016					
	Year 1	Year 2	Year 3	Year 4	Year 5
Salaries	₹ 114,00,000.00	₹ 114,00,000.00	₹ 114,00,000.00	₹ 114,00,000.00	₹ 114,00,000.00
Infrastructure	₹ 257,50,000.00	₹ 257,50,000.00	₹ 0.00	₹ 0.00	₹ 0.00
	₹ 371,50,000.00	₹ 371,50,000.00	₹ 371,50,000.00	₹ 114,00,000.00	₹ 114,00,000.00

9. MINUTES OF COMMITTEE ON YOGA EDUCATION IN UNIVERSITIES HELD AT UGC MAIN OFFICE, BAHADUR SHAH ZAFAR MARG, NEW DELHI ON 23RD MARCH, 2016 AT 2:00 PM

Preamble:

A Committee on Yoga Education in Universities was constituted as per F.No.4-3/2016-UIA, Government of India, Ministry of Human Resource Development (MHRD), Department of Higher Education, New Delhi, dated the 15th January, 2016 (**Section 1, Page No. 3**). Accordingly, the first meeting of the Committee was held on 6th February, 2016 at 10.30 A.M. at UGC Main Office, Bahadur Shah Zafar Marg, New Delhi. Subsequently, the second meeting of the Committee was held on 24th & 25th February, 2016 at 1000 Hrs at UGC Main Office, Bahadur Shah Zafar Marg, New Delhi. In this meeting it was decided to form a Syllabus Sub-committee. The Syllabus Sub-committee met on 5th & 6th March, 2016 at Prashanti Kutiram, S-VYASA, Bangalore. A Working Committee was formed for finalization of syllabus and this Working Committee met in Delhi from 13th to 23rd March, 2016. During this time, the Committee also met on 16th & 17th March, 2016 for its next meeting. It was decided that the next meeting of the Committee be scheduled to be held on 23rd March, 2016 at 2.00 PM at UGC Headquarters, Bahadur Shah Zafar Marg, New Delhi- 110002.

The following members were present for the Committee meeting today, 23rd March, 2016:

Name / Designation / Contacts	Signature
1. Guruji Dr HR Nagendra, Chairman, Committee on Yoga Education in Universities Chancellor, S-VYASA University, Bangalore hrnagendra1943@gmail.com 09986810422	
2. Swami Atmapriyananda ji Member, Committee on Yoga Education in Universities Vice Chancellor, Ramakrishna Mission Vivekananda, Belur Math atmapriyananda@gmail.com 09830216636 / 08583046464	
3. Sri O.P. Tiwari Member, Committee on Yoga Education in Universities Secretary, Kaivalyadhama SMYM Samiti, Lonavla, Pune-410403. opt.kdham@gmail.com 09422014844	
4. Dr K Subrahmanyam, Member, Committee on Yoga Education in Universities Advisor, Vivekananda College, Tiruvedagam, Madurai District drks42@gmail.com 09741011833	
5. Dr Ishwar Bharadwaj, Member, Committee on Yoga Education in Universities	

<p>Professor and Head, Department of Human Consciousness & Yogic Sciences, Gurukul Kangri University, Haridwar drib.gkvv@gmail.com +91 941225142 / 7300761207</p>	
<p>6. Prof Suresh Lal Barnwal, Member, Committee on Yoga Education in Universities Professor and Head, Department of Yoga & Health, Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar suresh.barnwal@dsvv.ac.in 09258369627</p>	
<p>7. Brahmacharini Shobhana, Member, Committee on Yoga Education in Universities Program Director, Amrita Yoga, Amrita University, Amritapuri mashob@gmail.com +91 8589 02 3787</p>	
<p>8. Pundit Radheshyam Mishra, Member, Committee on Yoga Education in Universities Founder & Director, Ujjain Yoga Life Society International, Ujjain director@yogalife.co.in 9826157933</p>	
<p>9. Sri Rupendra Chandra Bhowmik, Member, Committee on Yoga Education in Universities Working President, India Yoga Federation, Agartala rcbhowmik@rediffmail.com 09436122656</p>	
<p>10. Dr Nilkamal, Member, Committee on Yoga Education in Universities Scientist C, Patanjali Yoga Peeth, Khankhal naosekpamkamal@gmail.com 09456365958</p>	
<p>11. Dr Ishwar V Basavaraddi Member, Committee on Yoga Education in Universities Representative, AYUSH, Director, MDNIY ibasavaraddi@yahoo.co.in +91 98108 00289</p>	

12. Prof. Dr. Jaspal Singh Sandhu, Member-Convener, Committee on Yoga Education in Universities Secretary, University Grants Commission, New Delhi jssandhu.ugc@nic.in Phone : +91 11 2323 9337 / 2323 6288	
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The following members of Syllabus Sub-Committee / Working Committee were present:

1. Dr Karuna Nagarajan Member, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Faculty, S-VYASA karuna.nag6@gmail.com +91 9740499958	
2. Dr Sanjib Kumar Patra Member, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Examination Controller, S-VYASA sankp79@gmail.com +91 9483390476	
3. Dr Natesh Babu Member, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Assistant Director, DDE, S-VYASA sankp79@gmail.com +91 9483390476	
4. Padmini Rathore Member, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Administrative Executive, Ujjain Yoga Life Society International, Ujjain admin@yogalife.co.in 9826157933	
5. Dr. Nidheesh Kumar Yadav Member, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Lecturer, Kaivalyadham, Lonavla	

yadavnr@gmail.com 09313186405	
6. Ravi Tumuluri Coordinator, Syllabus Sub-Committee / Working Committee to Committee on Yoga Education in Universities Coordinator, VYASA, Delhi ravi@vyasa.org	

Members in absentia

Name / Designation / Contacts	
1. Sh. Anil Kumar Ganeriwala, Joint Secretary Ministry of AYUSH	



Meeting of the Committee on Yoga Education in Universities held at UGC Main Office, Bahadur Shah Zafar Marg, New on 23rd March, 2016 at 2:00 pm



Agenda for the meeting:

1. Opening Prayer
2. Terms of Reference as per F.No.4-3/2016-UIA
 - 2.1 To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.
 - 2.2 To spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof
 - 2.3 To prescribe the syllabus for conducting NET in Yogic Art and Science.
 - 2.4 To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.
 - 2.5 To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and universities as presently approved by the University Grants Commission (UGC), will need amendments.
 - 2.6 To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.
 - 2.7 To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.
 - 2.8 To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.
 - 2.9 Any other issue considered relevant for the establishment of Department of Yogic Art and Science.
3. Approval of Budget
4. Recommendations
5. Closing Prayer



Meeting Proceedings:

1. Opening Prayer

The meeting started with an opening prayer

2. Terms of Reference as per F.No.4-3/2016-UIA (**Section 2, Page No. 5**):

The following is the report in response to the Terms of Reference as per F.No.4-3/2016-UIA, Government of India, Ministry of Human Resource Development (MHRD), Department of Higher Education, New Delhi, dated the 15th January, 2016

3. To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.

The following programmes and courses have been identified (**Section 3, Page No. 6**):

- i. Certificate Course in Yoga - CCY
- ii. Bachelors of Science (Yoga) - BSc (Yoga)
- iii. Post Graduate Diploma in Yoga - PGDY
- iv. Post Graduate Diploma in Yoga Therapy - PGDYT
- v. Masters of Science (Yoga) - MSc (Yoga)
- vi. Doctor of Philosophy (Yoga) – PhD (Yoga)
- vii. Doctor of Philosophy (Yoga) Integrated

4. To spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof

The Scheme and Syllabi for the following programmes and courses have been spelled out
(Section 4, Page No. 7):

- a. Certificate Course in Yoga – CCY
- b. Bachelors of Science (Yoga) - BSc (Yoga)
- c. Post Graduate Diploma in Yoga – PGDY
- d. Post Graduate Diploma in Yoga Therapy – PGDYT
- e. Masters of Science (Yoga) - MSc (Yoga)
- f. Doctor of Philosophy (Yoga) – PhD (Yoga)
- g. Doctor of Philosophy (Yoga) Integrated



5. To prescribe the syllabus for conducting NET in Yogic Art and Science.

A Sub-Committee will be appointed not only to finalise the NET syllabus but also to prepare a question bank with answer keys with at least 1000 questions.

6. To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.

All the eligibility criteria for different programmes are detailed below:

Course Title	Course Code	Eligibility
Certificate Course in Yoga	CCY	12th Standard
Bachelors of Science (Yoga)	BSc (Yoga)	12th Standard
Post Graduate Diploma in Yoga	PGDY	Graduation from any Stream
Post Graduate Diploma in Yoga Therapy	PGDYT	Medical Graduation of 4 years of more
Masters of Science (Yoga)	MSc (Yoga)	BSc (Yoga) or Graduation in any stream with PGDY
Doctor of Philosophy (Yoga)	PhD (Yoga)	MSc (Yoga) from any University recognized by the UGC.
Doctor of Philosophy (Yoga) Integrated	PhD (Yoga)	Graduation from any University recognised by the UGC



7. To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and Universities as presently approved by the University Grants Commission (UGC), will need amendments.

Recommendations for Qualifications of Faculty of Yoga were finalized. The details are attached along with in this report (**Section 5 Page No. 227**)



8. To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.

A Sub-Committee will be appointed not only to identify but also to visit the respective institutions to study the functioning of the already existing Departments of Yoga from various angles to find the suitability for upgradation. List of Universities with Departments of Yoga has been provided along with this report. (**Section 6, Page No. 229**)

9. To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.

Names of National Level Yoga Centres and Institutes has been provided along with this report. (**Section 7, Page No. 234**)

10. To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.

It is proposed to give training at S-VYASA for SIX months for suitable teaching staff identified in the existing institutions on the basis of the recommendations sent by the respective institutions.

11. Approval of Budget

The budget for Departments of Yoga in Central Universities was finalized and approved. The same is available in this report. **(Section 8, Page No. 235)**



12. Any other issue considered relevant for the establishment of Department of Yogic Art and Science.

It was unanimously decided by the Committee to recommend to the MHRD that the Departments of Yoga in various Central Universities may be setup starting the upcoming Academic Session in August, 2016.

In tune with the national thinking projected by the PMO, it is recommended that there should be a Sub-Committee to be appointed for introduction of Yoga modules in the institutions where physiotherapy is being taught and practiced. During discussions, it was agreed to formulate the yoga syllabus to be included in Physiotherapy courses both in Bachelors and Masters of Physiotherapy (BPT and MPT) as per instructions from PMO through Ministry of AYUSH in this report in this section. The same is included as Section 9 in this report. **(Section 10, Page No. 248)**

Although in the ToR, the nomenclature used for the new courses / programmes is Yogic Art and Science, the committee in its meetings resolved to retain the traditional nomenclature such as BSc

and MSc mention Yoga within brackets. But in the long run, it is better to have a distinct nomenclature both at undergraduate and post-graduate levels such as BYASc and MYASc. To make it a mass movement at the Academic and Health areas, the courses deserve to be called with a distinctive nomenclature such as BAMS or MBBS. The courses in yoga are not only for physical health but also psychic and social health. For the overall improvement of the society, yoga at every level is essential. It is not only a profession but also a human necessity for moral uprightness, ethical excellence, social harmony and spiritual sublimity. Therefore, a recommendation is made by the Committee to change in due course, as early as possible, from the present BSc (Yoga) and MSc (Yoga) to BYASc and MYASc.

The reading material for the prescribed syllabus is available in many books. Therefore, it is essential to collect and reproduce coherently, comprehensively and in simple language as text books. Therefore, it is recommended to appoint a sub-committee for the preparation of text books and it is also advisable to get the minimum number of text before the month of June or July, 2016 and in a phased programme, the complete literature has to be made available. This literature may also be utilised for the aspirants of NET examination.

We are thankful to the MHRD and the UGC for giving us an opportunity to finalise the syllabus for various courses and programmes in yoga and for finalising the eligibility conditions for admission into the various courses and programmes. These are ready for implementation from the Academic Year 2016-17. Also, the qualifications for the staff have been finalised.

13. Closing Prayer

The meeting ended with a closing prayer.



YOGA SYLLABUS FOR PHYSIOTHERAPY IN BACHELORS & MASTERS PROGRAMMES (BPT & MPT)



ज्ञान-विज्ञान विमुक्तये
UGC

University Grants Commission

Yoga Syllabus for Bachelor of Physiotherapy (BPT)

Preamble

Yoga is an age-old traditional Indian psycho–philosophical–cultural method of leading one's life, that alleviates stress, induces relaxation and provides multiple health benefits to the person following its system. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

I. Objectives of introducing Yoga in Physiotherapy

- ✚ To introduce Yoga and its therapeutic application as one of the subject in Physiotherapy.
- ✚ To make the people aware of the therapeutic and preventive value of Yoga.
- ✚ To bring peace and harmony in the society at large by introducing the Yogic way of life.

II. Scheme of Teaching and Examination

S.N .	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subjec t Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
BPT- 1st Year										
Semester – I										
1.	BPT-FYT101	Foundamentals of Yoga-I (theory)	3	1	-	4	20	10	70	100
2.	BPT-FYP102	Foundamentals of Yoga-I (Practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-II										
3.	BPT-FYT103	Foundamentals of Yoga-II (theory)	3	1	-	4	20	10	70	100
4.	BPT-FYT104	Foundamentals of Yoga-II (Practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT-2nd Year										
Semester-III										
5.	BPT-PYT105	Philosophy of Yoga-I (theory)	3	1	-	4	20	10	70	100

6.	BPT-PYT106	Philosophy of Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-IV										
7.	BPT-PYT107	Philosophy of Yoga-II (theory)	3	1	-	4	20	10	70	100
8.	BPT-PYP108	Philosophy of Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT 3rd Year										
Semester-V										
9.	BPT-AYT109	Application of Yoga-I (theory)	3	1	-	4	20	10	70	100
10.	BPT-AYP110	Applicationof Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-VI										
11.	BPT-AYT111	Application of Yoga-II (theory)	3	1	-	4	20	10	70	100
12.	BPT-AYP112	Application of Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT 4th Year										
Semester-VII										
13.	BPT-TYT113	Therapeutic Yoga-I (theory)	3	1	-	4	20	10	70	100
14.	BPT-TYP114	Therapeutic Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-VIII										
15.	BPT-TYT115	Therapeutic Yoga-II (theory)	3	1	-	4	20	10	70	100
16.	BPT-TYP116	Therapeutic Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Total marks in eight semesters										1200

BPT-Bachelor of physiotherapy, FYT- Fundamentals of Yoga theory; FYP-Fundamentals of Yoga practical; PYT- Philosophy of Yoga practical; PYP- Philosophy of yoga practical; AYT- Application of yoga theory; AYP-Application of Yoga practical; TYT-Therapeutic Yoga theory; TYP-Therapeutic Yoga practical

Semester-I

COURSE DETAILSSubject Title: **Foundamentals of Yoga-I (theory)**Subject Name: **BPT-FYT101****Course Objectives:**

The theory subject entitled 'Foundamentals of Yoga' has the following objectives

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: General introduction to yoga**[15Hrs.]**

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga

Unit - 2: General introduction to Indian philosophy**[15Hrs.]**

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy

Unit - 3: Brief introduction about Principal Upanishads, Epics, Yoga vasistha and Narada bhakti sutras**[15Hrs.]**

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras

Unit-4: Definition and concept of yoga according to various yoga texts and spiritual lore**[15Hrs.]**

Definition of Yoga according Patanjala yoga sutra, Bhagavad gita and Yoga vasistha, Concept of Yoga according to Upanishads and Puranas

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
5. H. R. Nagendra: Yoga its basis and application, Swami Vivekanada Yoga Prakashan; Bangalore, 2002

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

Subject Title: Fundamentals of Yoga-I (practical)

Subject Name: BPT-FYP102

Course Objectives:

The practical fundamentals of Yoga -I has the following objectives

- Students should be able to demonstrate and explain the breathing practices.
- Students should be able to demonstrate and explain Surya namaskar.
- Understand and explain the sectional breathing and Kapalbhati.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Hasta mudra**[10 Hrs.]**

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Sankha, Adi and Brahma

Unit-2: Shatkarmas

[10 Hrs.]

Dhauti (Kunjal); Neti (Jalneti, Sutraneiti); Kapalabhati and its variants

Unit-3: Suryanamaskar

[20 Hrs.]

Suryanamaskar with maintenance of each posture and Dynamic Suryanamaskar

Unit-4: Breathing practices

[20 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

TEXT BOOKS

1. Swami Satyananda Saraswati: Asana, pranayama, mudra, bandha; Yoga publication trust, Munger, 2001.
2. Dr. Nagendra H R : Asana, pranayama, mudra, bandha; Swami Vivekananda Yoga Prakashan, Bangalore, 2002
3. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
4. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

BOOKS FOR REFERENCES

1. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.
2. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
3. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
4. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

Semester-II

Subject Title: Fundamentals of Yoga-II (theory)

Subject Name: BPT-FYT103

Course Objectives:

The subject entitled 'Fundamentals of Yoga' has the following objectives

- Students of the UG course will have an understanding about four streams of yoga.
- They will have an idea about the Ashtanga yoga.
- Introduction about Chakras, nadis, vayus and their functions.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit-1: Introduction about Vedas, Upanishads and Puranas [15 Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta

Unit-2: Four paths of Yoga-I (Jnana and Karma Yoga) [15 Hrs.]

Jnana Yoga: Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine; Karma Yoga: The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma

Unit-3: Four paths of Yoga-II (Bhakti and Raja Yoga) [15 Hrs.]

Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing. Raja yoga: Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit-3: Pancha kosa viveka and brief introduction about Nadi, Chakras, Vays and Granthis [15 Hrs.]

Pancha kosa viveka according to Taitriya Upanishad: Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya kosa; Brief introduction about Nadis: 72000 nadis, ida, pingala and sushumna nadis and theis functions; Chakras: Satchakras and their location & characteristics, Vayus: Panchapranas & Upapranas and their functions; Grathi: Brahma, Vishnu and Rudra granthis

TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda :J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
3. Swami Niranjanananda Saraswati : Prana, Pranayama and Pranavidya; Yoga Publication Trust, Munger, 2001

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hirianna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hirianna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

Subject Title: Fundamentals of Yoga-II (practical)

Subject Name: BPT-FYP104

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each sukshma vuayama practices.
- Understand and explain the practices of Pranayama

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Yogic suksma vyayama-1**[15 Hrs.]**

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory);

Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii)

Unit-2: Yogic suksma vyayama-2

[15 Hrs.]

Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v)

Unit-3: Yogic suksma vyayama-2

[15 Hrs.]

Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Unit-4: Yogic sthula vyayama

[15 Hrs.]

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

TEXT BOOKS

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993

BOOKS FOR REFERENCES

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Semester-III

Subject Title: Philosophy of Yoga-I (theory)

Subject Name: BPT-PYT105

Course Objectives:

The theory subject entitled 'Philosophy of Yoga' has the following objectives

- Students of the UG course will have an understanding about Hatha yoga and its texts.
- Students shall have an idea about commonalities of the concept across the texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit - 1: General introduction to Hatha yoga

[15 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga

Unit - 2: Pre-requisites

[15 Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam

Unit - 3: Principles and Introduction to Hatha Yoga texts

[15 Hrs.]

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; Introduction to hatha yoga texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

Unit-4: Relationship between Patanjala Yoga and Hatha Yoga

[15Hrs.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in

day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatomarama, MDNIY Publication, 2013
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

BOOKS FOR REFERENCE

1. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
2. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
5. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
6. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
7. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Subject Title :Philosophy of Yoga-I (practical)

Subject Name: BPT-PYP106

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each sukshma vuayama practices.
- Understand and explain the practices of Pranayama

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	

-	-	35	15
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Unit-1: Yogasana (Standing Postures and body alignment) [15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations

Unit-2: Yogasana (Sitting Postures) [15 Hrs.]

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-3: Yogasana (Supine lying Postures) [15 Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

Unit-4: Yogasana (Prone lying Postures) [15 Hrs.]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

TEXT BOOKS

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger
4. Dr. H R Nagendra: Asana, Pranayama, Mudra, Bandha; Swami Vivekananda Yoga Publication, Bangalore; 2000

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.

Semester-IV

Subject Title: Philosophy of Yoga-II (theory)

Subject Name: BPT-PYT107

Course Objectives:

The theory subject entitled 'Philosophy of Yoga' has the following objectives

- Students of the UG course will have an understanding about Hatha yoga and its texts.
- Students shall have an idea about commonalities of the concept across the texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada [15 Hrs.]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada [15 Hrs.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada [15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application;

Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
4. Swami Satyananda Saraswati: Four chapter of freedom, Yoga Publication trust, Munger, 2001

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

Subject Title :Philosophy of Yoga-II (practical)

Subject Name: BPT-PYP108

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Shatkarma

[15 Hrs.]

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)

Unit-2: Pranayama

[15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama

Unit-3: Practices leading to meditation

[15 Hrs.]

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)

Unit- 4: Bandhas

[15 Hrs.]

Moola, Jalandhara, Uddiyana and Maha Bandha

TEXT BOOKS

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

BOOKS FOR REFERENCES

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
6. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

Semester-V

Subject Title: Application of Yoga-I (theory)

Subject Name: BPT-AYT109

Course Objectives:

The theory subject entitled 'Application of Yoga' has the following objectives

- To introduce the essential elements of a yogic life style
- To introduce the concept of health and disease
- To give an understanding of the concept of ill health and their remedies through yoga
- To give an overview of the five sheath human existence

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit - 1: Concept of body, health and disease

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: Causes of ill health and remedial measures according to Patanjali

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: Yogic principles and practices of healthy living - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: Yogic principles and practices of healthy living - II

[15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Title : **Application of Yoga-I (practical)**

Subject Name: **BPT-AYP110**

Course Objectives:

The practical fundamentals of Yoga -I has the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Shatkarmas

[15 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara

Unit-2: Yogasanas -I

[15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana

Unit-3: Yogasana-2

[15 Hrs.]

Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedadasana, Sarvangasana, Matsyasana , Chakrasana,

Unit-3: Yogasanas -3

[15 Hrs.]

Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana

TEXT BOOKS

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Semester-VI

Subject Title: **Application of Yoga-II (theory)**

Subject Name: BPT-AYT111

Course Objectives:

The theory subject entitled 'Application of Yoga' has the following objectives

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, sports, techno-stress and geriatric care.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit -1: Yogic Health for school

[15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences

[15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

Unit -3: Yoga for techno-stress

[15 Hrs.]

Introduction to Techno-stress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Techno-stress; Research reviews on effect of Yoga on Techno-stress

Unit -4: Yoga for geriatric care

[15 Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Title : Application of Yoga-II (practical)

Subject Name: BPT-AYP112

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Bandha and Mudras**[15 Hrs.]**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

Unit-2: Kriyas**[15 Hrs.]**

Cleansing of eyes (Chakshu dhouti); Danda dhoiti; Vastra dhouti and Sankha prakshalana

Unit-3: Pranayama

[15 Hrs.]

Bhastrika, Ujjayi, Suryabhedana & Chandra bhedana, Nadi shodhana with Kumbhaka

Unit-4: Practice leading to meditation

[15 Hrs.]

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation

TEXT BOOKS

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Semester-VII

Subject Name: **Therapeutic Yoga (theory)**

Subject code: **BPT TYT 113**

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit -1: Introduction to common ailments and Respiratory disorders [15 Hrs.]

Introduction to stress and stress related disorders; Introduction to Yoga therapy– Adhija Vyadhi concept of Integrated Approach of Yoga Therapy; **Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Classification, Clinical Features, Medical and Yogic Management

Unit -2: Cardiovascular disorder [15 Hrs.]

Introduction to Cardiovascular disorders, Hypertension: Definition, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Classification, Clinical Features , Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, classification, Clinical Features, Medical and Yogic management

Unit- 3: Endocrinal and Metabolic Disorder [15 Hrs.]

Diabetes Mellitus (I&II): Definition, Classification, Clinical Features , Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Classification, Clinical Features, Medical and Yogic management; Obesity: Definition, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Classification, Clinical Features; Medical and Yogic management

Unit -4: Obstetrics and Gynecological Disorders**[15 Hrs.]**

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Classification, Clinical Features, Medical and Yogic management

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963
5. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Therapeutic Yoga (practical)

Subject code: BPT TYP 114

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Demonstrate and rectify each practice with confidence.
- Understand the principles and conceptualize the protocol.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit -1: Respiratory disorders **[15 Hrs.]**

Special techniques for Respiratory disorders

Unit-2: Cardiovascular disorders **[15 Hrs.]**

Special techniques for cardiovascular disorders

Unit-3: Endocrinal and Metabolic Disorder **[15 Hrs.]**

Special techniques for Endocrinal and Metabolic Disorder

Unit-4: Obstetrics and Gynecological Disorders **[15 Hrs.]**

Special techniques for Obstetrics and Gynecological Disorders

Text books:

1. Common ailment series by Dr. R Nagaratha & Dr. HR Nagendra: Swami Vivekananda Yoga publications; Bengluru
2. Swami Karmananda: Yoga therapy for common diseases, Yoga publication trust; Munger, 1999.
3. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963

Semester-VIII

Subject Name: Therapeutic Yoga (theory)

Subject code: BPT TYT 115

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit-1: Cancer and gastrointestinal disorders

[15 Hrs.]

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; **Gastro Intestinal Disorders:** APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Classification, Clinical Features, Medical and Yogic management

Unit-2: Musculo-Skeletal Disorders

[15 Hrs.]

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management

Unit-3: Neurological Disorders

[15 Hrs.]

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Unit- 14: Psychiatric disorders**[15 Hrs.]**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963
5. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23, 2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Therapeutic Yoga (practical)

Subject code: BPT TYP 116

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Demonstrate and rectify each practice with confidence.

- Understand the principles and conceptualize the protocol.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit -1: : Cancer and gastrointestinal disorders [15 Hrs.]

Special techniques for Respiratory disorders

Unit-2: Musculo-Skeletal Disorders [15 Hrs.]

Special techniques for cardiovascular disorders

Unit-3: Neurological Disorders [15 Hrs.]

Special techniques for Endocrinal and Metabolic Disorder

Unit-4: Psychiatric Disorders [15 Hrs.]

Special techniques for Obstetrics and Gynecological Disorders

Text books:

1. Common ailment series by Dr. R Nagaratha & Dr. HR Nagendra: Swami Vivekananda Yoga publications; Bengluru
2. Swami Karmananda: Yoga therapy for common diseases, Yoga publication trust; Munger, 1999.
3. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963

Yoga Syllabus for Masters of Physiotherapy (MPT)

Preamble

Yoga is an age-old traditional Indian psycho–philosophical–cultural method of leading one's life, that alleviates stress, induces relaxation and provides multiple health benefits to the person following its system. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

I. Objectives of introducing Yoga in Physiotherapy

- ✚ To understand the commonalities and differences between these two systems of therapy.
- ✚ Holistic understanding of health, disease and wellness for fitness.
- ✚ Maintaining own personal health through integration of yogic concept and techniques in practices of Physiotherapy.
- ✚ To promote healthy lifestyle of the students and positive wellness among the students by adopting yoga as part of the life style. To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

II. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
MPT- I Year										
Semester – I										
1.	MPT-MBPNIT101	Mind body medicine and Psycho neuroimmunology (theory)	3	1	-	4	20	10	70	100
2.	MBPNIT102	Mind body medicine and Psycho neuroimmunology (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-II										
3.	MPT-PPYT103	Psychophysiology of yoga practices (theory)	3	1	-	4	20	10	70	100
4.	MPT-PPYP104	Psychophysiology of yoga practices (Practical)	-	-	4	2	10	5	35	50

MPT-II Year										
Total number of hours/week					8	Total marks				150
Semester-III										
5.	MPT-YPW105	Yoga project work-I	-	-	8	4	20	10	70	100
Total number of hours/week					8	Total marks				100
Semester-IV										
6.	MPT-YPW107	Yoga therapy-II (theory)	-	-	8	4	20	10	70	100
Total number of hours/week					8	Total marks				100
Total marks in four semesters										500

MPT-Master of physiotherapy, MBPNIT - Mind body medicine and Psycho neuroimmunology theory; MBPNIP - Mind body medicine and Psycho neuroimmunology practical; PPYT- Psychophysiology of Yoga Theory; PPYP- Psychophysiology of Yoga practical; YPW- Yoga project work

Semester-I

COURSE DETAILS**Name of the course:** Mind body medicine (theory)**Course code:** MPT-MBPNT 101**Course objectives:**

The biomechanics course objectives are

- Helping learners to realize the importance of Mind body medicine;
- To learn the relation between mind & body for understanding the manifestation of a disease;
- To have an understanding about Psycho neuroimmunology and Psycho neuro endoimmunology.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Basics of mind body medicine**[15 Hrs.]**

Historical view of MBM; Definition of Mind Body Medicine; Five categories in CAM; Pioneers in MBM in modern era – Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo

Unit-2: Concept of mind, its components**[15 Hrs.]**

Mind-modern understanding; States of consciousness and physiological changes in altered states of consciousness; Psychological concepts of perception, conception, creativity Depth Psychology. Archetypal symbols; Manas – Psychological & Scriptural perspective; Citta- Psychological & Scriptural perspective; Budhi – Psychological & Scriptural perspective; Ahamkara – Psychological & Scriptural perspective

Unit-3: Stress and emotions**[15 Hrs.]**

Definition; Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease; Yogic concept of emotions; Physiology of emotions; Mobilizing, transforming and celebrating the emotions; Trauma & transformation; Emotional, social intelligence and spiritual intelligence: Definitions, Need of emotional & social intelligence; Working on emotional & social intelligence; Emotional freedom technique

Unit-4: Psychoneuroimmunology (PNI) & Psychoneuroendoimmunology (PNEI)**[15 Hrs.]**

Definition of PNI & PNEI; Role of cortex, limbic, thalamus, hypothalamus, and brainstem structures; Vagal pathways of Mind body communication; Communication between brain and immune system; Communication between neuroendocrine and immune system; Communication between glucocorticoids and immune system; Introduction to Autonomic nervous system: Sympathetic nervous system, Parasympathetic nervous system, Environmental influence on mind: Neurogenesis, neuroplasticity, telomere length etc.; Endocrine system: Endocrine glands & stress, HPA axis or LHPA axis; Immune system: Basics of immune system, Classification of immune system, Cellular and humoral immunity, Immunoglobulins, Cytokines, Complement system; Altered immunity and its causes: Hypersensitivity reactions, Allergies, Allergen immunotherapy, Autoimmunity, Immune deficiency

Unit -5: Classification of Mind body techniques and role of mind in illness [15 Hrs.]

Mind-to-body therapies and Body-to-mind therapies; Concentration based MBM therapies, Relaxation based MBM therapies, Movement based MBM therapies; Top-down and Bottom-up mechanisms; Mind's role in illnesses: Mind & Cardiovascular ailments, Emotions & Cancer, Chronic pain, Mind & metabolic disorders, Stress & gastrointestinal disorders, Stressed skin, Musculoskeletal disorders, Respiratory disorders, Menstrual disorders, infertility, pregnancy and emotions, Somatisation, Psychological disorders, Disorders of excretory system, Disorders of nervous system

TEXT BOOKS:

1. Daniel Goleman & Joel Gurin : Mind body medicine
2. Deepak Chopra: Healing the heart
3. Dharam Singh Khalsa: Meditation as medicine
4. Deepak Chopra : Quantum healing
5. Estelle Frankel : Sacred therapy
6. Aggie Casey & Herbert Benson: Mind your heart
7. Barbara B. Brown: New body, new mind

REFERENCE BOOKS

1. Sri Ramakrishna Math: Healthy mind, healthy body
2. Antonio Damasio: The feeling of what happens
3. Daniel Goleman: Social intelligence Emotional intelligence
4. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback
5. David Frawley : Ayurveda and the mind
6. John E. Sarno The divided mind: the epidemic of mind body disorders

Name of the course: Mind body medicine (practical)

Course code: MPT-MBPNIP 102

Course objectives:

Following the completion of the course, students shall be able to:

- Understand the principle and practice of the given MBM techniques.
- Understand their procedure and applicability in various disorders.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Mind body medicine techniques-I

[15 Hrs.]

Eating meditation, transcendental meditation, Om meditation, cyclic meditation, forgiveness meditation, Mindfulness , Hypnosis

Unit-2: Mind body medicine techniques-II

[15 Hrs.]

Autogenic training, Imagery, Dance, music and art therapy, Breathing, mind and body, Biofeedback & Neurofeedback, Cognitive-behavioural therapy, Relaxation response & Progressive muscle relaxation

Unit-3: Mind body medicine techniques-III

[15 Hrs.]

Social support & Support groups, Healthy attitudes, Faith & Prayer, Conventional psychotherapy, Stress management, A participating patient - Self awareness and self care

Unit-4: Mind body medicine techniques-IV

[15 Hrs.]

Yoga as Mind body medicine: Psychological counseling, Yogic counseling, Emotional culturing, Satsang

REFERENCE BOOKS

1. The mind body prescription: Healing the body, Healing the pain: by John E. Sarno, paperback
2. Mind-body medicine: Foundations and Practical Applications (Psychosocial Stress Series): by Leo Ratan, Hardcover
3. The evolution of consciousness: Ed by Kishore Gandhi, Paragon House, NY, 1983.
4. Molecules of emotions: Why you feel the way you feel? : by Candance Pert, Scribner, 1997.
5. Healing beyond the body, Reinventing Medicine, the Healing word: by Larry Dossey, MD.
6. Wholeness and the implicate order: by David Bohm, (1980). London: Routledge. ISBN 0-7100-0971-2.

7. The undivided universe. By David Bohm and Hiley BJ (1993). London: Routledge. ISBN 0-415-06588-7
8. Kundalini yoga meditation: Techniques specific for psychiatric disorders, Couples therapy, and personal growth by David S. Shannahoff-Khalsa, Hardcover.
9. Science and religion: by Swami Ranganathananda, Advaita Ashram, Calcutta. 1992.
10. Soul mind body medicine: A complete soul healing system for optimum health and vitality by Zhi Gang Sha (Paperback – April 14, 2006)
11. Morone NE, Greco CM. Mind body interventions for chronic pain in older adults: A structured review. Pain Medicine. 2007; 8(4): 359-375.

Name of the course: Psycho-physiolog of Yoga

Course code: MPT-PPYT103

Objectives:

Following the completion of the course, students shall be able:

- To have an in depth understanding of physiological changes following the practice of yoga
- To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
- To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
- To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit - 1: The concept of homeostasis

[15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

Unit - 2: Pranayama

[15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

Unit - 3: Kriyas

[15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and

isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

Unit - 4: Mudras Bandhas

[15 Hrs.]

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

REFERENCE BOOKS

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Name of the course: Psycho-physiology of Yoga (practical)**Course code: MPT-PPYP104****Course objectives:**

Following the completion of the course, students shall be able to:

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Shatkarmas**[15 Hrs.]**

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana
Neti (Sutra and Jala), Kapalbhathi, Agnisara, Nauli

Unit-2: Suryanamaskar**[15 Hrs.]**

Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients.

Unit-3: Asnas (yogic postures)**[15 Hrs.]****Standing Postures**

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana, Veersana,

Sitting postures

Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana,

Prone postures

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

Balancing postures

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana

Unit-4: Pranayama**[15 Hrs.]**

Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

TEXT BOOKS

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002

REFERENCE BOOKS:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
Bharati, Munger, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Semester-III

Name of the course: Project work-I**Course code: MSY-PW305****Objectives:**

Following the completion of this project work, students shall be able to:

- Introduce yoga therapy techniques for various diseases.
- Able to record various vital parameters of the diseases.
- Interpret & analyze the data and present the cases.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Project work :100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		NA	NA	

Note:

At the beginning of the semester, every candidate is expected to do the following

1. Record the vital parameters of 12 cases
2. Introduce Yoga therapy to all of them under his/her supervision.
3. Analyze and interpret the data and organize the data in table and graphs.
4. At the end of the semester the candidate is expected to make a presentation of one least improved and one most improved case in the department and the same shall be evaluated.
5. Candidate is expected to make a hard bound copy, writing all detail about the cases, their vital parameters and submit the same to the department.

Examination:

Students shall be examined based on the presentation of their project work.

Semester-IV

Name of the course: Project work-II**Course code: MSY-PW306****Objectives:**

Following the completion of this project work, students shall be able to:

- Introduce yoga therapy techniques for various diseases.
- Able to record various vital parameters of the diseases.
- Interpret & analyze the data and present the cases.

Total Number of Hrs: 120	Theory	Tutorial	Project Work
Credits	0	0	4
Hrs/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : Nil		Project work :100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		NA	NA

Note:

At the beginning of the semester, every candidate is expected to do the following

1. Record the vital parameters of 12 cases
2. Introduce Yoga therapy to all of them under his/her supervision.
3. Analyze and interpret the data and organize the data in table and graphs.
4. At the end of the semester the candidate is expected to make a presentation of one least improved and one most improved case in the department and the same shall be evaluated.
5. Candidate is expected to make a hard bound copy, writing all detail about the cases, their vital parameters and submit the same to the department.
6. Project II shall be the continuation of Project I and in this semester also the candidates shall take 12 cases of another diseases.

Examination:

Students shall be examined based on the presentation of their project work.

LIST OF YOGA EDUCATION PROGRAMS IN UNIVERSITIES

1. Certificate Program in Yoga - [CCY](#)
2. Bachelors of Science (Yoga) - [BSc \(Yoga\)](#)
3. Post Graduate Diploma in Yoga - [PGDY](#)
4. Post Graduate Diploma in Yoga Therapy - [PGDYT](#)
5. Masters of Science (Yoga) - [MSc \(Yoga\)](#)
6. Doctor of Philosophy (Yoga) - [PhD \(Yoga\)](#)
7. Doctor of Philosophy Integrated (Yoga) [PhD](#)

