

Indira Gandhi National Tribal University, Amarkantak (M.P)



Revised Syllabus of B.Sc Yogic Science, B.Sc (Honours) Yogic Science, B.Sc (Honours with Research) Yogic Science & MA/M.Sc (Yogic Science) 1 Year (2 Semester) & 2 Years (4 Semester) as per NEP 2020

Under Choice Based Credit System

E.W.F Academic Session -2024-2025, July 2024

Board of Studies of Yoga Dated 18 July 2024

Department of Yoga IGNTU, Amarkantak (M.P)

Indira Gandhi National Tribal University, Amarkantak



Minutes of the Meeting of the Board of Studies in

Yoga

18th July 2024

Venue: Department of Yoga, IGNTU, Amarkantak (M.P.)

DEPARTMENT OF YOGA
Course Structure and Scheme of Examination of MA .(Yogic
Science)/M.Sc.(Yogic Science) 1 Year PG as per NEP.2020 w.e.f. Academic
Session 2024-2025, July2024

SEMESTER –I

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/ Exit Options |
|----------------------|--|---------|-------------------------------|--------------------------------|---------------------|-------------|---|
| Paper 1 | M1YOGT -101 Indian Knowledge System Tribal Culture, Belief & Healthcare | 4 | 40 | 60 | -- | 100 | Entry after B.Sc (Honours) Yogic Science/ B.Sc (Honours with Research) Yogic Science |
| Paper 2 | M1YOGT -102 Text of Principal Upanishad & Yoga Upanishad | 4 | 40 | 60 | -- | 100 | |
| Paper 3 | M1YOGT -103 Therapeutic Yoga II | 4 | 40 | 60 | -- | 100 | |
| Paper 4 | M1YOGT -104 Yogies of Modern era | 4 | 40 | 60 | -- | 100 | |
| Paper 5 | M1YOGP -105 Practicum- | 4 | 40 | -- | 60 | 100 | |

SEMESTER –II

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/Exit Options |
|-----------------------------|---|----------------|--------------------------------------|---------------------------------------|----------------------------|--------------------|---|
| Paper 1 | M1YOGP -201 Project Dissertation & Comprehensive Viva – Voce - | 20 | 100 | -- | 400 | 500 | Degree MA (Yogic Science) /M.Sc (Yogic Science) |

DEPARTMENT OF YOGA
Course Structure and Scheme of Examination of MA (Yogic Science)/M.Sc.(Yogic Science) 2 year PG as per NEP.2020 w.e.f. Academic Session 2024-2025, July2024

SEMESTER –I

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/ Exit Options |
|----------------------|---|---------|-------------------------------|--------------------------------|---------------------|-------------|----------------------------------|
| Paper 1 | M2YOGT -101 Insights into Indian Philosophy | 4 | 40 | 60 | -- | 100 | Entry with Three years UG Degree |
| Paper 2 | M2YOGT -102 Applications of Hath Yoga & Patanjali Yoga | 4 | 40 | 60 | -- | 100 | |
| Paper 3 | M2YOGT -103 Biomechanics & Kinesiology | 4 | 40 | 60 | -- | 100 | |
| Paper 4 | M2YOGT -104 Teaching Methodology in Yoga -- | 4 | 40 | 60 | -- | 100 | |
| Paper 5 | M2YOGT -105 Applied Psychology & Yogic Counselling | 4 | 40 | 60 | -- | 100 | |
| Paper 6 | M2YOGP -106 Practicum- | 4 | 40 | -- | 60 | 100 | |

SEMESTER –II

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/ Exit Options |
|-----------------------------|--|----------------|--------------------------------------|---------------------------------------|----------------------------|--------------------|----------------------------|
| Paper 1 | M2YOGT -201 Principal Yogic Texts & Therapeutic Yoga -I | 4 | 40 | 60 | -- | 100 | |
| Paper 2 | M2YOGT -202 Research Methodology | 4 | 40 | 60 | -- | 100 | |
| Paper 3 | M2YOGT -203 Applications of Yoga Vashishtha ,Bhagvdgita & Vivekchunamani | 4 | 40 | 60 | -- | 100 | |
| Paper 4 | M2YOGP -204 Practicum- | 4 | 40 | -- | 60 | 100 | |

SEMESTER –III

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/ Exit Options |
|-----------------------------|---|----------------|--------------------------------------|---------------------------------------|----------------------------|--------------------|----------------------------|
| Paper 1 | M2YOGT -301 Indian Knowledge System Tribal Culture, Belief & Health care | 4 | 40 | 60 | -- | 100 | |
| Paper 2 | M2YOGT -302 Text of Principal Upanishad & Yoga Upanishad | 4 | 40 | 60 | -- | 100 | |
| Paper 3 | M2YOGT -303 Therapeutic Yoga II | 4 | 40 | 60 | -- | 100 | |
| Paper 4 | M2YOGT-304 Yogies of Modern era | 4 | 40 | 60 | -- | 100 | |
| Paper 5 | M2YOGP -305 Practicum- | 4 | 40 | -- | 60 | 100 | |

SEMESTER –IV

| Sl. No. of the Paper | Name of the Paper With code | Credits | Mid Semester (Internal) Marks | End Semester Theory Exam Marks | Practical Marks ESE | Total Marks | Entry/ Exit Options |
|-----------------------------|---|----------------|--------------------------------------|---------------------------------------|----------------------------|--------------------|---|
| Paper 1 | M2YOGP -401 Project Dissertation & Comprehensive Viva – Voce - | 20 | 100 | -- | 400 | 500 | PG Degree MA (Yogic Science/M. Sc (Yogic Science |

Abbreviation

| | |
|-----------------------------|--------|
| Master 1 Year Yog Theory | M1YOGT |
| Master 1 Year Yog Practical | M1YOGP |
| Master 2 Year Yog Theory | M2YOGT |
| Master 2 Year Yog Practical | M2YOGP |

DEPARTMENT OF YOGA
Course Structure Scheme of Examianation of MA .(Yogic Science)/M.Sc.(Yogic Science) 1 year PG as per NEP.2020 w.e.f. Academic Session 2024-2025,
July2024

SYLLABUS

M.A (Yogic Science)/M.Sc (Yogic Science)

W.E.F.- Session 2024-2025

Faculty of Yoga

**MASTER OF ARTS (Yogic Science) - MA (Yogic Science)/
MASTER OF SCIENCE (Yogic Science) - MSc (Yogic Science)
Ordinance**

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.

1. Title of the Programme

The programme shall be called "**Master of Science in Yogic Science/Master of Arts in Yogic Science**".

2. Aim of the Programme

The aim of the programme is to produce -

- Yoga scholar for research studies in the field of Yogic Science.
- Yoga therapist as a paramedical professional
- To enhance competitive competence in the students for various competitive exams at national and state level

3. 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.

Duration

- ✚ The minimum duration of the programme will be two years(4 semesters) and maximum duration will be four years
- ✚ Number of seats : As per university rules

I. Eligibility

- ✚ A Bachelor degree in any discipline from a recognized Indian or foreign university (as per the AIU foreign equivalence list) having secured a minimum of 50% aggregate in case General, EWS and OBC categories and 45% in case of candidates belonging to SC/ST/PWD categories are eligible to apply.

✚ Admission Prosses :

As per University rules.

II. Fees :

As fixed by the University from time to time

Reservation As per rules of Govt.

DEPARTMENT OF YOGA
Course Structure Scheme of Examination of M.A. (Yogic Science) / M.Sc
(Yogic Science) 1 Year PG.
as per NEP.2020 w.e.f. Academic Session 2024-2025, July 2024
(1st & 2nd Semester)

(1st Semester)

M1YOGT-101 Paper 1

Indian Knowledge System- Tribal Culture, Belief and Health Care,

Credit -04

Course Objective

- To provide knowledge and deep insight among students about Indian knowledge system.
- To provide deep understanding about Tribal culture Belief and health care
- To develop a sense of dignity and pride among youths towards their old traditions and culture.
- By Tribal traditional knowledge for health and healing they may able to be a good public health worker.

Courte Outcome

After studying this paper –

- Students will get knowledge about his nation's glorious traditional knowledge system.
- It will create a sense of dignity and self-pride among the youths towards their motherland and its tradition which will be proved a mile stone towards national unity & integrity.
- By tribal knowledge for health and healing they may be a good public health worker in remote and interior places like tribal areas where modern medical facilities are still not available.

Unit- 1 General Introduction to Tribes& Tribal Philosophy and Folklore:

Tribal concept, meaning and tribal organizations—meaning, definition, classification and characteristics of tribe, concept of tribe from Indian Perspective, Major Tribes of Madhapradesh with Special reference to Amarkantak region.

Social Institutions: Family and Marriage - Types of family and their functions, Types and forms of marriage, Economy of marriage, Patterns of marital residence, Rules of descent.

Tribal Philosophy and Folklore:

Definitions, Nature and Scope of Philosophy. Folklore in tribal society: Concept, Types - Songs, Riddles, Tales, Legends, Myth. Performing Folk Art: Concept; Types - Dance, Drama, Puppetry, etc.; Folk art and craft – Painting, Handicraft, etc.

Unit -2 Tribal Movement and Tribal Livelihood Intervention:

Historical glimpse of tribal movements in India, Contribution of tribal activists- Birasa Munda ,Tantya Bhil, Ambarsingh Maharaj. Concept meaning and nature of livelihood, Minor forest produces and medicinal herbs. Contemporary challenges in tribal economy.

Unit- 3 Tribal Knowledge Sytem and Practices for Healthy Living:

Tribal traditional knowledge and practices for healthy living ,Tribal traditional principal of Healthy living: Aahara-Vihar, Aahara and Vichara,Tribal diet and its role in Healthy living ,Tribal traditional principal for healthy living, Tribal traditional Herbal medicine for diseases management and its role in prevention of diseases and health promotion, Medicinal plant of Amarkantak Region

Unit- 4 Tribal traditional knowledge for Health and Healing:

Tribal traditional knowledge for health and healing,Concept of pancha-mahabutas for healthy leaving, Concept of Hodopathy and its role of privations of diseases and health promotion.Comparative study of tribal traditional knowledge to other indigenous medical system- (Ayurveda, Yoga and Naturophthy) Management of fever, Headaches, constipation, Indignation, infection, Arthritis, Liver disorder, cough and cold, sexual potency, Delivery, Menstrual disorder, Snakebite through tribal traditional therapy

Reference Books

1. Tribal health : Issues and Challenges (Dr. Jayanta Choudhary) 2018
2. Tribal Livelihood: Issues, challenges opportunities (Dr. Jayanta Choudhary) and Dr Arbindo Mahato-2018
3. Tribal language, literature and Folk lore: Editor (M. C. Bhera)
4. Tribal Heritage of Madhya Pradesh : (H. L. Shukla) B R Publishing-Delhi
5. The development of Scheduled tribes in Madhya Pradesh (Dr. Divya Shrivastava) 2000
6. L.P.Vidhyarthi& B. Roy, 1985. Tribal Culture of India. Concept
7. Panwar, Ramesh, 2011. Tribes and the Indian society. Signature Books.
8. Madhusmita Sahoo and T. Subramanyam Naidu, 2018. A Heritage of Tribes in India
9. Jadav, Kishore. Folklore and its motifs in tribal literature
10. SwapanKolay, 2016. Ethnomedicine for traditional health care. BR Publishers
11. Singh, B.P., 2017. Biodiversity, Tribal Knowledge and Life in India. "Environment and Social Psychology", 1-10.

M1YOGT-102 Paper 2

Text of Principal Upanishads & Yoga Upanishads, Credit 04

Course Objective:

Course Objectives:

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

- Have an idea about the Principal and Yoga Upanishads.
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and its role in day-to-day life.

Course outcome:

- Completion of this course will develop a strong understanding among students about ancient Indian knowledge System.
- Students will understand the Principal and Yoga Upanishads and their spiritual knowledge.
- Essence of principal Upanishad will create a sense of pride among youth towards their culture.

Unit-1: Essence of Isha, Kenopanishad, Kath and Prashnopnishad

Development of Upanishad as the end of Vedas. An Introduction to Upanishadic Philosophies;

Brahman; Nirgun and Sagun, Koshas of Atman, Sense organs & Action Sense : Ishavasyopanishad:

Jnana Nishtha (Ish.1), Karma Nishtha (Ish.2), All Compassion Brahman (Ish.5)

Kenopanishad:, Greatness

of self-Knowledge (Kena II.5), Teaching of Yaksh Episode. Kathopanishad: Yam - Nacchiketa

dialogue. Futility of Earthly Pleasure (Katha I.i.26, 27); Shreya & Preya (katha 2.2) Nature of Atman,

Atman is: immortal (Katha I.ii.18); Five Pranas, Six Main Questions.

Unit-2: Essence of Mundaka, Mandukya, Aitareya and Taittiriya

Mundaka: The greatness of Brahman, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The Origin of Creation, Brahman: the target of Meditation, everything is Brahman, Force of Desire, State of Moksha; Mandukyopanishad: All this is Brahman. Four Stages of Consciousness.

Unit-3: Essence of, Chandogya, Brihadaranyaka and Shwatashtaropanishad

Everything is only that Atman, all this is Brahman only; Chandogya: The Meditation on Udgitha, Omkara, Sandilyavidya, Brahmadaranyak; The seers Health and Purity, Desires should be renounced, Concept of Atman and Gyanyoga. Unity of Atman and Parmatman.

Unit 4: Introduction to Yoga Upanishads

- Shandilya Upanishad, Jabaldarshana Upanishad, Trishikhibrahmana Upanishad
- Nadabindu Upanishad, Dhyanbindu Upanishad,
- Yogtattava Upanishad, Yoga Chudamani Upanishad
- Yoga Kundalini Upanishad

Text books:

1. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
2. Manav Chetana- Dr. Ishwar Bharadwaj
3. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
4. A study in Consciousness Annie Besant
5. Ayurveda and Mind Dr. David Frawley
6. The Root of Consciousness Jeffery Mishlor
7. Mind and Super Mind N.C. Panda
8. Seven States of Consciousness Anthony Campbell
9. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

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.
7. Bharatiya Darshan- Acharya Baldev Upadhyaya

M1YOGT-103 Paper 3

THERAPEUTIC YOGA-II, Credit -04

Course objective

- Provide deep knowledge of Therapeutic Yoga to the students.
- Provide knowledge of human organs and effect of yoga application on the different human organs.
- Develop deep understanding among the students about various disorders of the body - Neurological, Endocrine logical and metabolic disorders.

Course out come

After studying this paper

- Students will have knowledge about the various disorders of the body and will be skilled to apply Yogic knowledge to manage various disorders of human body.
- Students will be able to teach good life style and yogic diet to the people who are still deprived from modern medical facilities to prevent their physical disorders
- By the knowledge of Therapeutic Yoga students may prove themselves guardian of public health through the service of urban and rural community.

Unit-1: MUSCULO-SKELETAL DISORDERS,GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

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

GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

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,

Ulcerative colitis or inflammatory bowel disease, gluten intolerance, food Allergies; Excretory System: irritable bladder syndrome, stress incontinence, chronic renal Failure, Renal hypertension, renal stones.

Unit- 2: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS & RESPIRATORY DISORDERS

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

Respiratory Disorders

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Allergic, Autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, ILD, COPD & Emphysema- Occupational pulmonary disease.

Unit-3: NEUROLOGICAL DISORDERS, ENDOCRINOLOGICAL AND METABOLIC DISORDER

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Headache-Migraine, Tension and prevention of recurrence; Epilepsy; Parkinson's disease, Alzheimer's

Endocrinological and Metabolic Disorder

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.

Unit-4: GYNECOLOGICAL DISORDERS, PSYCHOLOGICAL AND PSYCHIATRIC DISORDERS

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Menstrual disorders-DUB, fibroids, endometriosis, adolescent Dysmenorrhea; Premenstrual Syndrome; Peri menopausal syndrome.

Psychological and Psychiatric Disorders

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Neurosis - Anxiety; Depression; panic attacks, specific phobias, OCD; 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,
3. Arthamuru A.P.2005
4. Rai, Lajpat : Discovering Human Potential energy: A Physiological, Approach to Yoga,
5. Anubhava Rai Publications, 1998
6. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
7. 142
8. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard
9. Publication, Varanasi; 1965
10. Abhedananda: The Yoga Psychology Ramakrishna Vedanta, Math, Calcutta, 1973.
11. Nagarathna, R and Nagendra, H.R. : Integrated Approach of Yoga Therapy for Posit4e
12. Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2001
13. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments Gui
14. Publication, U.K
15. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, New York:
16. McGraw Hill Co. Inc., 1998.
17. A.K. Das (Ed.): Medicine Update. Bombay: Association of Physicians of India, 1998.
18. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments
19. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP
20. publications, 2010
21. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust,
22. Munger, 2001
23. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments,
24. Gaia Publishers

M1YOGT-104 Paper 4

Yogies of Modern Era, Credit -04

Course objectives:

- To understand the Indian Yogic Tradition of modern and contemporary times
- To study the modern trends of Yoga and to know Yogis contribution for the development and promotion of Yoga

Course outcome –

After studying this paper

- Students will have knowledge about Indian yogic Tradition and contemporary times. Students will be aware about the contribution of modern and contemporary Yogis for the development and promotion of yoga.

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UNIT-1 YOGA IN MODERN TIMES:

Yogic Traditions & contributions of Swami Ramakrishna Paramhansa and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana, Rabindranath Tagore, Dattatreya ke Swamiji.

UNIT – 2 YOGA IN CONTEMPORARY TIMES:

Swami Dayanand Saraswati, Swami Ramtirth and M.K. Gandhi. Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya & B.K.S. Iyengar,

UNIT – 3

Yoga Parampara of Swami Shivanada Saraswati & Swami Satyanand Saraswati, Yoga Parampara of Swami Kuwaliyanand, Swami Rama of Himalayas, Yoga Parampara of Paramhans Yoganand

UNIT – 4

Maharshi Mahesh Yogi, , Madan Mohan Malviya, Sri Ram Sharma Acharya, Ma Anandmayi, Yogini Lalleshwari, Swami Vishuddhananda, Swami Ramatirth, Tailanga Swami, J. Krishnamurti, Acharya Rajneesh, Dharendra Brahmachari, Ma Sharda and their contributions for the development and promotion of Yoga

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

M1YOGP-105 Paper5

Practicum Credit -04

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.

Course Outcome

After this completing part of the practice

- Students will get practical knowledge of contraindications. Procedure of all practices and benefits.
- They will be able to demonstrate each practice with full confidence and skill.
- Practical knowledge of this paper will enable students to teach Yoga practices in any group of the society.

Unit-1: Preparation & instruction of Yoga Modules for yogic management of diseases related to Respiratory and Cardiovascular system related disorders

- Respiratory System (Asthma, Bronchitis, Rhinitis etc.)
- Cardiovascular System (Coronary artery disease, Stroke, Hypertension etc.)

Unit 2: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Musculoskeletal and Digestive system related disorders

- Musculoskeletal system (Lower Back Pain, Sciatica, Cervical Spondylosis, etc.)
- Digestive system (Indigestion, Hyperacidity, Constipation etc.)

Unit-3: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Psychological and Lifestyle related disorders

- Psychological disorders (ADHD, Stress, Anxiety, Depression etc.)
- Lifestyle related disorders (Diabetes, Obesity, etc.)

Unit-4: Yogic Practices

Suryanamasakr, Ardhakati chakrasana, Hastapadasana, Ardachakrasana, 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, Natrajasana
Breath awareness, Sectional breathing, Nadishuddhana, 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
YogaBharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Second Semester 2nd

M1YOGP 201 – Paper 1

| | | |
|--|----------------------------------|----------------------|
| Project Dissertation & Comprehensive Viva –Voce | Project/ Dissertation | Credit 20 |
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DEPARTMENT OF YOGA
Course Structure Scheme of Examianation of M.A. (Yogic Science)/M.Sc
(Yogic Science) 2 Year PG.as per NEP.2020 w.e.f. Academic Session 2024-
2025, July2024
(1st to 4th Semester)

(1st Semester)

M2YOGT-101 Paper 1

Insights into Indian Philosophy–Credit -04

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.

Course out Come –

After completion of this paper -

- Students will be able to understand about the insights of Indian philosophy.
- Knowledge of various schools of philosophy like Nastik philosophy – Charwak, Jain & Baudh and Aastik philosophy- Nyay, Vaisesik, Samkhya, Mimamsa will provide a strong foundation to understand the traditional Yogic Philosophy and inculcate the essence in the students.

Unit-1: Nyaya, Vaisesika & Samkhya

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 Prama and Aprama Praman-Pratyaksh, Anuman, Upman & Shabda Category of substance- Nava dravya.

Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe Twenty five entities according to Samkhya and means of knowledge; Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Liberation and means of attaining it;

Unit-2: Mimamasa (Purva and Uttara) & Naastik philosophy

Difference between vidya & avidya, Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Concept of Apurva, Dharma in the context of Purvamimamsa, 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, Carvaka philosophy: Metaphysics and Epistemology, Buddhism: Four noble truths, Jainism: Triratnas.

**Unit -3: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis
Cittavrittis and Citta vritti nirodhopaya**

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 - 4: Samadhai, Sadhana , Vibhuti and Kaivalya Pada

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).

Sadhana pada

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), Prakriti Purusha SamYoga; Brief Introduction to Ashtanga Yoga;

Vibhuti and Kaivalya Pada

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; 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;

TEXT BOOKS

- a. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003
- b. 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
- V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
- M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
- K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
- Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
- Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

M2YOGT-102 Paper 2

Applications of Hatha Yoga and Patanjala Yoga, Credit-4

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.

Course Outcome –

After studying this paper -

- Students will have knowledge for applying Hath Yogic knowledge in stress management and personality development.
- They will have deep understanding how practice of Ashtang Yoga and Hath Yogic knowledge effects on Physical level, Pran, Mental and Emotional level, how it develops social and civic sense spiritual health in an individual and on the mass level in the society.

Unit- I: APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT

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 *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-II: Application of Patanjala yoga in Stress Management

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 – Disciplining 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

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through Asanas, 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

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:

3. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
4. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
5. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, II nd Edition, 2009
6. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
7. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.
8. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

M2YOGT-103 Paper 3

Biomechanics and Kinesiology, Credit -04

Course code:

Course 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.

Course Outcome

1. Through knowledge of Biomechanics and Kinesiology students will realize biomechanics importance to Yoga Practice.
2. Students can apply this knowledge for Yoga Practices in mass and at individual level too and may prove themselves a skilled public health worker.
3. Youths may illustrate the use of these general biomechanical concepts for well-being of the society without any discrimination of cast and creed.

Unit 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga

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

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

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

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 & 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

M2YOGT-104 Paper 4

Teaching Methodology in Yoga, Credit -04

Course objectives:

- To provide deep knowledge about methods of Teaching Yoga.
- To provide fundamental knowledge of Yoga class management and educational tools of Yoga Teaching to the students.

Course outcome –

After studying this paper

- Students will know the essentials of good lesson plan. They will also be aware about the effective use of Library and other resources. Students will be familiar about educational tools of Yoga Teaching.

Unit 1. PRINCIPLES, METHODS OF TEACHING YOGA & BASICS OF YOGA CLASS MANAGEMENT

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

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.

Unit 3: LESSON PLANNING IN YOGA & EDUCATIONAL TOOLS OF YOGA TEACHING

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

Organization of teaching (Time Management, Discipline etc.) Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc. Classroom 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. 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

M2YOGT-105 Paper 5

APPLIED PSYCHOLOGY AND YOGIC COUNSELLING ,Credit-04

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.

Course outcome

After studying this paper

- 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.

Unit -:1 INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY

Understanding Human Nature; Application of psychology in Education, Industry, Medicine; 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,

Unit -2: PSYCHOLOGICAL DISORDERS

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 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

Unit-04 YOGIC COUNSELLING -

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: V4ekanada Kendra.

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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.

M2YOGP-106 Paper 6

Practicum, Credit -04

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.

Course Outcome

After practicing this paper

- Students will be able to get a deep insight about the principles of biomechanics and its importance during the practice of Yoga.
- They will be skilled to guide the practitioners based on the alignment principles belonging to any age, group or gender.
- Student will be skilled to demonstrate Yogic Practices with full confidence having biomechanics principles in mind.

Unit-1:

Locating of muscles with the help of model/chart and Demonstration of yogic practices with reference to biomechanics.

Unit-2:

Locating of center of gravity of rigid bodies and Draw stick figures from the photograph of yogamovements

Unit-3:

Standing - Natrajasana, Garudasana, Trivikramasana, Virbhadrasana -III, Parshva Konasana, Haspada-angushthasana, Purna Chakrasana, Viparita Tittibhasana, Vatayanasana,

Sitting – Paschimottanasana, Eka Pada Skandhasana, Dwi Pada Skandhasana, Ardha Baddha Padmottanasana, Baddha Padmasana, Purna Ushtrasana, Rajkapotasana, Hanumanasana, Bhunamanasana, Purna Matsyendrasana, Koormasana (Vibhakta Paschimottansana), Parivritta Janu Shirshasana

Prone – Purna Bhujangasana (Kapotasana), Purna Shalabhasana, Purna Dhanurasana, Chaturanga Dandasana,

Supine – Halasana, Karnapidasana, Setubandha Sarvangasana,

Balancing – Shirshasana, Bakasana, Eka Pada Bakasana, Padma Bakasana, Ashtavakrasana, Vishwamitrasana, Tittibhasana, Vrishchikasana, Mayurasana, Omkarasana, Utthita Paschimottanasana, Salamba Shirshasana, Brahmacharyasana, Eka Pada Koundilyasana.

Unit-4:

Pranayama – Ashta Kumbhak

Mudra – Viparita Karani Mudra, Ashwini Mudra, Shambhvi Mudra, Shanmukhi Mudra,

Bandha – Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Maha Bandha,

Shatkarma – Agnisar Kriya, Vastra Dhauti, Danda Dhauti, Jal Neti, Sutra Neti, Kapalbhata (Vatkrama, Vyutkrama, Shitkrama), Trataka (Bindu, Jyoti), Laghu Shankha Prakshalana,

TEXT BOOK

1. Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015
2. Asana Pranayama Mudra Bandha, Bihar School of Yoga

REFERENCE BOOKS

1. J E Herzenberg. Principles of deformity correction, Springer publication
2. Gheranda Samhita, Bihar School of Yoga,
3. Hathapradipika, Kaivakyadhama
4. Kinesiology of the Musculoskeletal System, Donald A. Neuman
5. Swanson A., Science of Yoga, DK Publisher, 2019
6. Kaminoff & Mathhews, Yoga Anatomy, Human Kinetics Publishers,

(2nd Semester)

M2YOGT-201 Paper 1

Principal Yogic Texts and Therapeutic Yoga -I, Credit -04

Course objective

- Provide deep knowledge of Basic Yoga texts and Therapeutic Yoga to the students.
- Get familiarized by the root yoga texts and their basic teachings.
- Provide knowledge of human organs and effect of yoga application on the different human organs.
- Develop deep understanding among the students about various disorders of the body - Neurological, Endocrine logical and metabolic disorders.

Course outcome

After studying this paper

- Students will have knowledge about various Yoga texts disorders of the body and will be skilled to apply Yogic knowledge to manage various disorders of human body.
- Students will be able to teach good life style and Yogic diet to the people who are still deprived from modern medical facilities to prevent their physical disorders
- By the knowledge of Therapeutic Yoga students may prove themselves guardian of public health through the service of urban and rural community.

Unit 1: Introduction to Basic Yoga texts - I

Hathapradipika, Gheranda Samhita, Shiv Samhita, Vashishtha Samhita, Siddhasiddhantpaddati, Yogabeej, Goraksha Samhita

Unit 2: Introduction to Basic Yoga Texts – II

Shrimadbhagwadgita, Yoga Vashishtha, Vivek Chudamani, Brahmasutra, Yagyavalakya smriti, Narad & Shandilya bhakti sutra,

Unit-III: MUSCULO-SKELETAL, GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

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

Brief overview of the Gastro intestinal conditions (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, Ulcerative colitis or inflammatory bowel disease, gluten intolerance, food Allergies; Excretory System: irritable bladder syndrome, stress incontinence, chronic renal Failure, Renal hypertension, renal stones.

Unit- IV: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS & RESPIRATORY DISORDERS

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

M2YOGT-202 Paper 2

Research Methodology, Credit -04

Course 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.

Course outcome

After studying this paper

- Students will have acquire basic theoretical concepts of conducting scientific research.
- They will be able to understand Research Methodology and knowledge of various statistical procedures.
- They will have knowledge on tools employed to conduct research. It will develop skills among them to analyze the contemporary problems in scientific way.
- They will also be skilled for action research.

Unit- 1: Introduction to research methodology

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

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, PubMed & Psych INFO; 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

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, Research Methodology in Yoga & Reporting Research

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.

Research Methodology in Yoga & Reporting Research-

Fundamental research in Yoga, Philosophical and Literary research in Yoga, Scientific research in Yoga, Clinical research in Yoga.

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

M2YOGT-203 Paper 3

Applications of Yoga Vasistha, Bhagavadgeeta and Vivek Chudamani,

Credit -04

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 Bhagavad-Gita, Yoga Vasistha and Vivek Chudamani

Course outcome

After completion of this paper-

- Students will get knowledge about the application of Yoga Vasistha, Bhagwadgita and Vivekchudamani Chunamani in the field of stress management and personality development.
- Apart from above student will also get deep insight how knowledge of Indian traditional Text like Yoga Vashistha, Bhagwadgita and Vivek Chudamani will be helpful for sports personals.

Unit – 1: Application of Yoga Vasistha – 1

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; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

Unit – 2: Applications of Yoga Vasistha – 2

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.

Unit – 3: Application of Bhagavadgita and Vivek Chunamani

- 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; Satvik, Rajsik, Tamsik Aahar & their characteristics 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;

Vivek Chunamani – Censure of ‘Dehasakti’ Maya Nirupanam.

Sadhan Chaushtaya- As a means of Liberation Symptoms of “Jivan Mukta”

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; 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;

Unit – 4: Applications of Bhagavad Gita – 2

a. Applications for Sports personnel

Nature of action, inaction & ego-less action; Performance without attaching to the fruit of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self control; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action;

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.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992,Mumbai.
2. Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998
3. Indian philosophy, Prof. Sangam lal pandey.
4. Indian philosophy, Prof C. D. Sharma.
5. Indian philosophy. Prof B.N.singh.

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.
3. Yog Vasistha- Geeta Press Gorakhpur

M2YOGP-204 Paper 4

Practicum, Credit -04

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.

Course Outcome

After this completing part of the practice

- Students will get practical knowledge of contraindications. Procedure of all practices and benefits.
- They will be able to demonstrate each practice with full confidence and skill.
- Practical knowledge of this paper will enable students to teach Yoga practices in any group of the society.

Unit-1: Preparation & instruction of Yoga Modules for yogic management of diseases related to Respiratory and Cardiovascular system related disorders

- Respiratory System (Asthma, Bronchitis, Rhinitis etc.)
- Cardiovascular System (Coronary artery disease, Stroke, Hypertension etc.)

Unit 2: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Musculoskeletal and Digestive system related disorders

- Musculoskeletal system (Lower Back Pain, Sciatica, Cervical Spondylosis, etc.)
- Digestive system (Indigestion, Hyperacidity, Constipation etc.)

Unit-3: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Psychological and Lifestyle related disorders

- Psychological disorders (ADHD, Stress, Anxiety, Depression etc.)
- Lifestyle related disorders (Diabetes, Obesity, etc.)

Unit-4: Yogic Practices

Suryanamasakr, Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, 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, Natrajasana Breath awareness, Sectional breathing, Nadishuddhana, 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
YogaBharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

(3rd Semester)

M2YOGT-301 Paper 1

Indian Knowledge System- Tribal Culture, Belief and Health Care,

Credit -04

Course Objective

- To provide knowledge and deep insight among students about Indian knowledge system.
- To provide deep understanding about Tribal culture Belief and health care
- To develop a sense of dignity and pride among youths towards their old traditions and culture.
- By Tribal traditional knowledge for health and healing they may able to be a good public health worker.

Courte Outcome

After studying this paper –

- Students will get knowledge about his nation's glorious traditional knowledge system.
- It will create a sense of dignity and self-pride among the youths towards their motherland and its tradition which will be proved a mile stone towards national unity & integrity.
- By tribal knowledge for health and healing they may be a good public health worker in remote and interior places like tribal areas where modern medical facilities are still not available.

Unit- 1 General Introduction to Tribes, Tribal Philosophy and Folklore: Tribal concept, meaning and tribal organizations–meaning, definition, classification and characteristics of tribe, concept of tribe from Indian Perspective, Major Tribes of Madhapradesh with Special reference to Amarkantak region.

Social Institutions: Family and Marriage - Types of family and their functions, Types and forms of marriage, Economy of marriage, Patterns of marital residence, Rules of descent.

Tribal Philosophy and Folklore:

Definitions, Nature and Scope of Philosophy. Folklore in tribal society: Concept, Types - Songs, Riddles, Tales, Legends, Myth. Performing Folk Art: Concept; Types - Dance, Drama, Puppetry, etc.; Folk art and craft – Painting, Handicraft, etc.

Unit -2 Tribal Movement and Tribal Livelihood Intervention:

Historical glimpse of tribal movements in India, Contribution of tribal activists- Birasa Munda ,Tantya Bhil, Ambarsingh Maharaj. Concept meaning and nature of livelihood, Minor forest produces and medicinal herbs. Contemporary challenges in tribal economy.

Unit- 3 Tribal Knowledge Sytem and Practices for Healthy Living:

Tribal traditional knowledge and practices for healthy living ,Tribal traditional principal of Healthy living: Aahara-Vihar, Aahara and Vichara,Tribal diet and its role in Healthy living ,Tribal traditional principal for healthy living, Tribal traditional Herbal medicine for diseases management and its role in prevention of diseases and health promotion, Medicinal plant of Amarkantak Region

Unit- 4 Tribal traditional knowledge for Health and Healing:

Tribal traditional knowledge for health and healing,Concept of pancha-mahabutas for healthy leaving, Concept of Hodopathy and its role of privations of diseases and health promotion.Comparative study of tribal traditional knowledge to other indigenous medical system- (Ayurveda, Yoga and Naturophthy) Management of fever, Headaches, constipation, Indignation, infection, Arthritis, Liver disorder, cough and cold, sexual potency, Delivery, Menstrual disorder, Snakebite through tribal traditional therapy

Reference Books

1. Tribal health : Issues and Challenges (Dr. Jayanta Choudhary) 2018
2. Tribal Livelihood: Issues, challenges opportunities (Dr. Jayanta Choudhary) and Dr Arbindo Mahato-2018
3. Tribal language, literature and Folk lore: Editor (M. C. Bhera)
4. Tribal Heritage of Madhya Pradesh : (H. L. Shukla) B R Publishing-Delhi
5. The develoment of Scheduled tribes in Madhya Pradesh (Dr. Divya Shrivastava) 2000
6. L.P.Vidhyarthi& B. Roy, 1985. Tribal Culture of India. Concept
7. Panwar, Ramesh, 2011. Tribes and the Indian society. Signature Books.
8. Madhusmita Sahoo and T. Subramanyam Naidu, 20187. A Heritage of Tribes in India
9. Jadav, Kishore. Folklore and its motifs in tribal literature
10. Swapankolay, 2016. Ethnomedicine for traditional health care. BR Publishers
6. Singh, B.P., 2017. Biodiversity, Tribal Knowledge and Life in India. "Environment and Social Psychology", 1-10.

M2YOGT-302 Paper 2

Text of Principal Upanishads & Yoga Upanishads, Credit 04

Course Objective:

Course Objectives:

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

- Have an idea about the Principal and Yoga Upanishads.
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and its role in day-to-day life.

Course outcome:

- Completion of this course will develop a strong understanding among students about ancient Indian knowledge System.
- Students will understand the Principal and Yoga Upanishads and their spiritual knowledge.
- Essence of principal Upanishad will create a sense of pride among youth towards their culture.

Unit-1: Essence of Isha, Kenopanishad, Kath and Prashnopnishad

Development of Upanishad as the end of Vedas. An Introduction to Upanishadic Philosophies; Brahman; Nirgun and Sagun, Koshas of Atman, Sense organs & Action Sense : Ishavasyopanishad: Jnana Nishtha (Ish.1), Karma Nishtha (Ish.2), All Compassion Brahman (Ish.5) Kenopanishad: Greatness of self-Knowledge (Kena II.5), Teaching of Yaksh Episode. Kathopanishad: Yam - Nachiketadialogue. Futility of Earthly Pleasure (Katha I.i.26, 27); Shreya & Preya (kath 2.2) Nature of Atman, Atman is: immortal (Katha I.ii.18); Five Pranas, Six Main Questions.

Unit-2: Essence of Mundaka, Mandukya, Aitareya and Taittiriya

Mundaka: The greatness of Brahman, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The Origin of Creation, Brahman: the target of Meditation, everything is Brahman, Force of Desire, State of Moksha; Mandukyopanishad: All this is Brahman. Four Stages of Consciousness.

Unit-3: Essence of, Chandogya, Brihadaranyaka and Shwatashtaropanishad

Everything is only that Atman, all this is Brahman only; Chandogya: The Meditation on Udgitha, Omkara, Sandilyavidya, Brahmadaranyak; The seer's Health and Purity, Desires should be renounced, Concept of Atman and Gyanyoga. Unity of Atman and Parmatman.

Unit 4: Introduction to Yoga Upanishads

- Shandilya Upanishad, Jabaldarshana Upanishad, Trishikhibrahmana Upanishad
- Nadabindu Upanishad, Dhyānbindu Upanishad,
- Yogtattava Upanishad, Yoga Chudamani Upanishad
- Yoga Kundalini Upanishad

Text books:

1. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
2. Manav Chetana- Dr. Ishwar Bharadwaj
3. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
4. A study in Consciousness Annie Besant
5. Ayurveda and Mind Dr. David Frawley
6. The Root of Consciousness Jeffery Mishlor
7. Mind and Super Mind N.C. Panda
8. Seven States of Consciousness Anthony Campbell
9. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

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.
7. Bharatiya Darshan- Acharya Baldev Upadhyaya

M2YOGT-303 Paper 3

THERAPEUTIC YOGA-II, Credit -04

Course objective

- Provide deep knowledge of Therapeutic Yoga to the students.
- Provide knowledge of human organs and effect of yoga application on the different human organs.
- Develop deep understanding among the students about various disorders of the body - Neurological, Endocrine logical and metabolic disorders.

Course out come

After studying this paper

- Students will have knowledge about the various disorders of the body and will be skilled to apply Yogic knowledge to manage various disorders of human body.
- Students will be able to teach good life style and yogic diet to the people who are still deprived from modern medical facilities to prevent their physical disorders
- By the knowledge of Therapeutic Yoga students may prove themselves guardian of public health through the service of urban and rural community.

Unit-1: MUSCULO-SKELETAL DISORDERS , GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management of Arthritis, Spinal pain-neck, lumbar, Muscle diseases- Muscular Dystrophy.

GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

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,

Ulcerative colitis or inflammatory bowel disease, gluten intolerance, food Allergies; Excretory System: irritable bladder syndrome, stress incontinence, chronic renal Failure, Renal hypertension, renal stones.

Unit- 2: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS & RESPIRATORY DISORDERS

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management Hypertension and Hypotension, Varicose Veins, Peripheral vascular disease, Autoimmune Arteritis.

Respiratory Disorders

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management Allergic, Autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, ILD, COPD & Emphysema- Occupational pulmonary disease.

Unit-3: NEUROLOGICAL DISORDERS, ENDOCRINOLOGICAL AND METABOLIC DISORDER

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management of Headache-Migraine, Tension and prevention of recurrence; Epilepsy; Parkinson's disease, Alzheimer's

Endocrinological and Metabolic Disorder

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.

Unit-4: GYNECOLOGICAL DISORDERS, PSYCHOLOGICAL AND PSYCHIATRIC DISORDERS

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management of Menstrual disorders-DUB, fibroids, endometriosis, adolescent

Dysmenorrhea; Premenstrual Syndrome; Peri menopausal syndrome.

Psychological and Psychiatric Disorders

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),

Yogic Management of Neurosis - Anxiety; Depression; panic attacks, specific phobias, OCD; 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,
3. Arthamuru A.P.2005
4. Rai, Lajpat : Discovering Human Potential energy: A Physiological, Approach to Yoga,
5. Anubhava Rai Publications, 1998
6. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
7. 142
8. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard
9. Publication, Varanasi; 1965
10. Abhedananda: The Yoga Psychology Ramakrishna Vedanta, Math, Calcutta, 1973.
11. Nagarathna, R and Nagendra, H.R. : Integrated Approach of Yoga Therapy for Posit4e
12. Health, Swami V4ekhananda Yoga Prakashana, Bangalore, 2001
13. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments Gui
14. Publication, U.K
15. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, New

York:

16. McGraw Hill Co. Inc., 1998.
17. A.K. Das (Ed.): Medicine Update. Bombay: Association of Physicians of India, 1998.
18. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments
19. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP
20. publications, 2010
21. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust,
22. Munger, 2001
23. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments,
24. Gaia Publishers

M2YOGT-304 Paper 4

Yogies of Modern Era, Credit -04

Course code:

Course objectives:

- To understand the Indian Yogic Tradition of modern and contemporary times
- To study the modern trends of Yoga and to know Yogis contribution for the development and promotion of Yoga

Course outcome –

After studying this paper

- Students will have knowledge about Indian yogic Tradition and contemporary times. Students will be aware about the contribution of modern and contemporary Yogis for the development and promotion of yoga.

UNIT-1 YOGA IN MODERN TIMES:

Yogic Traditions & contributions of Swami Ramakrishna Paramhansa and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana, Rabindranath Tagore, Dattatreya Swamiji.

UNIT – 2 YOGA IN CONTEMPORARY TIMES:

Swami Dayanand Saraswati, Swami Ramtirth and M.K. Gandhi. Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya & B.K.S. Iyengar,

UNIT – 3

Yoga Parampara of Swami Shivanada Saraswati & Swami Satyanand Saraswati, Yoga Parampara of Swami Kuwalyanand, Swami Rama of Himalayas, Yoga Parampara of Paramhans Yoganand

UNIT – 4

Maharshi Mahesh Yogi, , Madan Mohan Malviya, Sri Ram Sharma Acharya, Ma Anandmayi, Yogini Lalleshwari, Swami Vishuddhananda, Swami Ramatirth, Tailanga Swami, J. Krishnamurti, Acharya Rajneesh, Dharendra Brahmachari, Ma Sharda, Shri Ma (Arvind Ashram), Bhairavi Yogeshwari, Sidha Prameshwari Bai, Devraha Baba and their contributions for the development and promotion of Yoga

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 Nagarathna 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

M2YOGP-305 Paper 5

Practicum- Credit -04

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.

Course Outcome

After this completing part of the practice

- Students will get practical knowledge of contraindications. Procedure of all practices and benefits.
- They will be able to demonstrate each practice with full confidence and skill.
- Practical knowledge of this paper will enable students to teach Yoga practices in any group of the society.

Unit-1: Preparation & instruction of Yoga Modules for yogic management of diseases related to Cancer and Autoimmune disease

- Cancer
- Autoimmune Disease

Unit 2: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Gastro-intestinal disorders

- Irritable bowel syndrome (IBS)
- Crohn's Disease

Unit-3: Preparation & Instruction of Yoga Modules for yogic management of diseases related to Head and Neck

- Migraine
- Eye Disorders
- Cervical Spondylosis

Unit-4: Yogic Practices

Yogic Sukshma Vyayama Series 1,2&3, Tadasana, Tiryaka Tadasana, Katichakrasana, Padhasatasana, Hasttottanasana, Trikonasana, Vajrasana, Ushtrasana, Shashankasana, Yoga Mudra, Supta Vajrsana, Brahma Mudra, Saral Bhujangasana, Makarasana, Shalabhasana, Pawanmuktasana I & II, Setubandhasana, Ardha Halasana, Uttanpadasana, Shavasana Nadi Shodhana Pranayama, Ujjayi Pranayama, Bhramari Pranayama, Shitali Pranayama, Sitkari Pranayama, Tribandha
Om Chanting, Yoga Nidra, Meditation

TEXT BOOK

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R NagendraPublished by SVYP, 2002

REFERENCE BOOKS:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar YogaBharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Semester -04th
M2YOGP-401 Paper 1

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| Project Dissertation & Comprehensive Viva –Voce | Credit 20 |
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