

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 as per NEP 2020

Under Choice Based Credit System

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

Board of Studies of Yoga Dated 18 July 2024

&

Board of Studies of Yoga Dated 23/04/2025

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.)

Indira Gandhi National Tribal University, Amarkantak
Department of Yoga
Minutes of Board of Studies Meeting

A Meeting of Board of Studies in Yoga was held in blended mode (offline & online) on dated 18/07/2024 in the Department of Yoga, Indira Gandhi National Tribal University, Amarkantak, M.P Main Campus (Pondki, Lalpur) to prepare revised syllabus of Under Graduate, Post Graduate under Choice based Credit System,. The following members were present in the Meeting:

Name	Signature
1. Prof. Jitendra Kumar Sharma, Chairman & Convener Professor and Head Department of Yoga Indira Gandhi National Tribal University, Amarkantak, M.P.	
2. Prof. Ishwar Bhardwaj, Member	Attended Online
Ex. Professor, Deptt of Yoga Gurukul Kangari Vishwavidyalaya Haridwar (U.K.)	
3. Prof. Bhagwant Singh, Member	Attended Online
Ex. Professor and Head, School of Studies in Philosophy & Yoga. Pt. Ravi Shankar Shukla V.V Raipur (C.G.)	
4. Prof. Prabuddha Mishra -Member Professor Department of Philosophy, IGNTU, Amarkantak (M.P)	
5. Dr. Govind Prasad Mishra, Member Head & Associate Professor Department of Philosophy, IGNTU, Amarkantak (M.P)	
6. Dr. Hare Ram Pandey, Member Senior Most Assistant Professor Department of Yoga, IGNTU, Amarkantak (M.P)	

At the outset the Chairman extended a warm welcome and thanked all the Members for sparing their valuable time for this important meeting. He briefed the house about the progress made by the Department since the last meeting.

Thereafter the Agenda items were taken up for decisions, as under:

Item No. 1: Confirmation of the last meeting of the Board of Studies

The Minutes of the previous Meetings of the Board of Studies and Syllabus were confirmed.

Item No. 2: Preparation of Syllabus for U.G. and P.G. Programmes w.e.f.

Session 2024-25

Board of Studies discussed various aspects of present scenario of academic and job world and Members of Board of Studies have prepared the Syllabus of UG and PG Programmes in Yoga, which is based on the guidelines of National Educational Policy (NEP-2020).

It is resolved that-

1. It is necessary to keep the course content updated keeping in view the advancement of knowledge and objectives of IGNTU and National Education Policy 2020 to keep pace with the best institutions of country and world and to bring the state of art in tune with the requirement of the academics, Higher Education intuitions, Indian Military, Private Yogic Centers, Health & wellness centers, Hospitals etc.
2. Revised syllabus of U.G. and P.G. Programmes of Department of Yoga are prepared according to the National Education Policy 2020, guidelines of U.G.C. and objectives of the University.
3. After deep discussion syllabus of U.G. and P.G. Programmes of Department of Yoga, 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) & MA/M.Sc (Yogic Science) 2 Years (4 Semester) are approved.
4. Syllabus prepared according to National Education Policy 2020 and there after amendments will be deemed effective from the academic session 2024-25 July 2024 and will be applicable to the batch admitted in U.G & P.G Programme in Session 2024-25 July 2024.
5. Each course shall be covered in accordance with the respective credit value of the course. For the purpose of computation of work-load the following mechanism may be adopted:
 - i) 1 Credit = 1 Theory period of one hour duration
 - ii) 1 Credit = 1 Tutorial period of one hour duration
 - iii) 1 Credit = 1 Practical period of two-hour duration. Credit shall be of one hour of formal lecture per week or two hours practical per week.
6. Evaluation will be done on a continuous basis three times during each semester. There will be two sessional tests (Mid-Semester Examination) and one End-semester examination in each course in each semester.

Item No.3 : Any other matter with the permission of the Chair

Preparation of the list of examiners/experts/journals/electives:

- a) The Board of Studies authorized the Chairman to prepare and submit the list of examiners/experts/journals/electives to the competent authority as and when required. These submissions (if any) shall have to be ratified in the next meeting of the Board of Studies.
- b) **Modifications in the Syllabus:**

Modifications in the Syllabus may be done in the meeting of internal members of the Board of Studies. These modifications (if any) shall have to be ratified in the next meeting of the Board of Studies.

The meeting came to end with vote of thanks to the Chair.

Attended Online

(Prof. Ishwar Bhardwaj)

(Prof. Prabuddha Mishra)

(Dr. Hare Ram Pandey)

Attended Online

(Prof. Bhagwant Singh)

(Dr. Givind Prasad Mishra)

Prof. Jitendra Kumar Sharma

Chairaman

Department of Yoga
Revised Course Structure and Scheme of Examination of UG- B.Sc. Yogic Science (Semester pattern) based on NEP-2020 w.e.f. Academic Session 2024-2025, July 2024

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	AEC-GH AEC General Hindi	2	20	30	--	50	Entry
Paper 2	VAC-IKS VAC in the Indian Knowledge System	2	20	30	--	50	
Paper 3	VAC-HYW VAC in Health Yoga & Wellness	2	20	30	--	50	
Paper 4	YOG MT102 (Major Core Paper) Foundations of Yoga	3	40	60	--	100	
Paper 5	YOG MP102 (Practicum Major)	1	20	--	30	50	
Paper 6	YOG MI101 (Vocational) Yoga and Swasthavritta	2	20	30	--	50	
Paper 7	YOG MP101 (Practicum Vocational)	2	20	30	--	50	
Paper 8	MDC-FPY 100 (Multidisciplinary) Yoga & Holistic Health	3	40	60	--	100	
Paper 9	YOG SECT103 (Skill Enhancement Course) General Introduction to Yogic Practices	2	20	30	--	50	
Paper 10	YOG SECP103 Practicum SEC	1	20	--	30	50	
Grand Total		20				600	

Course details

B.Sc. (Yogic Science) as per NEP 2020

Semester 1

Paper 1 – AEC- GH AEC General Hindi

Remarks – It is a compulsory common paper for all U.G. students and will be coordinated by Deptt. of Hindi. It's syllabus is as per common university syllabus.

Paper 2 – VAC – IKS – VAC in the Indian Knowledge System

Remarks – It's also a compulsory and common paper for all U.G. students and will be coordinated by Deptt. of Philosophy. It's syllabus is as per common university syllabus.

Paper 3 – VAC – HYW – VAC in Health Yoga & Wellness

It's also a compulsory and common paper for all U.G. students and will be coordinated by Faculty of Yoga. It's syllabus is as per common university syllabus.

Paper 4 – YOGMT 102 Major Core Paper Foundations of Yoga

Paper 5 – YOGMP102 (Major Practicum)

Paper 6 – YOGMI 101 (Vocational Theory) Yoga & Swasthavritta

Paper 7 – YOGMP 101 (Vocational Practical)

Remarks – Paper no. 6 (Theory) & Paper no. 7 (Practical) is a minor paper – Vocational – Students of Department of Yoga and other department students may offer this paper as Minor Vocational

Paper 8 – MDC-FPY 100 – Yoga & Holistic Health (Multidisciplinary)

A common paper prepared by Deptt. of Yoga, Deptt. of Sports and Deptt. of Music – In first semester, students will study Yoga & Holistic Health in 2nd sem. Social Psychology in sports and in 3rd semester Music & Health. It is Multidisciplinary in Nature. In first semester – Deptt. of Yoga, 2nd semester Deptt of Sports and in 3rd semester Deptt of Music will coordinate classes & exams separately. Regular yoga students will also study this paper. As per circular for NEP 2020 the maximum intake for a Multidisciplinary course is 50.

Paper 9 – YOG SECT 103 (Skill Enhancement Course) Theory

For students of Deptt of Yoga only.

Paper 10 – YOG SECP 103 (Practical paper)

For students of Deptt of Yoga only.

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	AEC- GE AEC General English	2	20	30	----	50	Exit Certificate
Paper 2	VAC-EEDM VAC in Environmental Education and Disaster Management	2	20	30	--	50	
Paper 3	VAC-TAC VAC in Tribal Art & Culture Or VAC-PA VAC in Performing Art	2	20	30	--	50	
Paper 4	YOG MT202 (Major Core Paper) Human Anatomy & Physiology	3	40	60	--	100	
Paper 5	YOG MP202 Practicum Major	1	20	--	30	50	
Paper 6	YOG MI201 (Vocational) Pranayama for Health & Healing	2	20	30	--	50	
Paper 7	YOG MP201 (Practicum Vocational)	2	20	30	--	50	
Paper 8	MDC-FPY200 (Multidisciplinary) Social Psychology in Sports	3	40	60	--	100	
Paper 9	YOG SECT203 Yoga Nutrition & Dietetics	2	20	30	--	50	
Paper 10	YOG SECP203 Practicum SEC	1	20	--	30	50	
Grand Total		20				600	

Semester 2

Paper I AEC-GE AEC General English

Remarks – It is a compulsory common paper for all U.G. students and will be coordinated by Deptt. of English. It's syllabus is as per common university syllabus.

Paper 2 – VAC-EEDM VAC in Environmental Education and Disaster Management

Common syllabus for all students. It will be coordinated by Deptt of Environmental Studies.

Paper 3 – VAC-PA-VAC in Performing Arts

A compulsory and common paper for all U.G. students. It will be coordinated by Deptt. of Performing Arts.

Paper 4 – YOG MT 202 (Major Core Paper)

For students of Deptt. of Yoga.

Paper 5 – YOGMP 202 (Major Practical)

For students of Deptt. of Yoga.

Paper 6 – YOG MI 201 (Minor Paper) – Vocational (Pranayama for Health & Healing) Theory

For students of Deptt. of Yoga & out of departments also.

Paper 7 – YOG MP 201 (Minor Practical) Vocational

For students of Deptt. of Yoga & out of departments also.

Paper 8 MDC – FPY 200 (Multidisciplinary)

Remarks – A common paper prepared by Deptt. of Yoga, Sports & Music. In this semester students will study Social Psychology in Sports. Students from Deptt. of Yoga, Sports and Music will study this paper.

Paper 9 YOG SECT 203 (Theory)

For students of Deptt. of Yoga only.

Paper 10 YOG SECP 203 (Practical)

For students of Deptt. of Yoga only.

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	AEC-CS AEC Communication Skills	2	20	30	--	50	Entry
Paper 2	YOG MT301 (Major Core paper-I) Patanjal Yog Darshan-I	2	20	30	--	50	
Paper 3	YOG MT302 (Major Core paper-II) Introduction to Hath Yoga-I	2	20	30	--	50	
Paper 4	YOG MT303 (Major Core paper-III) Essence of Bhagwat Geeta for Holistic Living & Personality Development	2	20	30	--	50	
Paper 5	YOG MP304 Practicum Major	2	20	--	30	50	
Paper 6	YOG MI305 (Vocational) Applied Naturopathy	2	20	30	--	50	
Paper 7	YOG MP305 Practicum Vocational	2	20	--	30	50	
Paper 8	MDC-FPY 306 (Multidisciplinary) Music & Health	3	40	60	--	100	
Paper 9	YOG SECT307 (Skill Enhancement Course) Alternative & Complimentary Therapies First Aid & Emergency	2	20	30	--	50	
Paper 10	YOG SECP307 Practicum SEC	1	20	--	30	50	
Grand Total		20				550	

Semester 3

Paper 1 AEC – CS AEC Communication skills

Common syllabus for all U.G. students. It will be coordinated by Deptt. of English/Hindi.

Paper 2,3,4 & 5 are Major Core paper. These papers are only for students of Yoga.

Paper 6 YOG MI 305 (Vocational Theory)

Minor Vocational for students of Deptt. of Yoga & out of Departments also.

Paper 7 – YOGMP 305 (Vocational Practicum)

Minor Vocational for students of Deptt. of Yoga & out of Departments also.

Paper 8 – MDC – FPY 306 (Multidisciplinary Theory)

For students of Deptt. of Yoga, Sports and Music. Paper will be coordinated by Deptt. of Music/Performing Arts.

Paper 9 – Yog SECT 307 (Skill Enhancement Course – Theory)

It's only for students of Deptt. of Yoga.

Paper 10 – YOG SECP 307 (Practicum SEC)

It's only for students of Deptt. of Yoga.

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	AEC- ICT AEC Information & Communication Technology	2	20	30	--	50	Exit Diploma
Paper 2	YOG MT401 (Major Core Paper-I) Four Streams of Yoga	3	40	60	--	100	
Paper 3	YOG MT402 (Major Core Paper-II) Patanjal Yog Darshan- II	3	40	60	--	100	
Paper 4	YOG MT403 (Major Core Paper-III) Introduction to Hath Yog -II	2	20	30	--	50	
Paper 5	YOG MT404 (Major Core Paper-IV) Fundamentals of Ayurveda	2	20	30	--	50	
Paper 6	YOG MP405 Practicum Major	4	40	--	60	100	
Paper 7	YOG MI 406 (Vocational) Yoga First aid and Emergency Management	2	20	30	--	50	
Paper 8	YOG MP406 Practicum Vocational	2	20	--	30	50	
Grand Total		20				550	

Semester 4

Paper 1 – AEC – ICT AEC Information & Communication Technology

Common paper for all U.G. students and will be coordinated by Deptt. of Computer. It's syllabus is as per common university syllabus.

Paper 2,3,4,5 & 6 are Major Core papers for students Deptt of Yoga only.

Paper 7 – YOGMI 406 – (Vocational Theory) Yoga First Aids & Emergency Management

For students of Yoga and other Departments also.

Paper 8 – YOGMP 406 (Vocational practical)

For students of Yoga and other Departments also.

SEMESTER – V

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	YOG MT501 (Major Core Paper-I) Yoga Human Consciousness & Human Values	3	40	60	--	100	Entry
Paper 2	YOG MT502 (Major Core Paper-II) Yoga Psychology & Mental Health	3	40	60	--	100	
Paper 3	YOG MT503 (Major Core Paper-III) Applied Naturopathy	2	20	30	--	50	
Paper 4	YOG MT504 (Major Core Paper-IV) Basis of Yoga Therapy	2	20	30	--	50	
Paper 5	YOG MP505 Practicum Major	4	40	--	60	100	
Paper 6	YOG MI506 (Vocational) Fundamentals of Acupressure Therapy	2	20	30	--	50	
Paper 7	YOG MP506 Practicum Vocational	2	20	--	30	50	
Paper 8	YOG FVP507 Field Visit/Internship/Community Engagement	2	20	--	30	50	
Grand Total		20				550	

Semester 5

Paper 1,2,3,4 & 5th are Major Core paper for students of department of Yoga only.

Paper 6 – YOGMI 506 Vocational Theory

For students of Deptt. of Yoga and other Departments also.

Paper 7 – YOGMP 506 Vocational Practical

For students of Deptt. of Yoga and other Departments also.

Paper 8 – YOG FVP 507 – Field Visit Practical

For students of Yoga only

SEMESTER – VI

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	YOG MT601 (Major Core Paper-I) Applied Yoga	4	40	60	--	100	Bachelor Degree
Paper 2	YOGMT602 (Major Core Paper-II) Essence of Principal Upanishad	4	40	60	--	100	
Paper 3	YOGMT603 (Major Core Paper-III) Self Management & Methods of Yoga Teaching	2	20	30	--	50	
Paper 4	YOG MT604 (Major Core Paper-IV) Yogic Management of Life Related Disorders	2	20	30	--	50	
Paper 5	YOG MP605 Practicum Major	4	40	--	60	100	
Paper 6	YOG MI606 (Vocational) Yoga: Nutrition & Dietetics	2	20	30	--	50	
Paper 7	YOG MP606 Practicum Vocational	2	20	--	30	50	
Grand Total		20				500	

Semester 6

Paper 1,2,3,4 & 5 are Major Core paper. For students of Yoga only.

Paper 6 – YOGMI 606 – Vocational Theory

For students of Deptt. of Yoga and other Departments also.

Paper 7 – YOGMP 607 – Vocational Practical

For students of Deptt. of Yoga and other Departments also.

DEPARTMENT OF YOGA

Course Structure and Scheme of Examination of B.Sc. (Honours) Yogic Science as per NEP.2020 w.e.f. Academic Session 2024-2025, July2024

SEMESTER –7th

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	BYH MT-701 Insights into Indian Philosophy	4	40	60	--	100	Entry
Paper 2	BYH MT-702 Applications of Hatha Yoga and Patanjala Yoga	2	20	30	--	50	
Paper 3	BYH MT-703 Biomechanics and Kinesiology	4	40	60	--	100	
Paper 4	BYH MT-704 Teaching Methodology in Yoga	2	20	30	--	50	
Paper 5	BYH MIT705 Basics of Yoga Teaching	2	20	30	--	50	
Paper 6	BYHVOMIT-706 Vocational Theory (As per faculty of B.VOC)	1	20	30	--	50	
Paper 7	BYHMP707 Practicum Major	4	40	--	60	100	
Paper 8	BYHVOMIP-708 Vocational Practicum (As per faculty of B.VOC)	1	20	--	30	50	
Grand Total		20				550	

SEMESTER –8th

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	BYHMT-801 Principal Yogic Texts and Therapeutic Yoga-I	4	40	60	--	100	Entry.
Paper 2	BYHMT-802 Applications of Yoga Vasistha, Bhagavadgeeta and Vivek Chudamani	2	20	30	--	50	
Paper 3	BYHMT-803 APPLIED PSYCHOLOGY AND YOGIC COUNSELLING	2	20	30	--	50	
Paper 4	BYHMT-804 Research Methodology	4	40	60	--	100	
Paper 5	BYHMIT-805 BASICS OF APPLIED PSYCHOLOGY AND YOGIC COUNSELLING	2	20	30	--	50	
Paper 6	BYHVOMIT-806 Vocational- Theory (As per Faculty of B.Voc)	1	20	30	--	50	
Paper 7	BYHMP-807 Practicum Major	4	40	--	60	100	
Paper 8	BYHVOMIP-808 Vocational Practicum (As per Faculty of B.Voc)	1	20	--	30	50	
Grand Total		20				550	

DEPARTMENT OF YOGA

Course Structure and Scheme of Examination of B.Sc. (Honours with Research) Yogic Science as per NEP.2020 w.e.f. Academic Session 2024-2025, July 2024

SEMESTER –7th

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	BYHRMT-701 Insights into Indian Philosophy	4	40	60	--	100	Entry
Paper 2	BYHRMT-702 Applications of Hatha Yoga and Patanjala Yoga	2	20	30	--	50	
Paper 3	BYHRMT-703 Biomechanics and Kinesiology	4	40	60	--	100	
Paper 4	BYHRMT-704 Teaching Methodology in Yoga	2	20	30	--	50	
Paper 5	BYHRMIT-705 Basics of Yoga Teaching	2	20	30	--	50	
Paper 6	BYHRVOMIT-706 (Vocational -Theory (As per Faculty of B.Voc)	1	20	30	--	50	
Paper 7	BYHRMP707 Practicum Major	4	40	--	60	100	
Paper 8	BYHRVOMIP708 Vocational-Practicum (As per Faculty of B.Voc)	1	20	--	30	50	
Grand Total		20				550	

SEMESTER –8th

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	BYHRMT-801 Research Methodology	3	40	60	--	100	Bachelor degree (Honours with Research) Yogic Science
Paper 2	BYHRMT-802 Teaching Methodology in Yoga-II	1	20	30	--	50	
Paper 3	BYHRMIT-803 Basics of Applied Psychology & Yogic Counseling	2	20	30	--	50	
Paper 4	BYHRVOMIT-804 (Vocational -Theory (As per Faculty of B.Voc)	1	20	30	--	50	
Paper 5	BYHRD-805 Research Project/ Dissertation	12	100	--	200	300	
Paper 6	BYHRVOMIP-806 (Vocational - Practicum (As per Faculty of B.Voc)	1	20	--	30	50	
Grand Total		20				600	

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 and Health Care	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 Upanishads & Yoga Upanishads	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	
Grand Total		20				500	

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 Via Voce	20	100	--	400	500	Degree MA (Yogic Science)/ M.Sc. (Yogic Science)
Grand Total		20				500	

B.Sc. Yogic Science Semester-I

AEC -GH

Paper 01

AEC- General Hindi

Credit-2

As per common University Syllabus

VAC IKS

Paper 02

VAC In the Indian Knowledge System

Credit-02

Course Objective:

Through the course presented, students will be exposed to Indian culture, values, ancient Indian tradition, Indian concept of history, human values, value-based education, Indian religions, and way of life. This will not only help build the students' personalities but also help keep India's priceless cultural heritage intact.

Course Outcome:

After the careful study of the course students will be able to understand the concepts and characteristics of the Indian knowledge system.

Unit1–

Literary sources of Indian knowledge system (Vedic, Jain and Buddha). General introduction to Indian culture and its characteristics.

UnitII-

Jainism in Indian knowledge system, Buddhism in Indian knowledge system

UnitIII–

Various concepts of Indian knowledge system; Concept of Soul, Theory of Karma, Rebirth, Bondage and Salvation (Moksha), Purushartha Chatushtaya, Ashtanga Yoga.

Recommended Readings:

- Bag, A.K. (ed.) : *History of Technology in India*, Vol. I. New Delhi. *Cultural Heritage of India*, Vol I and II published by Ramkrishna Mission, Kolkata.
- Goyal, S.R. : *A Religious History of India*. Vol I and II.
- Hegde, K. T. M. : *An Introduction to Ancient Indian Metallurgy*, Banglor
- e. Jayaswal, Suvira : *Origin and development of Vaisnavism*.
- Keith, A. B. : *Religion and Philosophy of the Vedas and the Upanishads*
- Mule, Gunakar. : *Bhartiya Vigyan Ka Brihad Itihas*. Delhi.
- Pande, G.C. : *Foundation of Indian Culture*, Vol-I
- Pandey, S. : *Birth of Bhakti in Indian Religions & Art*.
- Pandey, G.C. : *Studies in the origin of Buddhism*.
- Prakash, S. : *Founders of Science in Ancient India*. New Delhi.

VAC HYW

Paper 03

VAC in Health, Yoga & Wellness

Credit-02

Course Objectives:

1. Understand the basic concept of health and health promotion.
2. Have better understanding of physical fitness and its components.
3. Understand the role of Yoga in health promotion.

Unit-I

Health Behaviour: Health habits, barriers to poor health, People at risk, Health promoting behaviours, changing health habits. Health compromising behaviours, Mental Health: Mind-body relationship; indicators of poor mental health. Well-being: Nature and types. Stress and its effects on health.

Unit -2

Fitness & Wellness-Meaning and definition of fitness and wellness & its components. Importance of physical fitness in daily life and Factors affecting physical fitness. Prominent health problem associated with inactivity. Nutrition-daily calorie requirements and daily energy expenditure.

Unit -3

Role of Yoga in transforming the lifestyle, Health and Yoga according to Hath Yoga, Total Human Development through yogic practice according to Pancha Kosha and Ashtang Yoga, Yoga and stress management, Yogic diet and Yoga nidra.

Reference Books:

1. Asana, Pranayama, Mudra evam Bandh - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
2. Bouchard, C., & Shephard, R. J. (Eds.). (1994). *Physical activity, fitness, and health: An invitation to a lifetime of physical activity*. Human Kinetics.
3. शर्मा, आर. (2018). *स्वास्थ्य और फिटनेस: एक सम्पूर्ण मार्गदर्शिका*, वाणीप्रकाशन.
4. गुप्ता, मनोज. (2020). *योग और ध्यान: स्वास्थ्य के लिए सरल उपाय*, विद्याप्रकाशन.
5. Bansal, A. (2020). *The ultimate guide to fitness: A comprehensive approach to health and wellness*. Kalyani Publishers.
6. Choudhury, B. K. (2018). *Yoga for a healthy lifestyle*. Dhanpat Rai & Co.
7. Gupta, S. (2019). *Fit and fine: Your guide to fitness and nutrition*. Rupa Publications.
8. Kaur, R. (2021). *Ayurvedic wellness: A holistic approach to health*. M. D. Publications.
- Mehta, P. (2017). *The fitness mantra: Tips for a healthier life*. Jaico Publishing House.

YOG MT102

Paper 04 (Major Core Paper)

Foundations of Yoga

Credit -03

Course 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.

Course outcome:

They will be able to know about the history and development of yoga. They will be able to understand about the insights of Indian Philosophy.

Unit-1: General introduction to Yoga & Yoga in Contemporary India

Brief about origin of Yoga: 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; Importance of Yoga.

Brief about Yoga in Contemporary India

Yoga in Modern time : Swami Vivekanand, Maharshi Shri Arvind, Maharshi Mahesh Yogi, Swami Sivananda Saraswati, Shri Ram Sharma Acharya, T. Kriishanayamcharya. B.K.S. Ayengar.

Unit - 2: General introduction to Indian philosophy & Yoga in Texts in Indian Tradition

Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Yogic Perspective to Shad-Darshan, Triratana of Jainism & Jain Yoga, Four Noble Paths of Buddha, Emphasis to Vedantic approach to Shankara, Ramanuja, Purushartha Chatushtaya.

Unit - 3: Brief about Yoga in texts in Indian tradition

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; pranayama in Svetasvatara Upanishad. Yogic perspective of Epics & Smritis: Ramayana, Adhyatma Ramayana and Mahabharata (Shanti Parva); Yogic perspective: Bhagavad Gita, Yoga in Yajurveda Smriti Yoga Vasishtha, Narada Bhakti Sutras

Unit-4: General introduction to Tantra & Kundalini Yoga in Contemporary India

History and development of Tantra Yoga, Meaning, Definition, aim and objectives, Agama and Branches of Tantra, Shaiva Yoga, Shiv and Shakti Kundalini Yoga, Shat Chakras

Unit-5: Brief about Yoga in Contemporary India

Yoga in Modern time : Swami Vivekanand, Maharshi Shri Arvind, Shri Shyamacharn Lahari, Maharshi Mahesh Yogi, Swami Sivananda Saraswati, Shri Ram Sharma Acharya, Swami Sivananda Saraswati, Acharya Mahapragya, T. Kriishanayamcharya. B.K.S. Ayengar.

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, 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
6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

YOG MP102

Paper 05

Practicum Major

Credit -01

Course Objectives:

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

Course Outcome:

After studying and practicing this paper students will be well known about Yogic Sukshma and Sthula Vyayam. They will have knowledge about importance of and role of Sukshma & Sthula Vyayam for higher yogic Ashanas. By getting practical knowledge of Anatomy & Physiology they will be skilled to apply Asan and Pranayam on own level and the society too.

Unit-1: Yogic suksma and sthula vyayama

Yogic suksma vya yama

Uccharana-sthala तथा 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, Kara- tala 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 तथा- svadhisthana-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)

Yogic sthula vyayama

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), Surya namaskara

Unit-2: Yogasana (Standing Postures and body alignment)

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

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.

YOG MI101

Paper 6

(Vocational), Minor Paper

Yoga and Swasthavritta

Credit-02

Course objective:

- Help students understand the concept of Yoga
- Help students to understand the concept of Swasthavritta
- Develop basic understanding of importance of Yoga and Swasthavritta in daily life

Course outcome:

- After Completion of this paper students will be able to develop a strong foundation in Yogic science.
- Get the basic understanding of Yoga
- Get the basic understanding of Swasthavritta
- Understand the importance of Yoga and Swasthavritta in daily life.

Unit I: Concept of Yoga

Yoga: Meaning, Definition, History, Aim and Objectives of Yoga, Principles of Yoga, Importance of Yoga, Misconceptions of Yoga Streams of Yoga: Karma Yoga, Gyana Yoga, Bhakti Yoga, Raja Yoga, Yogic Lifestyle

Hatha Yoga: Asana, Pranayama, Dhyana, Shatkarma

Unit II Concept of Swasthavritta

Swasthavritta: Meaning and definition, Purpose; Dinacharya, Ratricahrya, Ritucharya.

Text books:

Yoga Vigyan- Yoga Niketan Trust

Reference Books:

1. Hathapradipika, Yoga publication trust, Bihar
2. Asana Pranayama Mudra Bandha, Yoga Publication trust, Bihar
3. Swasthya Chiryauvan evam Dirgha Jivan, Dr. Pitambar
4. Ayurveda Siddhant Rahasya, Divya Prakashan, Haridwar

YOG MP101

Paper 07 (Minor Practicum)

Practicum Vocational

Credit-02

Course Objective:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- Help students understand the concept of Yoga
- Help students to understand the concept of Swasthavritta
- Develop basic understanding of importance of Yoga and Swasthvritta in daily life.

Course outcome:

- Get the basic understanding of Yoga
- Get the basic understanding of Swasthavritta
- Understand the importance of Yoga and Swasthavritta in daily life.

Unit I

Yogic Sukshma Vyayama (Series 1), Common Yoga Protocol, Surya Namaskar

Asana:

Standing: Tadasana, Triyak Tadasana, Kati Chakrasana, Vrikshasana,

Sitting: Vajrasana, Ushtrasana, Shashankasana, Mandukasana, Vakrasana

Prone: Makarasana, Shalabhasana, Bhujangasana

Supine: Uttanapadasana, Ardha Halasana, Pawanmuktasana, Setubandhasana, Markatasana, Shavasana

Unit II

Pranayama – Nadi Shodhana Pranayama, Shitali Pranayama, Bhramari Pranayama

Meditation: Om Chanting, Yoga Nidra, Vipasana, Preksha, Transcendental

Reference Books:

1. Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar Munger
2. Basavaraddi, I.V. & Others. Yogasana: A comprehensive description about Yogasana, MDNIY, New delhi
3. Yoga Nidra, Yoga Publication trust, Bihar

MDC FPY100

Paper 08 (Multidisciplinary)

Yoga and Holistic Health

Credit-03

Course Objectives:

1. Develop basis understanding about Yoga & Holistic Health.
2. Provide knowledge of yoga application for Holistic health.
3. Provide basic knowledge about Mental health, Yogic Concept of Health and Disease

Course outcome:

After studying this paper students will get knowledge of Yogic concepts of health and disease. It will help in developing Yogic vision for health and healing. By knowing the Yogic principles of healthy living, they can practice it in their own life and can be a messenger of health & healthy living in the society.

Unit-1: General introduction to yoga

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga, Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

Unit-2: CONCEPT OF BODY, HOLISTIC HEALTH AND DISEASE-I

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 Health and Disease: Meaning and definitions

Unit-3: CONCEPT OF BODY, HOLISTIC HEALTH AND DISEASE-II

Concept of Adhi and Vyadhi according to Yoga Vasistha, Holistic health care through Yoga- Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.

Unit- 4: CAUSES OF ILL HEALTH ACCORDING YOGA & HEALING CONCEPT

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-5: YOGIC PRINCIPLES AND PRACTICES OF HOLISTIC HEALTH

Dietary regulation according to Hatha yoga and Bhagavadgitha; Mental Health & Mental Hygiene & Holistic Health; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas.

Recommended books:

1. K.N. Udupa-Stress and its management by yoga, Motilal Banarsidass publication, 1998.
2. Sw. Satyananda Saraswati-Yogic Management of Common, Yoga publication 37trust, Munger, Bihar,2002
3. Shivanda Saraswati, Srimat Swami. (1978): *Yogic Therapy*, Gauhati, Umachal Yogashram,
4. Swamy Kuvalyananda: Principles of Yoga Therapy, SMYM Samiti, Kaivalyadhama
5. Swamy Kuvalyananda- (1985): Rational of Yogic Poses and Other Articles, Bombay, I.C. Yogic Health Centre, Kaivalyadhama
6. Prof. Venkata Reddy M, Dr. Murthy, K.J.R., Dr. Sahay B.K., Dr. Prasad, B.N. (2005)
7. *Yogic Therapy* Arthamuru, Sri M.S.R. Memorial Yoga Series
Applications in Yoga, The Lonavla Yoga Institute, Lonavla
8. Vyasa (2004) *Therapeutic Application of Yoga* – SVPP, Bangalore.
9. Gharote.M.L. 1982, Yoga Therapy – Its Scope and Limitations – Jour – Res – Edu – Ind – Medicine – Vol – 1 & 2, P-37-42.

YOG SECT103

Paper 09 (Skill Enhancement Course)

General Introduction to Yogic Practices

Credit-02

Course objectives:

1. Understand the basics of Asana, Pranayama, Mudra, Bandha, Dhyana and Shatkarma
2. Understand the benefits, contraindications, principles and methods of Yogic practices.
3. Explain the procedure and subtle points involved.

Course Outcome

- Get the basic understanding of Asana, Pranayama, Mudra, Bandha, Dhyana and Shatkarma.
- Understand the benefits, contraindications, principles and methods of Yogic practices.
- Be able to explain the procedure and subtle points involved.

Unit 1 – General Introduction to Asana

Concept, Meaning and Definition of Asanas; Types of Asanas – standing, sitting, prone, supine, balancing; Traditional methods of asanas according to traditional yogic texts; Benefits of Asanas, Precautions while practicing asanas, General principles related to Asanas.

Unit 2 – General Introduction to Pranayama, Mudra, Bandha and Dhyana

Concept, Meaning and Definition of Pranayama, Mudra, Bandha and Dhyana; Types and Method of Pranayama, Mudra, Bandha and Dhyana according to traditional yogic texts; Benefits of Pranayama, Mudra, Bandha and Dhyana; Precautions while practicing Pranayama, Mudra, Bandha and Dhyana; General principles related to Pranayama, Mudra, Bandha and Dhyana.

Unit 3 – General Introduction to Shatkarma

Concept, Meaning and Definition of Shatkarma; Types and Methods of Shatkarma according to traditional yogic texts; Benefits of Shatkarma; Precautions while practicing Shatkarma; General principles related to Shatkarma.

TEXT BOOK

- Swami Satyananda Saraswati. Asana, Pranayama, Mudra, Bandha, Bihar YogaBharati, Mungher, Bihar, India.

REFERENCE BOOKS:

- Digamber & Jha. Hathapradipika, Kaivalyadhama, Lonavala, Pune, 1998
- Swami Niranjanananda. Gheranda Samhita, Bihar School of Yoga, Munger, Bihar, 2011
- Swami Maheshananda, Shiv Samhita, Kaivalyadhama, Lonavala, Pune, 1999
- Swami Dwarikadas shastri, Siddhasiddhant Paddati, Chaukhama Subharti Prakashan, 2014

YOG SECP103

Paper 10

Practium SEC

Credit -01

Course Objective:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- Help students understand the concept of Yoga
- Help students to understand the concept of Swasthavritha
- Develop basic understanding of importance of Yoga and Swasthavritha in daily life

Course outcome:

- Get the basic understanding of Yoga
- Get the basic understanding of Swasthavritha
- Understand the importance of Yoga and Swasthavritha in daily life.

Unit I

Yogic Sukshma Vyayama (Series 1), Common Yoga Protocol, Surya Namaskar

Asana:

Standing: Tadasana, Triyak Tadasana, Kati Chakrasana, Vrikshasana,

Sitting: Vajrasana, Ushtrasana, Shashankasana, Mandukasana, Vakrasana

Prone: Makarasana, Shalabhasana, Bhujangasana

Supine: Uttanapadasana, Ardha Halasana, Pawanmuktasana, Setubandhasana, Markatasana, Shavasana

Unit II

Pranayama – Nadi Shodhana Pranayama, Shitali Pranayama, Bhramari Pranayama

Meditation: Om Chanting, Yoga Nidra, Vipasana, Preksha, Transcendental

Reference Books:

1. Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar Munger
2. Basavaraddi, I.V. & Others. Yogasana: A comprehensive description about Yogasana, MDNIY, New delhi
3. Yoga Nidra, Yoga Publication trust, Bihar

B.Sc. Yogic Science Semester-II

AEC-GE

Paper 01

AEC- General English

Credit-02

As per University Syllabus

VAC -EEDM

Paper 02

VAC In Environmental Education & Disaster Management

Credit-02

As per University Syllabus

VAC -TAC

Paper 03

**VAC In Tribal Art & Culture
Or**

VAC- PA

VAC In Performing Art

Value Added 2nd

Credit-2

As per University Syllabus

YOG MT202

Paper 04 (Major Core Paper)

Human Anatomy & Physiology

Credit-03

Course Objectives:

- To know about the structure of the body
- To know about the necessary functions of the body
- To have brief idea about the diseases related to each system
- To know about Human Anatomy. By its knowledge they can experience the involvement of their body parts while practicing various postures of yoga.

Course Outcome:

Without knowing Human Anatomy and Physiology no one can successfully apply Yogic knowledge like – Asanas, Pranayam & Dhyan on the mass level. Having knowledge of this paper one can be a skilled 'Jan Swasthya Rakshak' and can serve his society.

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

Cell structure –Plasma membrane and protoplasm; Cell organelles, 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, Types of joint, 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

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers 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

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

Unit -4: Nervous system, Special Senses &Endocrine system

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

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

Unit -5: Reproductive, Excretory, Lymphatic and immune system

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.

Lymphatic system and immune system:

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, KhelSahitya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

YOG MP202

Paper 05

Practicum Major

Credit -01

Course Objectives:

- To provide practical knowledge of Sheatkarmas
- To provide practical knowledge of Common Yoga Protocol and Meditation.
- To give practical knowledge of Asanas (Yogic Postures).
- To give practical knowledge of Anatomy and Physiology.

Course Outcome:

This paper may be called a complete package for health & happiness. By practicing of this paper no one cannot be healthy only but can be a skilled safeguard for the society especially for down trodden tribal society.

Unit-1: Shatkarmas

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

Unit- 2 Practice of IDY-Common Yoga Protocol and Meditation

Pranav & Soham Jap, Om Meditation, Chakra Meditation, Chidhakash- Dharna, Antarmaun, Kriyayoga Meditation, Yoga Nidra.

Asnas (yogic postures) Standing Postures

Ardhakati, chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, Veersana,

Sitting postures

Paschimottasana, Suptavajrasana, Ardhamatsyendrasana, Badhakonasana, Merudandasana, Gomukhasana,

Prone postures

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

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.

YOG MI201

Paper 06 (Vocational), Minor Paper Pranayama for Health & Healing

Credit -02

Course Objectives:

- To know about the Pranayama & Healing
- To know about the different breathing practices.
- To give knowledge about meditation and its types.
- To throw light on the Meditation Practices and Healing.

Course Outcome:

By studying this paper student will get theoretical knowledge of Pranayam and Meditation. Knowledge of different types of meditation will give him a vast field for practicing his knowledge in the society.

Unit-1: Pranayama & Healing

Pranayama – Meaning and Definition, Mechanism of correct breathing, Concept of Pūraka, Kumbhaka and Rechka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its Importance in Healthy living & Yoga Sadhana.

PRANAYAMA: Pranayama practices in Hatha yoga Pradipika and Gherand Samhita, Ashta Kumbhaka their techniques, benefits and precautions.

Unit-2: Breathing practices & Healing

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), Science of breathing (Yogi Ram Charak)

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.

YOG MP201

Paper 07 (Minor Practicum)

Practicum Vocational

Credit -02

Course Objectives:

- To provide practical Knowledge of Pranayam & Healing
- To provide practical Knowledge of different breathing practices.
- To give knowledge about meditation and its types.
- To throw light on the Meditation Practices and Healing.

Course Outcome:

By studying this paper student will get practical knowledge of Pranayam and Meditation. Knowledge of different types of meditations will give them a vast field for practicing their knowledge in the society.

Unit-1: Breathing practices

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-2 Pranayama Practices

Nadishodhan Pranayama, Bhastrika, Ujjai, Sitali, Sitkari, Bhramari

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, Sheetal Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka),

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.

MDC- FPY200

Paper 08 (Multidisciplinary)

Social Psychology in Sports

Credit-03

COURSE CONTENT/ SYLLABUS	
UNIT-I	GROUP DYNAMICS
	<ul style="list-style-type: none">• Structure of the Group, Forming of Group, Group Vs. Team,• Understanding the Group structure (Group roles, Role conflict, norms)• Group Cohesiveness• Measuring Cohesion, Development of Team Cohesion
UNIT-II	LEADERSHIP IN SPORTS
	<ul style="list-style-type: none">• Coach Leadership in Sport – (Fiedler's contingency theory, Path-goal theory, Hersey-Blanchard Situational Leadership Theory)• Types of Coach Leadership• Coach-Athlete Relationship• Coach-Athlete -Psychologist Relationship (Quality & Maintenance)
UNIT-III	SPECTATORS EFFECT ON PERFORMANCE
	<ul style="list-style-type: none">• Types of Spectators• Spectators Effect on Sports Performance• Effect of spectator on Individual and team sports• Dealing with spectators' pressure
UNIT-IV	SPORTS ENVIRONMENT
	<ul style="list-style-type: none">• Morality in sport• Cross-cultural issues in sports• Relationship of cohesion with performance.
UNIT-V	SPORTS MOTIVATIONAL CLIMATE
	<ul style="list-style-type: none">• Coach-created motivational climate• Parent-created motivation climate• Peer-created motivation climate
References:	
<ol style="list-style-type: none">1. Cratty, B.J. (2000) <i>Psychology of Contemporary sports</i>, Human Kinetics Publishers, Champaign Illinois.2. Carron, A.V., Hausenlas, H.A. Mark Eys (2005). <i>Group Dynamics in Sport</i>. Morgantown, WV: Fitness Information Technology, INC, US.3. Cronbach J. Lec (1990) <i>Essentials of Psychological Testing</i> (Harper Collins Publishers).4. Cratty, Braynat. J., (1973) <i>Movement Behaviour and Motor Learning</i> (Philadelphia: Lea and Febiger, 1973,), Edn.35. Kamlesh, M.L. (2011) <i>Psychology in Physical Education and Sport</i>, 3rd ed. Metropolitan Book Co.Pvt.Ltd Delhi.6. Nideffer, R. M. (1992). <i>Psyched to Win</i>. Champaign, IL: Leisure Press	

YOG SECT203

Paper 09

Yoga: Nutrition & Dietetics

Credit-02

Course Objectives:

Brief understanding of Yogic Diet and Naturopathy Diet.

Understand the Yogic Concept of Diet & Nutrition.

Course Outcome:

By getting practical knowledge of this paper student will be well known about Yogic diet, Food & Nutrition. He will understand interrelation between Diet & Diseases. He may be a good Dietitian and may apply, his knowledge for the wellbeing of the society.

Unit 1: Yogic diet, Food & Nutrition

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.

Introduction of food and nutrition. Foods Groups and its nutritional composition. Type of diet. Recommended Dietary Allowances. Need of Nutrition and nutritional problems in different age group. Public health problem.

Unit 2: Diet & Diseases

Nutritional problems in India: prevalence, etiology, biochemical and clinical manifestations and therapeutic measurement of the following:

Diabetes Mellitus, Nutritional Anaemia, Liver disorder, Cardio vascular disease, kidney disease,

Tuberculosis, Typhoid fever, Gout, Cancer, Gastrointestinal problem.

Unit 3: Applied Therapy

Dietary counselling, food selection and meal planning, dietary management and modification. Assessment of nutritional status: anthropometric, clinical and biochemical, diet survey. Nutrition education. Visit of hospital /local community to identify the nutritional problem and prepare report.

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 Livings, 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

YOG -SECP203

Paper 10

Practicum SEC

Credit -01

Course Objectives:

- Brief understanding of application of Yogic Diet and Naturopathy Diet.
- To provide practical knowledge of Applied Therapy regarding food & Nutrition.

Course Outcome:

By getting practical knowledge of this paper students will get to know about Yogic diet, Food & Nutrition. They will understand interrelation between Diet & Diseases. They may become a good dietician and may apply, this knowledge for the wellbeing of the society.

Unit -1 Yogic Diet food and nutrition

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-2 Applied Therapy

Dietary counselling, food selection and meal planning, dietary management and modification. Assessment of nutritional status: anthropometric, clinical and biochemical, diet survey. Nutrition education. Visit of hospital /local community to identify the nutritional problem and prepare report.

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 Livings, 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

B.Sc. Yogic Science

Semester-III

AEC- CS

Paper 01

AEC Communication Skills

Credit-02

As per University Syllabus

YOG MT301

Paper 02 (Major Core Paper-I)

Patanjal Yoga Darshan-I

Credit-02

Course Objectives:

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

Course Outcome:

After completion of this paper students will have knowledge about Patanjali Yoga Darshan, pillar of ancient yogic philosophy of India. They will be enabled to use their ancient knowledge for the welfare of humanity.

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Chitta, Chitta bhoomis

Brief Introduction to Maharshi Patanjali and Patanjali Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjali Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha).

Unit - 2: Introduction of Chitta vrittis and Chitta vritti nirodhopaya

Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana.

Unit - 3: Samadhi 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); Ritambhara pragra, Sabeej & Nirbeej Samadhi Difference between Samapatti and Samadhi. Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

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: Patanjal 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

YOG MT302

Paper 03 (Major Core Paper-II)

Introduction to Hath Yoga-I

Credit-02

Course Objectives:

- 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.

Course Outcome:

After completion of this paper student will be able to understand about pre-requisites and principles of Hath Yoga. He will also be able to understand the relationship between Patanjala Yoga and Raj Yoga.

Unit-I: General introduction to Hatha yoga

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, 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

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana;

Unit - 3: General introduction to Nadi and Swarodaya

Nadi-Meaning, Types, Internal and External nadi Shudhi, Importance of Ida, Pingala and Shushumana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana.

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 Hatha Yoga 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

YOG MT303

Paper 04 (Major Core Paper-III)

Essence of Bhagavadgita for Holistic living & Personality Development

Credit-02

Course Objectives:

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

Course Outcome:

After studying this paper student will be able to understand the significance of Srimad Bhagwad Geeta and its essence. He could use his spiritual knowledge for developing harmony in the society, Serve the poor tribal people and ensure Yogkshem for the mankind.

Unit – 1: Significance of Bhagavadgita as synthesis of yoga

Introduction to Bhagavadgita; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Concept of Sthita Pranja, Stages and Characteristics of it.

Concept of Paramatman (Parmeshwar or Purushottam) their characteristics in Bhagavadgita. Concept of Jnana and Jananyoga, Samatva Yoga.

Unit–2: Karma yoga and Bhakti yoga in Bhagavadgita

Concept of karma Yoga in Bhagavadgita. Swadharma, Concept of Bhakti, Types of Bhakt (Chap.7) Nature of Bhakti (Chap.12) ,Concept of Shraddha and its relevance in as described in Bhagavad Gita. Synthesis of Karmyoga, Bhaktiyoga and Jananyoga in Bhagavad Geeta. Nature of Personality types of personality. Role of Bhagvdgita in personality development (Witch special reference to Dhyanyoga).

Unit – 3: Concept of Ahara and role of Bhagavadgita in healthy living

Role of Bhagavadgita in day to day life; Concept and classification of Ahara (Sativik, Rajsik and Tamsik 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.Samatvabhav in all creatures.

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advaita 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 ; Srimadbhgavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

YOG MP304

Paper 05

Practicum Major

Credit-02

Course Objectives:

- To provide practical knowledge of Yogasanas and their techniques.
- To provide specialized knowledge of Bandha ,Pranayam & Mudras
- To provide deep knowledge of shatkriyas for healthy living.

Course Outcome:

Through the course prescribed for Yoga Practicum student will get practical knowledge of different Yogasanas, Bandh, Pranayam, Mudra and Shatkriya which will not only be helpful in getting sound health but will also prove helpful in achieving the objectives of the new education policy – **Health for All** promulgated by the Government of India in 2020. By developing health skill they may prove themselves as guardian of Public Health.

Unit-1 Practice of Shatkriya

Shankha Prakshalan, Trataka, Nauli and its types

Unit-2: Yogasanas

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Pada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhujangasana, 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, 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-3: Bandha & Pranayama and Mudra (with Antar & Bahya Kumbhaka)

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra.

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.

YOG MI305

Paper 06 (Vocational)- Minor Paper Applied Naturopathy

Credit -02

Course Objectives:

- To give an introduction to the concept of Naturopathy.
- To give a basic knowledge of Yoga as preventive health care and Yogic life style analysis.

Course Outcome:

Study of this paper will enhance knowledge of Naturopathy and its application in the students. They will be enabled to use Naturopathy as an alternative of Allopathic medicine. They will also be aware about the role of Naturopathic diet on disease prevention and health promotion.

Unit-1: INTRODUCTION TO NATUROPATHY

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: NATUROPATHY TREATMENTS -

Mud therapy- Source of Mud, Preparation of mud, Therapeutic effects of Mud, Physiological effects of Mud, General and Local Application.

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Hip Bath, Spinal Bath, Foot Bath, Stems Bath, Enema, Wet bandage and compress local and general.

Upvasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of De-toxification.

Massage Therapy: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet 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 M.K.Gandhi. : My Nature Cure

YOG MP305

Paper 07 (Minor Practicum)

Practicum Vocational

Credit -02

Course Objectives:

- To give practical knowledge of Mud & Hydrotherapy.
- To provide practical knowledge of management of disease through Naturopathy.

Course Outcome:

- After studying this paper students will have practical knowledge of Applied Naturopathy. They will be enabled to practice their knowledge in the society, and serve the country.

Unit-1 Mud & Hydrotherapy Therapy

Methods of treatment of mud-applications, packing, hot Poulities, Natural mud bath, full and partial mud packs, mud plaster, sand baths, Cosmetic uses of mud.

Hydrotherapy:

Hip Bath, Spinal Bath, Foot Bath, Stems Bath, Enema, Wet bandage and compress local and general.

Unit-2 Massage Therapy & Sun Bath

Massaging in local areas under special circumstances:-Massage of Abdomen, Massage to liver
Massage to stomach Massage to heart Massage to head Massage to spine, Special type of massage in different diseases.

Sun Bath: -

Sun bath through of wet packed, Sun bath of children & aged persons, Sun bath, With leaves, Oil
Sun bath

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
2. M.K.Gandhi. : My Nature Cure

MDC-FPY306

Paper 08 (Multidisciplinary)

Music & Health

Credit-3

COURSE CONTENT/ SYLLABUS	
UNIT-I	GROUP DYNAMICS
	<ul style="list-style-type: none">• Structure of the Group, Forming of Group, Group Vs. Team,• Understanding the Group structure (Group roles, Role conflict, norms)• Group Cohesiveness• Measuring Cohesion, Development of Team Cohesion
UNIT-II	LEADERSHIP IN SPORTS
	<ul style="list-style-type: none">• Coach Leadership in Sport – (Fiedler's contingency theory, Path-goal theory, Hersey-Blanchard Situational Leadership Theory)• Types of Coach Leadership• Coach-Athlete Relationship• Coach-Athlete -Psychologist Relationship (Quality & Maintenance)
UNIT-III	SPECTATORS EFFECT ON PERFORMANCE
	<ul style="list-style-type: none">• Types of Spectators• Spectators Effect on Sports Performance• Effect of spectator on Individual and team sports• Dealing with spectators' pressure
UNIT-IV	SPORTS ENVIRONMENT
	<ul style="list-style-type: none">• Morality in sport• Cross-cultural issues in sports• Relationship of cohesion with performance.
UNIT-V	SPORTS MOTIVATIONAL CLIMATE
	<ul style="list-style-type: none">• Coach-created motivational climate• Parent-created motivation climate• Peer-created motivation climate

References:

1. Cratty, B.J. (2000) *Psychology of Contemporary sports*, Human Kinetics Publishers, Champaign Illinois.
2. Carron, A.V., Hausenlas, H.A. Mark Eys (2005). *Group Dynamics in Sport*. Morgantown, WV: Fitness Information Technology, INC, US.
3. Cronbach J. Lec (1990) *Essentials of Psychological Testing* (Harper Collins Publishers).
4. Cratty, Braynat. J., (1973) *Movement Behaviour and Motor Learning* (Philadelphia: Lea and Febiger, 1973,), Edn.3
5. Kamlesh, M.L. (2011) *Psychology in Physical Education and Sport*, 3rd ed. Metropolitan Book Co.Pvt.Ltd Delhi.
6. Nideffer, R. M. (1992). *Psyched to Win*. Champaign, IL: Leisure Press
7. Magill, Richard A (1993) *Motor Learning Concepts and Application*, 4th ed WCB Brown and Benchmark Publishers.

YOG- SECT307

Paper -09 (Skill Enhancement Course)

Alternative & Complimentary Therapies first Aid & Emergency

Credit-02

Course Objectives:

- provide knowledge of Yogic concepts of health and disease.
- enhance knowledge of yoga and alternative therapies
- provide deep awareness of Yogic Principles and practices of healthy living.
- give knowledge of health benefits of Yogic practices.
- introduce Alternative Therapies
- throw light on first Aid and Emergency
- to gain basic understanding of treatment of common diseases through yoga and alternative therapies.

Course outcome:

- get the knowledge of yogic concepts of health and disease.
- get proper knowledge of Yoga and Alternative therapies.
- Understand the health benefits of Yogic practices.
- get the knowledge of first Aid & Emergency student may help in any emergency to downtrodden and poor people of the society like tribes.
- Get basic understanding of the treatment of common diseases through yoga and alternative therapy.

Unit 1 – Introduction to Complementary and Alternative Therapy

History and nature of CAT; Meaning, Definitions, objectives and need of CAT; Scope and limitations of CAT; Challenges in practice of CAT; Types of alternate therapies; Comparison of the CAT with regular medical practice; WHO & Alternative Therapy.

Unit 2 – Acupressure Therapy & First Aid & Emergency

History and nature of Acupressure therapy; Meaning and definitions of acupressure; Concept of yin and yang; fiveelement theories; organ clock; concept of meridian, fourteen Chinese meridians; Important points – distal points, organ source points etc.; Types of treatment – single point treatment, multiple point treatment; general precautions; Body organs and their correspondence on palm; Treatment through correspondence; yoga and acupressure,

First Aid & Emergency

Meaning, Definition & History, Golden Rules, Role of First Aider & duties, Preparation of different types of bandages, Management of different types of diseases – Snake bite, different types of Burning, Injuries, Sun burn, Sun stroke, Drown, Acid –burn.

Unit 3 – Naturopathy, Colour Therapy and Magneto Therapy

History of Naturopathy; Principles of Naturopathy; Definition of Nature cure; Fasting therapy – Basics of diet; types of fasting; need and importance of fasting; Precautions, indications and contra-indications; Massage Therapy – Types of massage, oils used in massage, massage techniques; Mud and Water therapy – healing effects of mud, types of muds, preparation and method of application; Benefits, indication and contra-indications; Physiological and therapeutic

properties of water; Interventions, Hip bath, Steam bath, Enema, Packs, Compress and foundation; Chromo,

Colour Therapy and Magneto Therapy – Physiological and psychological effects of Color and Magnet; Benefits, Indications and Contra-indications;

Text books -

1. Bhakru H.K., The Complete Handbook of Nature Cure, Jaico Publishing House.
2. Singh A., Acupressure, ACS.
3. Elman D., Hypnotherapy, Westwood Publishing.
3. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
4. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
5. Dr. K. Krishna Bhat: The power of Yoga

Reference Books:

1. Goyal B.B., Secret of Naturopathy & Yoga, Sterling Publication.
2. Reed M., Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam.
3. Yuan, Chun-Su., Textbook of complementary and alternative medicine, Parthenon Publishing.
4. Saxena A.K., Miraculous Effects of Acupressure, Shristi Publishers.
5. Jones D., Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition, Lulu.com
6. S.C. Srivastava. Patanjala Yogadarshanam, Chaukhamba Subharti Prakashan, Varanasi
7. Digamber & Jha. Hathapradipika, Kaivalyadhama, Lonavala, Pune, 1998
8. Swami Karmananda. Yogic Management of Common Diseases, Yoga Publication Trust, Bihar.
9. Dr. Bhavya Jain. Prathamik Upchar Evam Apaath Prabandhan, Vayu Education of India Publisher, Delhi
10. First aid manual, British Red Cross Society, Dk Publishers.

YOG SECP307

Paper-10

Practicum SEC

Credit-01

Course Objectives:

- provide knowledge of Yogic concepts of health and disease.
- enhance knowledge of yoga and alternative therapies
- provide deep awareness of Yogic Principles and practices of healthy living.
- give knowledge of health benefits of Yogic practices.
- introduce Alternative Therapies
- throw light on first Aid and Emergency
- to gain basic understanding of treatment of common diseases through yoga and alternative therapies.

Course outcome:

- get the knowledge of yogic concepts of health and disease.
- get proper knowledge of Yoga and Alternative therapies.
- Understand the health benefits of Yogic practices.
- get the knowledge of first Aid & Emergency student may help in any emergency to downtrodden and poor people of the society like tribes.
- Get basic understanding of the treatment of common diseases through yoga and alternative therapy.

Unit 1 – Complementary - Alternative Therapy & First Aid & Emergency

Scope and limitations of CAT; Types of alternate therapies Therapy. Management of different types of diseases–Snake bite, different types of Burning, Injuries, Sun burn, Sun stroke, Drown, Acid –burn.

Unit -2

Management of disease through Complementary and Alternative therapy (Naturopathy, Acupressure therapy, Colour therapy, Magnetotherapy)

Headache	Heart
Hernia	Disease
Hypertension	Colitis
Kidney Stone	Sciatica
Heart Diseases	Stress
Anaemia	Diabetes
Arthritis	Eczema
Nervous Debility	Varicose
Obesity	Veins
Anxiety	Coronary
Old Age Problem	Cervical Spondylitis
Piles	Constipation

Text books -

1. Bhakru H.K., The Complete Handbook of Nature Cure, Jaico Publishing House.
2. Singh A., Acupressure, ACS.
3. Elman D., Hypnotherapy, Westwood Publishing.
3. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
4. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
5. Dr. K. Krishna Bhat: The power of Yoga

Reference Books:

1. Goyal B.B., Secret of Naturopathy & Yoga, Sterling Publication.
2. Reed M., Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam.
3. Yuan, Chun-Su., Textbook of complementary and alternative medicine, Parthenon Publishing.
4. Saxena A.K., Miraculous Effects of Acupressure, Shristi Publishers.
5. Jones D., Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition, Lulu.com
6. S.C. Srivastava. PatanjalaYogadarshanam, ChaukhambaSubhartiPrakashan, Varanasi
7. Digamber& Jha. Hathapradipika, Kaivalyadhama, Lonavala, Pune, 1998
8. Swami Karmananda. Yogic Management of Common Diseases, Yoga Publication Trust, Bihar.
9. Dr. Bhavya Jain. PrathamikUpchar Evam ApaataPrabandhan, Vayu Education of India Publisher, Delhi
10. First aid manual, British Red Cross Society, Dk Publishers.

B.Sc. Yogic Science

Semester-IV

AEC - ICT

Paper 01

AEC Information & Communication Technology

Credit-02

As per university syllabus

YOG MT401

Paper 02 (Major Core Paper-I)

Four Streams of Yoga

Credit-03

Course Objectives:

- Understand the four paths/streams of yoga with in-depth understanding.
- Have an in-depth understanding about their similarities and dissimilarities'.
- Understand the principle and conceptualize each stream

Course Outcome:

- After studying this paper students will get deep knowledge about ancient yogic system of four Streams of Yoga.
- It will create sense of "Bharat Vodha " in themselves which will prove a milestone for national unity.

Unit-1: JnanaYoga

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

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

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

YOG MT402

Paper 03 (Major Core Paper-II)

Patanjal Yoga Darshan –II

Credit-03

Course Objectives:

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

Course Outcome:

- After completion of this paper students will have knowledge about Patanjali Yoga Darshan, pillar of ancient yogic philosophy of India. They will be enabled to use their ancient knowledge for the welfare of humanity.

Unit-1: Sadhana pada-I

Concept of Kriya Yoga of Patanjali, Means of Kriyayog; Tap, Swadhyay and Ishwar Pranidhan. Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Karmashya and Karmavipak.

Unit-2: Sadhana pada-II

Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha- nirupanam (Prakriti), Drastunirupanama (Purusha). Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 3: Vibhuti Pada 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, Satvapurus Anyathakhyati and its Siddhis; Vivek Jnana Nirupanam.

Unit - 4: Kaivalya Pada

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. Dharmamedh Samadhi and its result. Kaivalya Nirvachan. Jivan Mukti and Videh Mukati.

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

YOG MT403

Paper 04 (Major Core Paper-III)

Introduction to Hath Yoga -II

Credit-02

Course Objectives:

- 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.

Course Outcome :

After completion of this paper student will be able to understand about pre-requisites and principles of Hath Yoga. He will also be able to understand the relationship between Patanjala Yoga and Raj Yoga.

Unit - 1: Principles and Introduction to Hatha Yoga texts

Concept of Swas-prashwas, Vayu, Prana and Upaprasna; 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-2: Jnana Yoga and Karma Yoga

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;

Unit-3: Relationship between Patanjala Yoga and Hatha Yoga

Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, 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. Hatha Yoga Pradeepika of Svatanmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Commentary of Hatha Yoga 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: Hatharathnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd 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

YOG MT404

Paper 05 (Major Core Paper-IV) Fundamentals of Ayurveda

Credit-02

Course Objectives:

- To give an overview of fundamentals of Ayurveda.
- To provide basic knowledge of Swastha vritta, Dincharya, Ritucharys and Ratricharya.
- To teach the knowledge of Pathya, and Apathya according to Ayurveda.
- Introduce to Panchakarma.

Course outcome:

- After completion of this paper student will able to know fundamentals of Ayurveda,
- He will know about Swasthavritta, Dincharya, Ritucharya, and Ratricharya and may enable to apply his knowledge for the wellbeing of downtrodden tribal people who are still away from health education.

Unit-1: GENERAL INTRODUCTION TO AYURVEDA& PANCHAKARMA

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.

INTRODUCTION TO PANCHAKARMA

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.

Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & anas; 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

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

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalia, 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, Chaukambha Sanskrit Prathisthan, Delhi, 2004
3. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009

YOG MP405

Paper 06

Practicum Major

Credit-04

Objectives:

Objective of this course is to make the students to record the data every day in a clinical set up and analyse the same for the presentation of the cases.

Course outcome:

- Practical knowledge of case study will help to students to make to record the date every day in a clinical setup. They can analyze the same for the presentation of the cases.
- It will give them a scientific approach in the application of Yoga towards welfare of the people.

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 every day.

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.

YOG MI406

Paper 07 (Vocational), Minor Paper

Yoga First aid and Emergency Management

Credit-02

Course Objectives:

- To introduce basic concept of first aid
- To teach basic injuries related to Yoga and their management

Course outcome:

- After completion of the course students will get proper knowledge of first aid
- Students will understand possible risks related to yoga practice and their treatment

Unit 1: First Aid- I

First aid Basics; Meaning, Definition & History, importance of First aid, first aider, Laws of first aid, Scope of First aid – Diagnosis (History, sign and symptoms), Treatment and disposal, Role of First Aider & their duties, Stretcher making, Emergency response: CPR, steps for performing CPR, first aid in Drowning, Fractures of bones, causes and types of Fractures, Dislocation, First aid in burns: Types of burns, danger of burns, first aid in dry burns and scalds, sunburn, heat stroke, First aid in wounds and injuries: types of wounds – small cuts and abrasions, Preparation of bandages First aid in poisoning: poisoning by swallowing, snake bites and insect bite

Unit 2: Yoga First Aid - II

Injuries during practice of yoga and their management:

Asana: head injury, Wrist injury, overstretching, hyperflexion, nose bleed, joint dislocation, dizziness, faint,

Pranayama – Hypoxia,

Shatkarma – Bleeding during rubber neti, Danda Dhauti, Vastra Dhauti stuck in food pipe,

Recommended books

1. First aid manual, Red cross society
2. Prathamik upchar evam Apaath prabandhan – Dr. Bhavya Jain
3. First aid manual, DK Publisher

YOG MP406

Paper 08 (Minor Practicum)

Practicum Vocational

Credit-02

Cours Objectives:

- To provide practical knowledge of First aid and its application in the society.
- To recognize the medical emergency in practical.

Unit-I

First Aid – Preparation and application of different types of Bandages, Practice of role of first aider on accident place, Making of stretcher. First aid training of different types of injuries-head injury, wrist injury, Fracture and general management, Burn injury.

Unit-II

I. Evaluation of the ill and injured.

II. Treatment for shock.

II. Demonstrate the following techniques to support airway, breathing and circulation:

- a. Manual airway opening methods, including head-tilt chin-lift and/or jaw thrust, CPR
- b. Manual methods to remove an airway obstruction in adults, children, and infants
- c. Cardiopulmonary resuscitation in adults, children, and infants
- d. Use of the recovery position.

III. Discuss or demonstrate the following: a. Spinal immobilization b. Splinting of extremities c. Emergency eye irrigation using water or normal saline d. Assist with administration of oral glucose e. Assist patients with administration of physician-prescribed epinephrine devices and naloxone f. Assist in emergency childbirth g. Construction of Stretcher

Recommended books -

1. Bhakru H.K. The Complete Handbook of Nature Cure, Jaico Publishing House.

Reference Books:

1. Reed M., Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam.
2. First aid manual, Red cross society
3. Prathamik upchar evam Aapat prabandhan – Dr. Bhavya Jain
4. First aid manual, DK Publisher

B.Sc. Yogic Science Semester-V

YOG MT501

Paper 01 (Major Core Paper-I)

Yoga, Human Consciousness & Human Values

Credit-03

Course Objectives:

- The course will enable students to understand the various aspects of Human Consciousness and Human values.
- The course also highlights on the Domains and Dynamics of Behavior.
- To provide knowledge, how you yoga is helpful for personality development and mental health.

Course outcome:

- After completion of this paper students will be enabled to know about basics of Yoga, Human Consciousness and Human values. He will get conceptual knowledge and understanding about human values, ethics and moral education. He will also be aware how yoga is useful for personality development and mental health.

Unit- 1: Harmony in Human Being and Behaviour-

Concept of Human Being as 'I' (Atman) Body; Understanding the Harmony of I with the Body. Relation between mind and body (Man, Buddhi, Ahankar), Role of Yoga in developing Harmony within the self, Understanding the body as an Instrument of 'I'; Definition of Psychology as science of Behaviour; Definition of Behaviour and its cognitive and Affective Aspect; Scope and utility of Psychology: Concept of Human Psyche; Human Psyche and Consciousness.

Unit-2: Harmony in Human Relationship-

The basic unit of Human Interaction: Family, Its value and harmony in Family.

Value in Human; Human Relationship .Yogic concept of Relationship –Maitri, Karuna, Mudita and Upeksha; Harmony in the society (Akhand Samaj), and Its role in Personality Development ; Harmony in the society; Concept of Vasudhaiva Kutumbakam; Concept of Universal Harmonious order in society; Universal order (Sarvabhaum Vyawastha).

Unit-3: Concept of Human Value: Ethics and Moral Education

Definition and types of Value, Value and Moral Standards; Indian Ethical Theories- Dharma, Morality, Four Ashramas and their values, Purushartha – Dharm, Arth, Kama and Moksha, Jain Ethics –Mahavratas; Buddhist Ethics ,Noble Eight fold (patha); Ethical thought of Mahatma Gandhi – Ekadasha vrat.

Unit-4: Yoga for Personality Development and Theories

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, Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga.

Unit-5: Yoga and Mental Health

Mental Health: Definition and Importance of Mental Health. Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -1:

psychodynamic Therapy, Behaviour 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.

Reference Books

- Bharatiya Darshan- Acharya Baldev Upadhyaya
- Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
- Manav Chetana- Dr. Ishwar Bharadwaj
- Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
- A study in Consciousness Annie Besant
- Ayurveda and Mind Dr. David Frawley
- The Root of Consciousness Jeffery Mishlor
- Mind and Super Mind N.C. Panda
- Seven States of Consciousness Anthony Campbell Human Consciousness & Yogic Science
Dr. Kamakhya Kum

YOG MT502

Paper 02 (Major Core Paper -II) Yoga Psychology & Mental Health

Credit-03

Course objective:

- Provide knowledge of Psychology as a study of human behavior.
- To give knowledge about psychic forces, conflicts and frustrations.
- The course will enable students to understand the various aspects of the mental processes, motivations, emotions, and intelligence.

Course outcome:

- After completion of this paper students will be able to understand psychology as a study of human behavior.
- Getting knowledge of counselling a student may prove himself a good counsellor.
- Students will have knowledge of common mental disorders.
- Students will understand mental processes, motivation, emotions and intelligence.

Unit-1: HUMAN PSYCHE

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

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

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

Unit-4: YOGA PSYCHOLOGY

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.

Unit- 5: YOGA FOR MENTAL HEALTH

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:

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)

YOG MT503

Paper 03 (Major Core Paper-III)

Applied Naturopathy

Credit-02

Course Objectives:

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

Course Outcome:

Study of this paper will enhance knowledge of Naturopathy and its application in the students. They will be enabled to use Naturopathy as an alternative of Allopathic medicine. They will also be aware about the role of Naturopathic diet on disease prevention and health promotion.

Unit-1: INTRODUCTION TO NATUROPATHY

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: FUNDAMENTALS PRINCIPLES AND CONCEPTS OF NATUROPATHY

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 TREATMENTS -

Mud therapy- Source of Mud, Peroration of mud, Therapeutic effects of Mud, Physiological effects of Mud, General and Local Application.

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Hip Bath ,Spinal Bath, Foot Bath, Stems Bath, Enema, Wet bandage and compress local and general.

Upvasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of De-toxification.

Massage Therapy: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in indisease prevention, and health promotion

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet 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

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

YOG MT-504

Paper 04 (Major Core Paper-IV)

Basis of Yoga Therapy

Credit-02

Course Objectives:

- Provide knowledge of Yogic concepts of health and disease
- Enhance knowledge of yogic concepts for health and healing.
- Provide deep awareness of Yogic Principles and practices of healthy living.
- Give knowledge of health benefits of Yogic Practices.

Course outcome:

After studying this paper students will get knowledge of Yogic concepts of health and disease. It will help in developing Yogic vision for health and healing. By knowing the Yogic principles of healthy living they can practice it in their own life and can be a messenger of health & healthy living in the society.

Unit-1: Yogic concepts of health and disease and Health benefits of yogic practices

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)

Health benefits of yogic practices-

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

Unit-2: Yogic concepts for health and healing

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

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.

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,

YOG MP505

Paper 05

Practicum Major

Credit-04

Course Objectives:

- Provide practical knowledge of Yoga Therapy.
- Provide deep knowledge of disease and recognize its symptoms.
- Provide practical knowledge of management of disease through Yoga Therapy.

Course outcome:

- Practical knowledge of the course will develop student to be an expert yoga Therapist.
- He may not only serve the society but also be a knowledgeable health worker. It will help him to be self-reliant in the field of employment.

MANAGEMENT OF DISEASE THROUGH YOGA THEROPY

UNIT-I Headache, Hernia, Hypertension, Kidney Stone, Heart Diseases

Unit-II- Acidity, Menstrual Disorders, Menopause, Back pain, Allergy, Asthma

UNIT-III- Mental Health, Anaemia, Arthritis, Nervous Debility, Obesity, Anxiety

UNIT-IV - Old Age Problem, Piles, Constipation, Cervical Spondylitis, Coronary Heart Disease

UNIT-V- Colitis, Sciatica, Stress, Diabetes, Eczema, Varicose Veins, Insomnia

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

YOG MI506

Paper 06 (Vocational, Minor Paper Fundamentals of Acupressure Therapy

Credit-02

Course Objectives:

- To introduce Acupressure therapy
- To provide knowledge of tools required in Acupressure

Course outcome:

After completion of the course students will get the basic understanding of Acupressure therapy and the tools related to acupressure.

Unit 1 – Acupressure Therapy

History and nature of Acupressure therapy; Meaning and definitions of acupressure; Concept of yin and yang; five element theories; organ clock; Sujok, concept of meridian, fourteen Chinese meridians; Colour Therapy, Important Acupressure points – distal points, organ source points etc.; Types of treatment – single point treatment, multiple point treatment; general precautions; Body organs and their correspondence on palm; Treatment through correspondence; yoga and acupressure;

Unit 2: Tools in Acupressure therapy

Jimmy, Sujok ring, Magnets: Byol, Star, Chakra, Six Star chakra, Six star bar, Use of Seeds: Chana, Methi, Rajma, Paper tape, Prob, Foot roller, Karella roller, Thumb pressure tool,

Reference Books:

1. Acupressure dwara Swayam Chikitsa – Dr. Rajeev Sharma
2. Acupressure Principles and Practices – Dr. Amrit Lal Gurvendra
3. Acupressure – Dr. Uttar Singh
4. Advance Acupressure – M.P. Khemka, Suman Khemka

YOG MP506

Paper 07 (Minor practicum)

Practicum Vocational

Credit -02

Course Objectives:

- To introduce practical aspects of Acupressure therapy
- To provide knowledge of application of tools required in Acupressure

Course outcome:

- After completion of the course students will get the practical understanding of Acupressure therapy and applications of the tools related to acupressure.

Practical:

UNIT-I Identification of basic acupressure points in human body, Body organs and their correspondence on palm, Treatment points for common diseases, colour therapy.

UNIT-II- Application of tools of acupressure - Jimmy, Sujok ring, Magnets: Byol, Star, Chakra, Six Star chakra, Six-star bar,

UNIT-III Use of Seeds: Chana, Methi, Rajma, Paper tape, Prob, Foot roller, Karella roller, Thumb pressure tool.

Reference Books:

1. Acupressure dwara Swayam Chikitsa – Dr. Rajeev Sharma
2. Acupressure Principles and Practices – Dr. Amrit Lal Gurvendra
3. Acupressure – Dr. Uttar Singh
4. Advance Acupressure – M.P. Khemka, Suman Khemka

YOG FVP507

Paper 08

Field Visit/Internship/Community Engagement **Credit -02**

Note: Students will prepare Field Visit/Community Engagement file individually and submit it in the office before examination.

B.Sc. Yogic Science Semester-VI

YOG MT601

Paper 01 (Major Core Paper-I) Applied Yoga

Credit -04

Course Objectives:

- To give an overview of the applications of yoga
- To teach the concept of yoga and psychology
- To teach the role of Yoga in personality development
- To teach the concept of yoga and stress management
- To teach the interrelation between yoga and sports

Course outcome:

- After studying this paper student will have an overview of the applications of Yoga.
- He will be enabled to teach the role of yoga in personality development.
- After knowledge of applied yoga he will manage stress at individual level and will be master of stress management at the level of society also.
- He will learn the interrelation between Yoga and sports.

UNIT - 1: YOGA FOR STRESS MANAGEMENT

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

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

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 & YOGA FOR GERIATRIC

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 behavior 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.

Unit - 5: YOGA FOR GERIATRIC

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. 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
7. Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
8. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

YOG MT602

Paper 02 (Major Core Paper-II)

Essence of Principal Upanishads

Credit -04

Objectives:

- 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.

Course outcome:

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

Unit-1: Introduction essence of Isha and Kenopanishad

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-2: Essence of Katho and Prashnapanishad

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 Upanishada

Mundaka: The greatness of Brahman, 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 Upanishada

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.

Unit- 5: Essence of Brihadaranyaka Upanishada

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

Reference Books

- Bharatiya Darshan- Acharya Baldev Upadhyaya
- Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
- Manav Chetana- Dr. Ishwar Bharadwaj
- Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
- A study in Consciousness Annie Besant
- Ayurveda and Mind Dr. David Frawley
- The Root of Consciousness Jeffery Mishlor
- Mind and Super Mind N.C. Panda
- Seven States of Consciousness Anthony Campbell Human Consciousness & Yogic Science
- Dr. Kamakhya Kumar

YOG MT603

Paper 03 (Major Core Paper-III)

Self Management and Methods of Yoga Teaching

Credit-02

Objectives:

- Help students manage and develop their personality
- Get basic understanding of spirituality and its need in daily life
- Understand the importance of living in harmony with everyone
- 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:

- Manage and develop their personality
- Understand the importance of spirituality in daily life
- Understand the importance of living in harmony with everyone
- 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: Self-assessment and Self-management techniques

Importance of self-evaluation (Daily routine, food habits, dressing sense, habit formation, Company, Etiquettes); Duties and commitment of self, family and Society; Adjustment with self & environment; positive way of thinking, tools & techniques for positive thinking, Karma & karma Phala Siddhanta; behavioural skill; art of positive thinking; Basic concept of environment and ecology; role of individual in conservation of natural resources, environmental ethics; Characteristics of ideal student; time management (importance, steps, barriers & solutions); Reading and writing skills; memory problem and memory boosting techniques; stress management (causes & effects and coping techniques), Examination stress & Creative use of Stress.

Unit 2: Role of Spirituality in Personality development

Developing self-confidence & will power, intelligence and emotional intelligence; Developing parameters of corruption free personality; Harmonious relationship, Relationship in the hour of crisis, Hard work and devotion to duty; Sense control, spirituality and character building, Meaning and importance of spirituality and its need; spiritual view of life and spiritual life style, spiritual quest and role of guru, Samyam, Sadachar, Swadhyaya and satsang, Upasana, Sadhana Aradhana, Ideal successful personality.

Unit 3.: 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.

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.

Text books

1. Akhand Jyoti, Pandit Shriram Sharma Acharya
2. Soch kya hai, J Krishnamurti
3. Vivekananda ji ki Jivani, Roma Rola

Reference books

1. To the youth of India, Swami Vivekananda
2. Talk with students, J Krishnamurti
3. Success through a Positive Mental Attitude, Dr. Napoleon Hill & William

YOG MT604

Paper 04 (Major Core Paper-IV)

Yogic Management of Life style related disorders

Credit-02

Course Objective:

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

Course outcome:

- After completion of the course student will get knowledge about Yogic management of life style related disorders.
- He will be enabled to apply Yoga Therapy for each disease.
- He will also be aware about the causes of disease and role of Yoga for its healing.

Unit -1: Introduction to common ailments, Respiratory disorders , Endocrinal and Metabolic Disorder and Cardiovascular disorder

Introduction to stress and stress related disorders; Introduction to Yoga therapy–Adhija Vyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders, Brief classification–Obstructive/Restrictive, infectious, Bronchial Asthma: Definition, cause, symptoms and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, cause, symptoms and Yogic Management; COPD: Chronic Bronchitis, Definition, cause, symptoms and Yogic Management; Infectious Disorders; Tuberculosis: Definition, cause, symptoms and Yogic Management.

Endocrinal and Metabolic Disorder and Cardiovascular disorder -

Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, cause, symptoms and Yogic management; Obesity: Definition, cause, symptoms and Yogic management; Metabolic Syndrome: Definition cause, symptoms and Yogic management Introduction to Cardiovascular disorders, Hypertension: Definition, cause, symptoms and Yogic management. Heart disease – Angina pectoris/ Myocardial Infarction/ Post CABG rehabilitation: Definition, Causes, symptoms and Yogic management, Congestive Cardiac failure, Definition, Causes, symptoms and Yogic management, Cardiac asthma: Definition, Causes, symptoms and Yogic management

Unit-2: Musculo-Skeletal Disorders and Gastrointestinal disorders

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylosis, Causes, symptoms and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Causes, symptoms and Yogic management, All forms of Arthritis: Osteoarthritis, 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 Diarrhea: Definition, Causes, symptoms and Yogic management.

Unit- 3: Psychiatric disorders and Neurological Disorders

Introduction to psychiatric disorders, classification—Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: definition, cause, symptoms and Yogic management; Depression: Dysthymia, Major depression, and Yogic management. Headaches: Migraine: Causes, symptoms and Yogic management, Tension headache: Causes and its symptoms 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

YOG MP605

Paper 05

Practicum Major

Credit-04

Course Objectives:

- Provide practical knowledge of Yoga psychology.
- Teach conceptual knowledge about terms used in yogic psychology.
- Provide opportunity for study tour to be familiar about reputed Yogic institutions of India.
- Develop skill of good presentation in a student.

Course outcome:

- After studying this course students will get practical knowledge of Yoga psychology.
- Students will be well known about terms used in Yogic psychology.
- Study tour will give exposure to the students on the activities being conducted by reputed yogic institutions and universities.
- Students will enable to know the methods of good presentation.

Psychology 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.

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

Presentation

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

YOG MI606

Paper 06 (Vocational), Minor Paper

Yoga: Nutrition & Dietetics

Credit-02

Course Objectives:

- Brief understanding of Yogic Diet and Naturopathy Diet.
- Understand the Yogic Concept of Diet & Nutrition.

Course Outcome:

By getting practical knowledge of this paper students will get to know about Yogic diet, Food & Nutrition. They will understand interrelation between Diet & Diseases. They may become a good dietician and may apply, this knowledge for the wellbeing of the society.

Unit 1: Yogic diet, Food & Nutrition

Concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradipika and ShrimadBhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara;

Unit-2: Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living. Introduction of food and nutrition. Foods Groups and its nutritional composition. Type of diet. Recommended Dietary Allowances. Need of Nutrition and nutritional problems in different age group. Public health problem.

Unit 3: Diet & Diseases

Nutritional problems in India: prevalence, Etiology, biochemical and clinical manifestations and therapeutic measurement of the following: Diabetes Mellitus, Nutritional Anaemia, Liver disorder, Cardio vascular disease, Kidney disease, Tuberculosis, Typhoid fever, Gout, Cancer, Gastrointestinal problem.

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 Livings, 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

YOG MP606

Paper 07 (Minor Practicum)

Practicum Vocational

Credit -02

Course Objectives:

- Brief understanding of application of Yogic Diet and Naturopathy Diet.
- To provide practical knowledge of Applied Therapy regarding food & Nutrition.

Course Outcome:

By getting practical knowledge of this paper students will get to know about Yogic diet, Food & Nutrition. They will understand interrelation between Diet & Diseases. They may become a good dietician and may apply this knowledge for the wellbeing of the society.

Unit -1 Yogic Diet food and nutrition

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 – 2 Applied Therapy

Dietary counselling, food selection and meal planning, dietary management and modification. Assessment of nutritional status: anthropometric, clinical and biochemical, diet survey. Nutrition education. Visit of hospital /local community to identify the nutritional problem and prepare report.

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 Livings, 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

DEPARTMENT OF YOGA
Course Structure Scheme of Examination of B.Sc. (Honours) Yogic Science as
per NEP.2020 w.e.f. Academic Session 2024-2025, July2024
(7th & 8th Semester)

Semester-7th

YOGH MT701

Paper 01

Insights into Indian Philosophy

Credit-04

Course objectives:

- 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 outcome:

- Students will be able to understand about the insights of Indian philosophy.
- Knowledge of various schools of philosophy like Nastik philosophy – Charvak, Jain & Bauddh and Astik philosophy- Nyaya, Vaisheshika, Samkhya, Mimamsa will provide a strong foundation to understand the traditional Yogic Philosophy and inculcate the essence in the students.

Unit-1: Nyaya, Vaisheshika & Samkhya

The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisheshika, Means and objects of knowledge according to Nyaya and Vaisheshika 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 Purusha, plurality of Purusha, proximity of Purusha and Prakriti; Liberation and means of attaining it.

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

Difference between vidya & avidya, Pratyaksha, 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 Chitta, chitta bhoomis Chitta vrittis and Chitta 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 Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis

and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana.

Unit - 4: Samadhai and Sadhana 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 Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha SamYoga; Brief Introduction to Ashtanga Yoga;

Unit - 5: 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, 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;

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
- 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

YOGH MT702

Paper 02

Applications of Hatha Yoga and Patanjala Yoga

Credit-02

Course objectives:

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:

- 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);

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–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 civicsense: 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& Rehabilitation of Children with Special needs

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.

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 Svatomarama, 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, II nd 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 Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

YOGH MT703

Paper 03

Biomechanics and Kinesiology

Credit-04

Course objectives:

- 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.

Course Outcome:

- Through knowledge of Biomechanics and Kinesiology students will realize biomechanics importance to Yoga Practice.
- Students can apply this knowledge for Yoga Practices in mass and at individual level too and may prove themselves a skilled public health worker.
- 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 spine

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 and Hip

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 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.

Unit-5: Biomechanics of Elbow and Wrist

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

YOGH MT704

Paper 04

Teaching Methodology in Yoga

Credit-02

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:

- 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: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

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

YOGH MP705

Paper 05

Practicum Major

Creidt-04

Course objectives:

- 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:

- 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 yoga movements

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,

Unit-5:

Shatkarma – Agnisar Kriya, Vastra Dhauti, Danda Dhauti, Jal Neti, Sutra Neti, Kapalbhati (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,

YOGH MIT706

Paper 06

Basics of Yoga Teaching

Credit-02

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:

- 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: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

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

YOGH MIT707

Paper 07 (Vocational)

Meditation and Health

Credit-01

Course Objectives:

- To know about the different Meditation practices.
- To give knowledge about meditation and its types.
- To throw light on the Meditation Practices and Healing

Course Outcome:

By studying this paper student will get theoretical knowledge of Health and Meditation. Knowledge of different types of meditation will give him a vast field for practicing his knowledge in the society.

Unit-I: Healing at the Physical Level & the Prana Level

Meditation: Meaning, Definition, Concept, Aim, Objectives and Misconceptions

1. Cyclic Meditation (S-VYASA)
2. Mindfulness based Stress Reduction Technique (Kabatzin)
3. Dynamic Meditation (Aacharya Rajanish)

Healing at the Prana Level

3. Vipasana Meditation
4. Preksha Meditation

Unit-II: Healing at the Mental level & the Conscious level

5. Mind Sound Resonance Technique (S-VYASA)
6. Transcendental Meditation (Mahesh Yogi)
7. ZEN Buddhist Meditation

Healing at the Conscious level

9. Yoga Nidra (BSY)
10. Om Meditation

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

YOGH MIP708

Paper 08

Vocational Practicum

Credit-01

Course Objective:

1. Have an exposure to understand the principles, concept and the procedure of various Meditation techniques.
2. To Impro health through Meditation.
3. Explain and teach the techniques with confidence.

Course Outcome:

By studying this paper student will get theoretical knowledge of Health and Meditation. Knowledge of different types of meditation will give him a vast field for practicing his knowledge in the society.

Practicum:

1. Cyclic Meditation
2. Mindfulness Meditation
3. Dynamic Meditation
4. Vipasana Meditation
5. Preksha Meditation
6. Mind Sound Resonance Technique (MSRT)
7. Transcendental Meditation
8. ZEN Buddhist Meditation
9. Yoga Nidra
10. Om Meditation

Recommended books:

1. K.N. Udupa-Stress and its management by yoga, Motilal Banarsidass publication, 1998.
2. Sw. Satyananda Saraswati-Yogic Management of Common, Yoga publication 37trust, Munger, Bihar,2002
3. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
4. Sriram Sharma Acharya-Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
5. Sri Ram Sharma Acharya-Asan Pranayama se Adhi Vyadhi Nivaran, Brahmvarchas shodha sansthan,Shantikunj, Haridwar, 1998.

B.Sc. Yogic Science Semester-VIII

YOGH MT801

Paper 01

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:

- 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

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

Unit-IV: GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM

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-V: 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.

YOGH MT802

Paper 02

Applications of Yoga Vasistha, Bhagavadgeeta and Vivek Chudamani

Credit-02

Objectives:

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:

- Students will get knowledge about the application of Yoga Vasistha, Bhagwadgita and Vivekchudamani Chudamani 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 Chudamani

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 Chudamani – Censure of ‘Dehasakti’ Maya Nirupanam.

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

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.

Applications of Bhagavad Git –

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; 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 Bhagavadgita 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

YOGH MT803

Paper 03

APPLIED PSYCHOLOGY AND YOGIC COUNSELLING

Credit-02

Course 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:

- 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 COUNSELLING

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

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.

YOGH MT804

Paper 04

Research Methodology

Credit-04

Course objectives:

- 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:

- 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.

Unit-5: 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

YOGH MP805

Paper 05

Practicum Major

Credit-04

Course objectives:

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:

- 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.

Practicum:

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.)

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.)

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.)

Yogic Practices

Suryanamasakr, Ardhakati chakrasana, Hastapadasana, Ardhachakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, Veersana.

Sitting postures

Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakonasana, Merudandasana, Akarna dhanurasana, Gomukhasana.

Prone postures

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana.

Supine postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana.

Balancing postures

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana

Breath awareness, Sectional breathing, Nadishuddhana, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari.

TEXT BOOK:

1. Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

REFERENCE BOOKS:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
2. B.K.S Iyengar: Light on Pranayama, Aquarian/Thorsons, 1992

YOGH MIT806

Paper 06

BASICS OF APPLIED PSYCHOLOGY AND YOGIC COUNSELLING

Credit-02

Course 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:

- Students will develop a general understanding towards abnormal behaviour and disease process through various models of health psychology.
- Students will get understand causes of pathological behaviour and psych-diagnostic assessment.
- Students will 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 COUNSELLING

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 Lifestyle.

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.

144

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.

YOGH MIT807

Paper 07 (Vocational)

Vocational Theory

Credit-01

Course Objective:

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures there in.

Course outcome:

After studying this paper students will get knowledge of Yogic concepts of health and disease. It will help in developing Yogic vision for health and healing. By knowing the Yogic principles of healthy living they can practice it in their own life and can be a messenger of health & healthy living in the society.

Unit-I

Introduction:

- Yoga Therapy: Meaning
- Principles & discipline of Yoga Therapy
- Scope & Limitation of Yoga Therapy
- Role of lifestyle and diet in Yoga therapy
- Approach of Yoga towards holistic health.

Unit:- II

Yoga for Health care

- Children & Adolescence
- Adult
- Women
- Corporate person
- Sportsperson

Introduction to Yogic Management of:

- | | |
|----------------|------------------|
| ▪ Arthritis | ▪ Spondylitis |
| ▪ Backache | ▪ Sciatica |
| ▪ Hyperacidity | ▪ Constipation |
| ▪ Asthma | ▪ Hypertension |
| ▪ Obesity | ▪ Liver disorder |
| ▪ Diabetes | |

Recommended books:

1. K.N. Udupa-Stress and its management by yoga, Motilal Banarsidass publication, 1998.
2. Sw. Satyananda Saraswati-Yogic Management of Common, Yoga publication 37trust, Munger, Bihar, 2002
3. Dr. Arun K. Sao & Dr. Akhileshwar Sao-Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
4. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
5. Sriram Sharma Acharya-Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
6. Sri Ram Sharma Acharya-Asan Pranayama se Adhi Vyadhi Nivaran, Brahmavarchas shodha sansthan, Shantikunj, Haridwar, 1998.
7. Shivanda Saraswati, Srimat Swami. (1978): *Yogic Therapy*, Gauhati, Umachal Yogashram,

YOGH MIP808

Paper 08

Vocational Practicum

Credit-01

Course Objectives:

- Provide Yogic concepts of health and disease
- Enhance knowledge of yogic concepts for health and healing.
- Provide deep awareness of Yogic Principles and practices of healthy living.
- Give knowledge of health benefits of Yogic Practices

Course outcome:

After studying this paper students will get knowledge of Yogic concepts of health and disease. It will help in developing Yogic vision for health and healing. By knowing the Yogic principles of healthy living they can practice it in their own life and can be a messenger of health & healthy living in the society.

TEXT BOOKS

1. Shat Kramas-Neti, Kunjal, Nauli, Kapalbhati, Shankh Prakshalan
2. Asanas- Sukshma Kriyayen, Uttanpadasan, Pawanmuktasan, Paschimotanasana, Ushtrasana, Ardha Matsyendrasana, Mandukasana, Shalabhasana, Bhujangasana, Shashankasana, Surya Namaskar
3. Pranayama-Surya Bhedi, Shhetali, Shitkari, Bhastrika, Nadi Shodhan, Bhramari, Ujjai
4. Mudras and Bandh

Recommended books:

1. K.N. Udupa-Stress and its management by yoga, Motilal Banarsidass publication, 1998.
2. Sw. Satyananda Saraswati-Yogic Management of Common, Yoga publication 37trust, Munger, Bihar, 2002
3. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
4. Yoga & Arthritis - Dr. Nagendra
5. Yoga for Hypertension -Swami Satyananad Saraswati
6. Yoga & Pregnancy - Dr. Nagendra & Nagratna

DEPARTMENT OF YOGA
Course Structure Scheme of Examination of B.Sc (Honours
with Research) Yogic Science
as per NEP.2020 w.e.f. Academic Session 2024-2025, July
2024
(7th & 8th Semester)

B.Sc. Yogic Science Semester-VII

BYHRMT-701 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 outcome –

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 – Charvak, Jain & Bauddh and Aastik philosophy- Nyaya, Vaisheshika, Samkhya, Mimamsa will provide a strong foundation to understand the traditional Yogic Philosophy and inculcate the essence in the students.

Unit-1: Nyaya, Vaisheshika & Samkhya

The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisheshika, Means and objects of knowledge according to Nyaya and Vaisheshika 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 Purusha, plurality of Purusha, proximity of Purusha and Prakriti; Liberation and means of attaining it;

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

Difference between vidya & avidya, Pratyaksha, Anumana, Upamana, Arthapatti, 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 Citta vrittis and Citta vritti nirodhopyaya

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 Drishanirupanam (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, 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;

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
- 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

BYHRMT-702 Paper 2

Applications of Hatha Yoga and Patanjala Yoga, Credit -02

Course objectives:

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

4. Apply its value in education.
5. Apply its value practically for the management of stress.
6. 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);

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 civicsense: 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& Rehabilitation of Children with Special needs

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;

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 Svatomarama, 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, II nd 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 Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

Biomechanics and Kinesiology, Credit -04

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.

Course Outcome

- Through knowledge of Biomechanics and Kinesiology students will realize biomechanics importance to Yoga Practice.
- Students can apply this knowledge for Yoga Practices in mass and at individual level too and may prove themselves a skilled public health worker.
- 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 Shouldercomplex, 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

3. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
4. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

4. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
5. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
6. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

BYHRMT-704 Paper 4

Teaching Methodology in Yoga-I, Credit -02

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: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

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

BYHRMIT-705 Paper 5

Basics of Yoga Teaching Credit -02

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: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

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

BYHRVOMIT-706 Paper 6

Vocational Theory
(Credit -01)
(As per faculty of B.Voc)

BYHRMP-707 Paper 7

Practicum- Major, 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 yoga movements

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, Kapalbhati (Vatkrama, Vyutkrama, Shitkrama), Trataka (Bindu, Jyoti), Laghu Shankha Prakshalana,

TEXT BOOK

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

REFERENCE BOOKS

7. J E Herzenberg. Principles of deformity correction, Springer publication
8. Gheranda Samhita, Bihar School of Yoga,
9. Hathapradipika, Kaivakyadhama
10. Kinesiology of the Musculoskeletal System, Donald A. Neuman
11. Swanson A., Science of Yoga, DK Publisher, 2019
Kaminoff & Mathhews, Yoga Anatomy, Human Kinetics Publishers,

BYHRVOMIP-708 Paper 8
Practicum- Vocational, Credit -01
(As per B.Voc Faculty)

(8th Semester)

BYHRMT-801 Paper 1

Research Methodology, Credit -03

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

BYHRMT-802 Paper 2

Teaching Methodology in Yoga –II Credit-01

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: 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-2: 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

BYHRMIT-803 Paper 3

BASICS OF APPLIED PSYCHOLOGY AND YOGIC COUNSELLING ,Credit-02

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 COUNSELLING

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

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.

BYHRVOMIT-804 Paper 4

Vocational Theory
(Credit -01)

As per faculty of B.Voc

BYHRD-805 Paper 5

Research Project/Dissertation- **Credit 12**

BYHRVOMIP-806 Paper 6

Credit -1

Vocational Practicum

As per B.Voc Faculty

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