

M. G. S. UNIVERISTY, BIKANER

SYLLABUS

SCHEME OF EXAMINATION AND

COURSES OF STUDY

BSC YOGA 2022-23



Maharaja Ganga Singh University

Bikaner



Maharaja Ganga Singh University



Programme Structure and Codification of Papers

Three Years	B.Sc (Yogic Science)	Min. Passing Marks 48 (T) and 24 (P)	Max Passing Marks 135
I Year	BYS-1	16	45
	BYS-2	16	45
	BYS -3	16	45
	BYS-I -P	24	65
II Year	BYS-4	16	45
	BYS-5	16	45
	BYS-6	16	45
	BYS-II -P	24	65
III Year	BYS-7	16	45
	BYS-8	16	45
	BYS -9	16	45
	BYS-III -P	24	65
	Total of Marks		600

Scheme of Examinations

1. English/Hindi shall be the medium of instructions and examination.
2. There will be yearend examination. The yearend examinations, evaluation, publication of results, award of marks statements and award of degree shall be undertaken by MGS University, Bikaner.
3. The system of evaluation shall be as follows:
 - 3.1 Each theory paper will carry 45marks. Practical paper will carry 65 marks. Any student who fails to participate in classes, viva-voce, practical work will be debarred from appearing in the yearend examination
 - 3.2 The duration of written examination for each paper shall be of three hours and Practical examination shall be for one day duration.
 - 3.3 The minimum attendance required by a candidate will be as per the University rules.
4. Regular students shall be permitted to appear/reappear/improve in course as per Maharaja Ganga Singh University rules.
5. A candidate who fails in one paper except compulsory papers at the examination shall be given chance to clear the same and in that condition he/she will be considered eligible for the next higher class. If he/she fails in more than one paper, he/she will be declared as fail. If candidate who passes in practical(s) shall be exempted from reappearing in the same and marks obtained by him/her in practical(s) shall be carried forward. Pass percentage, award of Degree, Scope of improvement as per Maharaja Ganga Singh University rules or regulation for B.Sc. examination.

Affiliation: The Programme shall be governed by the CESD, Yoga, Maharaja Ganga Singh University, Bikaner, Rajasthan

B.Sc (Yogic Science)

Introduction: The aim and the Objective of the Centre is to impart the Knowledge of Yoga to the Younger Generation and the Public, for general awareness about the usefulness of Yoga in the Field of Research and Upanishad and Vedanta to make Yoga a way of life. Yoga is one such Ancient solution to modern problems. It has received great impetus during the last half century and has now spread all over the world. This had resulted in increasing the popularity of Yoga all around, but it had also led at the same time to many innovations, some desirable, but most of them undesirable. Hence, there is a need to Present Yoga in its traditional form for the benefit of the discerning Public. Yoga is not only for the use of the Student Community but also for the public at large. So, all the below mention Courses are very much in need to introduce in the University to promote Yoga.

*The students have got good opportunity in Hospitals, Schools & Colleges, Hotel industry, Resort, Self Centre for yoga therapy, Tourism field etc.

Eligibility: 10+2 from any recognized Board.

Admission: Admission shall be on the basis of Merit.

Venue: Course will be conducted at CESD, Yoga, MGSU, Bikaner.

Total seats: 40

Duration: 3Years

B.Sc (Yogic Science)

Compulsory Subjects:	Max Marks	Min. Pass Marks
1. General Hindi 3hrs.	100	36
2. General English 3hrs.	100	36
3. Elementary Computer 2hrs.	100	36
4. Environmental Studies 2hrs.	100	36

Note: 1. The marks secured in Compulsory papers shall not be counted in awarding the division to a candidate.

2. Non appearing or absent in the examination of compulsory paper will be counted a chance.

B.Sc PART-I

Scheme

Three papers

Min. Pass Marks: 48

Max Marks:

135

BYS-1 3 Hrs Duration

Min. Pass Marks: 16

45 Marks

BYS-2 3 Hrs Duration

Min. Pass Marks: 16

45 Marks

BYS-3 3 Hrs Duration

Min. Pass Marks: 16

45 Marks

BYS-I-P 5 Hrs

Min Pass Marks: 24

Max Marks: 65

BYS-I: BASIC PRINCIPLE OF YOGA AND ITS RELEVANCE

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit-I

Yoga -need of the hour, concept of Yoga, Definition of Yoga, Basics of Yoga, The Four main stream of Yoga, Gyana, Bhakti Raja and Karma Yoga, brief glimpse into each of these streams.

Unit-II

Stress & yoga, yoga for emotion culture, the science of happiness. Yoga in education, Yoga & personality

Unit-III

Concept of Health, Health as general understood, defined by WHO, positive Health, Dimension of health

Unit-IV

Health and disease, illness according to yoga, Ayurveda, Ritucharya, Dincharya and Tridosha.

Unit-V

Definition of Naturopathy, Illness according to Naturopathy, basic principles and tools of naturopathy.

BYS-2: HUMAN BIOLOGY and NUTRITION RELATED BIOCHEMISTRY

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit -I

Introduction of cell, tissue, organ system Nervous system, Endocrine system., Musculo-skeletal system, Blood and lymph system, Digestive system

Unit -II

Cardio-Vascular system, Respiratory system. Immune system. Excretory system, Reproductive system, special senses.

Unit -III

Introduction to Nutrition: Food as a source of nutrients, function of food definition of nutrition, nutrient, adequate, optimum and good nutrition, Interrelationship between nutrition and health-visible symptoms of good health. Concept of balanced diet. Functional Food Groups: Basic four, Basic five, Basic seven.

Unit- IV

Carbohydrates: Composition, classification, food sources, functions, storage in body, recommended allowances and effects of deficiency and excess. Lipids: Composition classification, food sources, functions role of essential fatty acids, recommended allowances and effects of deficiency and excess. Lipids: composition classification, food sources, functions role of essential fatty acids, recommended allowances and effects of deficiency and excess. Proteins: Composition, structure and classification, denaturation of proteins, Importance of essential and non essential amino acids Elementary Knowledge of quality of portions, supplementary value of

portions, foods sources recommended allowances and effects of deficiency. **Energy:** Units of measuring energy, fuel value of food, calculation of energy. Value of diets. Factors contributing to total energy expenditure, BMR and factors affecting it, physical activity, SDA of food. Recommended allowances, effects of deficiency and excess.

Unit-V

Enzymes: Definition chemical nature, classification, co-enzymes & co-factors, deficiency and role. **Minerals :** Role in nutrition, sources, bioavailability, recommended allowances and effects of deficiency of Calcium, Iron, Iodine, Sodium, Potassium and Zinc. **Vitamins :** Definition, Classification, units of measurement functions, sources, factors affecting absorption & utilization, Recommended allowances and deficiency of (a) fat soluble vitamins A, D, E and K, (b) Water soluble Vitamins : Thiamine, Riboflavin, Niacin, folic acid, Pyridoxine and ascorbic acid. **Water:** As a nutrient, function, sources, requirement water balance, effect of deficiency.

BYS-3: INDIAN EPICS

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit – I

Provides students with basic elementary and practical knowledge of sanskra, alphabet and phonetics. Grammar and syntax, formation and understanding of simple sentences. Common Samskrta terms used in Literature, relationship with other language.

Unit –II

Historical aspects, life sketch of Narada the author. The science of emotions culture as portrayed in NBS. Smritis(Introduction of Manu and yagyavalkya smriti) and **the** Historical scenario of Bhagavad –Gita.

Unit –III

The key conflict of duty Vs Ethics of Arjuna. Conflict resolution, Technology - Jnana Dhyana (one pointedness of mind, bliss in Yoga, control of mind perfection in Yoga.)

Unit –IV

Bhakti and Karma Yoga stream.(A Glimpse into eighteen chapters of Gita)(II & III chapters)

Unit-V

Impotant shlokas-45,4.36,4.34,2.20,6.25,6.14,6.34.6.35,6.32,6.21,6.28,8.10,6.28,

6.45,5.21,7.16,16.13,16.4,16.5,10.40,10.41,12.8,11.3,11.8,11.9,11.7,11.45,11.52,18.54,18.66,8.5,18.16,12.7,3.1,3.4,3.6,3.7,18.25,18.24,8.23,2.47,4.16,4.17,2.48,2.50,4.18,4.20,3.19,2.51,2.70,6.4,6.6,6.11,4.31,6.17,6.12,6.13,6.25,6.14,6.34,6.35,6.32,6.31,6.28,8.10,6.28,6.45,5.21*)

Practicals (BYS-I-P) B.Sc. Part –I

1. Kriyas (Shatkarma)
2. Surya Namaskar
3. Sukshama Vyayama
4. Asana. (Basic set)
5. Eight step. Teaching tech. asana
6. Pranayama
7. Bandhas & Mudras
8. Omker Meditation
9. Relaxation technique[IRT,QRT,DRT]
10. Chanting
11. Yoga game
12. Emotions culture through Music, Patriotic, Service,- related songs
13. Kama yoga – Report writing
14. Presentation

Books for Reference

1. Yoga: Its basis and applications. - Dr.HR.Nagendra, SVYP, Bangalore.
2. Essence of Yoga- Swami Sivananda, The Divine life Society.
3. Light of Yoga- B.K.S Iyengar, Pub: Harper Collins India Pvt Ltd.
4. Yoga Sadhana(Hindi&English),Swami Anandananda,Yog Sadhna Ashram, Babu Nagar, Jaipur(Raj.)
5. Yog Sikhsha(Hindi) Swami Satyanand Saraswati, Yog publication Trust, Mungare, Bihar.
6. Health&Yogasana-Swami Anandananda, Yog Sadhna Ashram, Babu Nagar, Jaipur(Raj.)
7. Pranayama-KalaAur Vigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
8. A Glimpse of Human Body-Dr. Shirley Telles.
9. Yoga for Common Alliments- Dr.H.R.Nagendra, R.Nagrathan& Robin Monoro, SVYP, Bangalore.
10. Yoga Way to Cure Disease, Swami Sivananda Saraswati.
11. Yog Darshana(Hindi)-Geeta Press ,Gorakhpur.
12. Yogic Chikitsa(Hindi)Swami Kuva.
13. Yogdipika(Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd,New Delhi.
14. Bhagwat Geeta,Narada Bhakti Sutra,DshoUpnishad,(Hindi)Geeta Press, Gorakhpur.
15. Patanjali Yogsutra (Hindi),Yoga publication Trust, Mungare, Bihar.
16. Basic Book of Sanskrit Bharti.

*For more information : Refer to SVYP, Bangalore-560 018.

B.Sc PART-II

Scheme

Three papers

Min. Pass Marks: 48

Max Marks:

135

BYS-4 **3 Hrs Duration**

Min. Pass Marks: 16

45 Marks

BYS-5 **3 Hrs Duration**

Min. Pass Marks: 16

45 Marks

BYS-6 **3 Hrs Duration**

Min. Pass Marks: 16

45 Marks

BYS-II-P **5 Hrs**

Min Pass Marks: 24

Max Marks: 65

BYS-4: Yoga therapy(Modern & Ancient)

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit –I

Defination,Classification,types,sign and symptoms, Causes and yoga therapy: Respiratory- Bronchial asthma, Nasal allergy, Endocrine- Diabetes mellitus, Obesity. Cardio-Vascular- Hypertension, Ischaemic heart disease. Digestive-Acid peptic pain, Irritable bowel syndrome.

Unit –II

Defination,Classification,types,sign and symptoms ,Causes and yoga therapy : cardio-Vascular- Hypertension, Ischemic heart disease. Chronic pain – Arthritis, low back pain, Migraine, Tension, Headache, Cancer.

Unit –III

Defination,Classification,types,sign and symptoms ,Causes and yoga therapy: Reproductive – Menstrual disorders, Infertility, menopause, pregnancy, Eye problems-Error of Refraction, Glaucoma, Psychiatry & Neurology – Anxiety and Depressive Neurosis, Psychosis, Epilepsy, Phobia.

Unit –IV

Remedial measures prescribed there in IAYT (Integrated Approach of Yoga therapy).The role of different Asanas,Pranayarna, Mudras, Bandha and Kiryas.

Unit –V

Concept of Adhi and Vyadhi as found in Yoga Vasistha,The manner of destruction of mind,portrayed in defferent texts of Hatha yoga for dealing with different {Hath yoga Pradipika,Gharand shmita}

BYS-5: YOGA & SPIRITUALITY

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit –I

Upanishads the quintessence of Vedas, the basic of Yoga,[Meaning of upanishads,Importance, Amritnadopanishad,Ishawasyopainshad,Kathoupanishad,Chandogyaupanishad,Taittiriyaupanishad,]

Unit –II

Glimpse of each Upanishads,The style of Upanishad[Shali,bhav Bhasha] Harmony, Ego and beyond yogic practice.The pranavopanishad,Prasnaupanishad, Kenopanishad,Mandukyaupanishad, Mundakaupanishad, Glimpse of each Upanishads.

Unit- III

A general survey of the life sketch, teachings and techniques of founders of various spiritual masters [Viveknand,Dayanand,Mahatma Ghandi, Ravindranath Tagore, Arvind, Tilak, Vinoba bhava,Ramkrishana paramhans,]

Unit –IV

Dharma- concept, Definition,Features,Part-I Epics[Ramayana, Mahabart, Geeta] Importance of Dharma, Dharma and Science. Part-II[Hindu Dharma], Ideals of Dharmas-[Guru Dharma, pitra Dharma, shishya Dharma, Matra Dharmas,Mitra Dharma,Putra Dharma,Nari Dharma.]

Unit –V

Comparative religions- Part-I Partially from comparative religion Islam, Christianity. Part-II- Partially from comparative religion other religion other religions, Buddhism, Jainism, Sufism,Dharma according to ancient india- Vedic kal,Uttar Vedic kal,Upanishad,Sutra kal.

BYS-6: Patanjali YOGA TEXTS

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Orientation Patanjali Yoga Sutra. Pantanjali Yoga Pradeepika text(Part-I). Sutra's 1 to 196.(Smadhi Pada & Sadhana Pada)

Unit-I 1 to 39 Sutra's.

Unit-II 40 to 79 Sutra's.

Unit-III 80 to118 Sutra's.

Unit-IV 119 to 157 Sutra's.

Unit-V 158 to 195Sutra's.

Practicals (BYS-II-P) B.Sc. Part –II

1. Advance Asana
2. Advance Kriyas
3. Pranayama – II
4. Cydic Meditation
5. Yoga Game-II
6. IAYT for promotion of positive health [Basic Set]
7. [Karma Yoga II- Min.20 classes]
8. IAYT for common ailments. [Special Technique]
9. Teaching Techniques for disease [Report writing & presentation]
10. Report Writing & Presentation [Topic given by faculty]

Books for Reference

1. Essence of Yoga- Swami Sivananda, The Divine life Society.
2. Yoga Sadhana(Hindi&English),Swami Anandananda,Yog Sadhna Ashram, Bapu Nagar, Jaipur(Raj.)
3. Health&Yogasana-Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur(Raj.)
4. Yoga-Vivekananda Kendra Prakashna,Madras.
5. Pranayama-KalaAur Vigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
6. A Glimpse of Human Body-Dr. Shirley Telles.
7. Yoga for Comman Alliments- Dr.H.R.Nagendra, R.Nagrathan& Robin Monoro, SVYP, Bangalore.
8. Yoga Way to Cure Disease, Swami Sivananda Saraswati.
9. Yogaic Chikatsa (Hindi)Swami Kuva.
10. Yogdipika (Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd, New Delhi.
11. Bhagwat Geeta, Narada Bhakti Sutra,DshoUpnishad,(Hindi)Geeta Press, Gorakhpur.
12. Patanjali Yogsutra(Hindi),Yoga publication Trust, Mungare, Bihar.
13. Yoga for Bronchial Asthma,Dr. R.Nagrathana & Dr.H.R.Nagendra, SVYP, Bangalore-560 018.
14. Yoga for Arthritis, Dr. R.Nagrathana&Dr.H.R.Nagendra, SVYP, Bangalore-560 018.

15. Yoga For Hyper Tension& Heart Disease,
 16. Dr. R.Nagrathana& Dr.H.R.Nagendra, SVYP, Banglore-560 018.
 17. Yoga For Pregnancy, Dr. R.Nagrathana, Dr.H.R.Nagendra & Dr,Shamantakamani-Narendran, SVYP, Banglore- 560 018
 18. Yoga for Diabetic,Dr. H.S.Shrikanta, Dr. R.Nagrathana& Dr.H.R.Nagendra, SVYP, Banglore-560 018.
 19. Science of Holistic Living,Vivekanand Kendra Prakashan,Chennai.
 20. Mukti ke Chaar Sopaan, Swami Styanand Saraswati, Mungare, Bihar.
- *For other References: Refer to SVYP, Banglore-560 018.

B.Sc. Part III

Scheme

Three papers		Min. Pass Marks: 48	Max Marks: 135
BYS-7	3 Hrs Duration	Min. Pass Marks: 16	45 Marks
BYS-8	3 Hrs Duration	Min. Pass Marks: 16	45 Marks
BYS-9	3 Hrs Duration	Min. Pass Marks: 16	45 Marks
BYS-III-P	5 Hrs	Min Pass Marks: 24	Max Marks: 65

BYS-7: Brain-Psychology And Naturopathy

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit – I

The nervous system, the voluntary and involuntary NS. Sympathetic and the parasympathetic NS.

Unit –II

Cognition, IQ,memory, emotions, creativities functions, memory and learning.

Unit-III

History of Naturopathy, Principals of Naturopathy, five elements-Space, Air, sun, Water, Earth. Foreign Matters-Definition, Origin, Effects on Body, Acute and chronic diseases.

Unit-IV

Definition and clinical features, Eating habit, Raw eating-method andimportance. Aims and Basis principles of Disease Prevention, Development of Physical, mental and spiritual health.

Unit-V

Community sanitation and hygiene water supply, environment, health lows for Food Din-charya and Ritu-charya ,health tri-dosha vata pitta, kapha, smoking, tea, coffee, drinks.

BYS-8: NATURE CURE METHODS AND PRACTICE

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit-I

Hydrotherapy- Physical properties of water, principles of hydrotherapy, physiological effects of water application on skin reparation,digestion,action and reaction. The technique of hydrotherapy water drinking, effusions, irrigation at nose, stomach colon and rectum, chest pack, trunk pack, T-packs, leg local, full wet sheet pack, hip bath, spiral bath, spinal bath, foot bath, vapour bath, and steam bath.

Unit –II

Mud therapy – type of mud, collection and properties of mud, general and local mud applications, the physiological and pathological effects and contraindication.

Unit –III

Chromo therapy- Types of colors-primary and secondary, chromo Philosophy, chromo hygienic, limitations of chromo therapy, use of colors, limitations of chromo therapy.

Unit- IV

Fasting- definition, difference between fasting and starvation, type of fast, short fast, intermediate fast, long fast, physiological effects of fast, how start fast, how to continue and how to breakfast, methods of fasting- water, juice, saline ,fruit, partial fast, mono diet fast, nutrition and dietetics- Classifications of food and drinks, deficiency diseases, artificial food and there ill effects, acidic and alkaline food. Digestion, absorption and assimilation.

Unit-V

Value of food in raw state, germinated form and cooked form, customs and manners of eating, combination of food, nutrition and its importance, balanced diet.Theory of massage, therapeutic use of massage, physiological effect of massage-upon skin, muscular system, circulatory system,

digestive system and nervous system, massage, manipulations, hacking, stroking,percussion, petrissage,friction,tapotment,vibration and shaking

BYS-9: STRESS MANAGEMENT AND YOGA RESEARCH

Pattern of Paper Each paper is divided into 3 sections:

Section A: Consists of 10 compulsory Questions of 1.5 (one and half) mark each. Word limit Max 50 words. Selection of question of Examiner- Maximum 2 from each unit (10X1.5=15)

Section B: Consists of 5 Questions of 3 (three) mark each with internal choice. Students are required to Attempt all five questions. Word limit Max 200 words. Selection of question of Examiner- Maximum 2 from each unit (5X3=15)

Section C: Consists of 5 Essay type Questions of 5 (five) marks each. Students are required to Attempt any 3 questions. Word limit Max 500 words. Selection of question of Examiner- Maximum one from each unit (3X5=15)

Unit –I

Basic challenge of stress, Yogic concept of stress, Eustress and Distress, Physiology of stress. Stress induced problems and yogic management for stress.

Unit –II

Stimulation- Relaxation combine- the core. Recognition is half the solution. Stress levels, Stimulations and pointed of awareness. Depth of Perception and expansion of awareness.

Unit –III

Working through the group, progress in tune with nature, A Holistic life style for the effective stress Management.

Unit –IV

Need for research in yoga and Yoga therapy. Research Methods Explorator studies,Pilot studies,open ended. Prospective studies,control studies,randomize studies,double blind studies.

Unit –V

Measurement parameters,error and error analysis. Report preparation and presentation, Dissertation,data acquisition, analysis statistics, presentation format

Practicals (BYS-III-P) B.Sc. Part –III

Part – I Personality Assessment

1. General behavior
2. Regular and Punctuality in the class.
3. Charactor
4. Emotional stability / Maturity

5. Healthy habits and transformation (Internal)

Part – II Clinical Project works

(Case study & Parameters of
Min. 8 to 10 Cases)

Part – III Presentation

Books for Reference

1. Essence of Yoga- Swami Sivananda, The Divine life Society.
 2. Yoga-Vivekananda Kendra Prakashna, Madras.
 3. New Perspective in Stress Management- Dr.H.R.Nagendra, SVYP, Bangalore.
 4. Yog Darshana(Hindi)-Geeta Press ,Gorakhpur.
 5. Research Methods, Dr.H.R.Nagendra & Shirley Telles,Vivekanand Kendra Yoga Prakashan,Banglore.
 6. Culture and Tradition of North East India, Vivekanand Kendra,Kanyakumari.
 7. Sure Way to Self Realization,Swami Styanand Saraswati,yoga publication Trust ,Mungare,Bihar
 8. Meditation from the Tantras, Swami Styanand Saraswati,yoga publication Trust Mungare, Bihar.
 9. New perspective in Stress Management,VKYP,Banglore.
 10. Geeta Tatav Chintan,Swami Atmanand,Lokbharti Prakashna,Allahabad.
 11. Vivekanand Sahitya, Vol: 1to10,Adwat Ashram,Calcutta.
 12. Prakartick ayur vijayan, Dr. Rakesh jindle.
 13. Swathya vratth. Dr. Kashi Nath and jagrati Sharma.
- *For other References: Refer to SVYP, Bangalore-560 018.