

Maharaja Ganga Singh University



NATIONAL EDUCATIONAL POLICY (NEP) - 2020

B.Sc.- M.Sc. Yogic Science & Naturopathy (Integrated)



**Department Of Yoga
2025-2030**

Undergraduate-Postgraduate Programme

Preamble:

Yoga is one among the greatest gifts from ancient India to the whole world, as a technique to understand oneself through proper living and is now widely accepted as a holistic approach towards healthy life in all aspects. It is holistic since it is a great blend of philosophical as well as practical aspects of life. Yogic Science teaches to lead a tensionless life with respect to body, mind and soul trinity, taking into cognisance the environment around. The foundation stones to have intellect guarded by wisdom and blissful life are moral values. Yogic science occupies a special significance in the present-day life which is associated with full of stress and strain causing a number of psychosomatic diseases.

NEP 2020, being implemented now has emphasised the study of Indian traditional knowledge systems. It says, the rich heritage of ancient and eternal Indian knowledge and thought has been a guiding light for this Policy. The rich legacies to world heritage must not only be nurtured and preserved for posterity but also researched, enhanced, and put to new uses through our education system. Courses and programmes in subjects, such as Indology, Indian languages, AYUSH systems of medicine, yoga, arts, music, history, culture, and modern India, internationally relevant curricula in the sciences, social sciences, and beyond, meaningful opportunities for social engagement, quality residential facilities and on-campus support, etc. will be fostered to attain this goal of global quality standards, attract greater numbers of international students, and achieve the goal of 'internationalization at home'. Yoga, greatest gift globe. With this background, it is proposed to introduce the Undergraduate Programme - **Undergraduate-Postgraduate Programme –B.Sc.-M.Sc. Yogic Science & Naturopathy (Integrated) under NEP 2020**. In this Programme, Yoga is introduced as a science of Holistic living and not merely as Yoga postures.

During the Programme, the student is taught the concepts of Yoga and application of Yoga for the treatment and prevention of various psychosomatic ailments. The Graduates have opportunities worldwide to work as Lab assistant, Demonstrator, Yoga Trainer in Yoga Therapy Centres, Yoga Schools; Resource person for Yoga Training Camps and Wellness Camps; As Assistant Professor, Research Assistant/Fellow in Academics. Opportunities are available in India as well as in abroad.

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Background

Considering the curricular reforms as instrumental for desired learning outcomes, all the academic departments of Maharaja Ganga Singh University, Bikaner made a rigorous attempt to revise the curriculum of undergraduate and postgraduate programmes in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions-2021. The process of revising the curriculum could be prompted with the adoption of “Comprehensive Roadmap for Implementation of NEP-2020”. The roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and an indicative timeline for major academic reforms.

The process of revamping the curriculum started with the series of webinars and discussions conducted by the University to orient the teachers about the key features of the Policy, enabling them to revise the curriculum in sync with the Policy. Proper orientation of the faculty about the vision and provisions of NEP-2020 made it easier for them to appreciate and incorporate the vital aspects of the Policy in the revised curriculum focused on ‘creating holistic, thoughtful, creative and well-rounded individuals equipped with the key 21st century skills’ for the ‘development of an enlightened, socially conscious, knowledgeable, and skilled nation’.

With NEP-2020 in background, the revised curricula articulate the spirit of the policy by emphasizing upon— integrated approach to learning; innovative pedagogies and assessment strategies; multidisciplinary and cross-disciplinary education; creative and critical thinking; ethical and Constitutional values through value-based courses; 21st century capabilities across the range of disciplines through life skills, entrepreneurial and professional skills; community and constructive public engagement; social, moral and environmental awareness; Organic Living and Global Citizenship Education (GCED); holistic, inquiry-based, discovery-based, discussion-based, and analysis-based learning; exposure to Indian knowledge system, cultural traditions and classical literature through relevant courses offering ‘Knowledge of India’; fine blend of modern pedagogies with indigenous and traditional ways of learning; flexibility in course choices; student-centric participatory learning; imaginative and flexible curricular structures to enable creative combination of disciplines for study; offering multiple entry and exit points initially in undergraduate programs; alignment of Vocational courses with the International Standard Classification of Occupations maintained by the International Labour Organization; breaking

the silos of disciplines; integration of extra-curricular and curricular aspects; exploring internships with local industry, businesses, artists and crafts persons; closer collaborations between industry and higher education institutions for technical , vocational and science programs; and formative assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each course. In the case of UG programs in Engineering and Vocational Studies, it was decided that the departments should incorporate pertinent NEP recommendations while complying with AICTE, NBA, NSQF, International Standard Classification of Occupations, Sector Skill Council and other relevant agencies/sources. The University has also developed a consensus on adoption of Blended Learning with 10% component of online teaching and 90% face to face classes for each program.

The revised curricula of various programs could be devised with concerted efforts of the faculty, Heads of the Departments and Deans of Faculty. The draft prepared by each department was discussed in a series of discussion sessions conducted at Department, Faculty and the University level. The leadership of the University has been a driving force behind the entire exercise of developing the uniform template and structure for the revised curriculum. The Vice Chancellor of the University conducted series of meetings with Heads and Deans to deliberate upon the vital parameters of the revised curriculum to formulate a uniform template featuring Background, Program Outcomes, Program Specific Outcomes, Postgraduate Attributes, Structure of Masters Course, Learning Outcome Index, Semester-wise Courses and Credit Distribution, Course-level Learning Outcomes, Teaching-Learning Process, Blended Learning, Assessment and Evaluation, Keywords and References. The experts of various Boards of Studies contributed primarily to giving the final shape to the revised curriculum of each program. Stimulated Sessions were conducted under the dynamic leadership of the IQAC, Maharaja Ganga Singh University to give a final shape to the curricula. It is due to their endeavors that the curricula could acquire its present shape.

To ensure the implementation of curricular reforms envisioned in NEP-2020, the University has decided to implement various provisions in a phased manner. Therefore, the curriculum may be reviewed annually to gradually include all relevant provisions of NEP-2020.

Programme Outcomes (PO)

Vision

To build responsive, responsible, sensitive, creative and thoughtful citizens with a comprehensive understanding of regional, national and international perspectives.

Mission

To strive towards the educational, cultural, economic, environmental and social advancement of the region and the nation at large by providing multidisciplinary liberal education involving arts, sciences, social sciences, education, law and commerce & Management and quality programmes which inculcate and enhance students' creative and innovative insights, equipping them with both professional and vocational skills, leading to Bachelors', Masters', Professional, Vocational and Doctorate Programmes.

About the Programme

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helping to improve the inter-personal relationship at home and in society. Therapeutic benefits of Yoga have also been revealed by much scientific research carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyles related disorders including physiological and psychosomatic disorders.

Eligibility

1. Educational Qualification: Candidates who have passed Senior Secondary 10 +2 examination or any other examination recognized as equivalent there to by the MGS University, Bikaner with at least 50% marks in the Aggregates are eligible for admission to the course.

2. Minimum Marks Required:

Generally, 45% to 50% marks in 12th standard. Relaxation in marks may be given to reserved categories (SC/ST/OBC).

Graduate in any discipline with a One-year Regular Diploma in Yoga with a minimum of 50% marks from Government recognized University/Recognized Institution. Or B.Sc. Naturopathy and Yogic Science/Yogic Science/Yoga/Yoga education with minimum 50% marks from Government recognized University/College or B.Y.N.S Five-year regular course with minimum 50% marks from Government recognized University/College.

Note: Selection would be made based on aggregate marks, 25% of graduation and 75% of Yoga Diploma/Certificate Courses.

Duration of the Course:

- The duration of the course will be five years, which will be further divided into ten semesters as two semesters in each academic year.

On completing Masters in the Faculty of Physical education, the students shall be able to realize the following outcomes:

Programme Outcomes	
PO1	Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.
PO2	Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex subject related problems to reaching substantiated conclusions.
PO3	Design/Development of Solutions: Ability to design, implement, and evaluate processes or programs to meet desired needs in the field of physical education and sport sciences.
PO4	Individual and team work: Ability to function effectively as an individual, and as a member of or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.
PO5	Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.
PO6	Communication: Ability to communicate effectively among a range of audiences/stakeholders
PO7	Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
PO8	Skill development: Demonstrate skills to conduct research in accordance with the ethical standards of the discipline. Develop effective teaching skills and be able to satisfy the University, College and the School level expectations.
PO9	Critical thinking: Demonstrate creative and critical understanding of the subjects of the subject and its philosophy in their varied forms.

PO10	Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.
PO11	Integration: Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications
PO12	Professional Development: Recognition of the need for and an ability to engage in continuing professional development

Programme Specific Objectives:

- I. The programme will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
- II. At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- III. It promotes positive health in the students through Yoga and enabling and imparting skills in them to practice and apply Yogic practices for Health to public and teach Yoga for overall personality development and spiritual evolution.
- IV. It invokes and inculcates inquisitive, scientific temper in the students regarding the Traditional Indian Sciences Specially Yoga and Spirituality.
- V. A research attitude and orientation will also be inculcated into the students so that they further become able to undertake advanced and theoretical and applied research in the field of Yoga and Alternative Therapies.

Programme Specific Outcomes (PSO)

On completing B.Sc. - M.Sc. in Yogic Sciences & Naturopathy (Integrated), the students shall be able to realize following outcomes:

Programme Specific Outcomes (PSOs)	
PSO1	Students will have knowledge of improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level.
PSO2	Students will have knowledge of classical and theoretical foundations of the field of Yoga therapy.
PSO3	Students can conduct yoga classes at a general level. Eligible for the post of Yoga teacher or Yoga instructor.

PSO4	Spiritually it becomes strong and solving problems of stress and strain leading to various diseases.
PSO5	Complete knowledge of Yoga in a physical, mental, intellectual, emotional & spiritual way. Students will learn Sadhna and yogic concepts in Upanishads.
PSO6	They will be able to get knowledge about human anatomy & physiology, management for diseases. The programme will help to assess the needs of patients, to design and implement effective patient- or ailment-specific Yoga modules.
PSO7	Students will exhibit all round personality development. Students should be able to work efficiently as a Yoga Teacher in industries, health centers & various institutes. They will be eligible for NET/SET/Ph. D and for the post of Assistant Professor. They can start their Yoga center.
PSO8	Students will be able to work towards teaching methodology and realization of health for all, as a national goal through Yoga.
PSO9	Students will be able to demonstrate empathy and humane approach towards patients and their families and exhibit inter-personal behavior in accordance with the scientific norms and expectations.
PSO10	Students will be aware and updated with the research advances, various tools, and developments in the field of Yoga. Students will become eligible to do Research on National & International Level.
PSO11	Students will gain a better understanding of ethical, social issues and human values.

Undergraduate-Postgraduate Attributes

- Disciplinary Knowledge
- Creative and Critical Thinking
- Reflective Thinking
- Problem Solving
- Analytical Reasoning
- Communication Skills
- Research Skills
- Life Skills
- Multicultural Competence
- Moral and Ethical Values
- Life-long Learning

Global Competence

COURSE PATTERN AND SCHEME OF EXAMINATION

B.Sc.- M.Sc. Yogic Science & Naturopathy (Integrated)

Credit Based Semester System

Semester-I										
Paper Code	Paper		Exam Hours	Credits				Internal Marks	External Marks	Total
				L	T	P	Total credits			
BSY101	Environment Studies	AEC		2	0	0	2		50	50
BST102	Yoga Parichaya	DCC-I	3	3	1	0	4	20	80	100
BSY103	Yoga & Health	DCC-II	3	3	1	0	4	20	80	100
BSY104	Basic Human Anatomy & Physiology	DCC-III	3	3	1	0	4	20	80	100
BSYP105	Combined Practical	DCC-IV	3	0	0	6	6	50	100	150
Total CREDITS Semester I							20			
Total MARKS Semester I							500			

Semester II										
Paper Code	SUBJECTS	TYPES	Exam Hours	Credits				Internal Marks	External Marks	Total
				L	T	P	Total Credits			
BSY201	General English or Hindi	AEC		2	0	0	2		50	50
BSY202	Introduction to Hatha Yogic Text	DCC-V	3	3	1	0	4	20	80	100
BSY203	Basics of Naturopathy & Ayurveda	DCC-VI	3	3	1	0	4	20	80	100
BSY204	Four Stream of Yoga	DCC-VII	3	3	1	0	4	20	80	100
BSYP205	Combined Practical	DCC-VIII	3	0	0	6	6	50	100	150
Total CREDITS Semester II				20						
Total MARKS Semester II				500						

Semester-III										
Paper Code	Paper		Exam Hours	Credits				Internal Marks	External Marks	Total
				L	T	P	Total credits			
BSY301	Elementary Computer	SDC		2	0	0	2		50	50
BSY302	Health& Wellness, Yoga & Fitness	DCC-IX	3	3	1	0	4	20	80	100
BSY303	Introduction to Common Ailments	DCC-X	3	3	1	0	4	20	80	100
BSY304	Health & Yogic Diet	DCC-XI	3	3	1	0	4	20	80	100
BSYP305	Combined Practical	DCC-XII	3	0	0	6	6	50	100	150
Total CREDITS Semester III							20			
Total MARKS Semester III							500			

M.Sc. in Yogic Science & Naturopathy

Paper Code	Paper		L	T	P	Total Credits	Maximum Marks		Minimum Passing Marks
							Internal Marks	External Marks	
Semester-VII									
Papers									
YOG6.5 AECT10 1	Basics of Yoga	AEC	2	0	0	2	-	-	Non-CGPA S/NS*
YOG6.5 DCCT10 2	Historical Background of Yoga	DCC-I	3	1	0	4	20	80	36%
YOG6.5 DCCT10 3	Hatha Yoga: Principles & Practices	DCC-II	3	1	0	4	20	80	36%
YOG6.5 DCCT10 4	Patanjali Yoga Sutra	DCC-III	3	1	0	4	20	80	36%
YOG6.5 DCCT10 5	Human Anatomy & Physiology	DCC-IV	3	1	0	4	20	80	36%
YOG6.5 DCCP10 6	Combined Practical	DCC-V	0	0	8	8	40	160	36%
Credits						26	Total	600	

Semester-VIII									
Papers									
YOG6.5 VACT20 1	National and Human Values	VAC	2	0	0	2	-	-	Non-CGPA
YOG6.5 DCCT20 2	Diet & Dietary Management	DCC-VI	3	1	0	4	20	80	36 %
YOG6.5 DCCT20 3	Basics of Naturopathy	DCC-VII	3	1	0	4	20	80	36 %
YOG6.5 DCCT20 4	Yogic Concepts in Upanishads	DCC-VIII	3	1	0	4	20	80	36%
YOG6.5 DCCT20 5	Teaching Methodology in Yoga								YOG6.5DCCT2 05
YOG6.5 DCCP20 6	Combined Practical	DCC-X	0	0	8	8	40	160	36%
Credits						26	Total	600	

Semester-IX									
Papers									
YOG6.5SDC301 (BCS) or YOG6.5SDC301 (BCC) or YOG6.5SDC301 (SAW)	Basic Communication Skills or Basic Computer Course or Seminar + Academic Writing	SDC	2	0	0	2			Non-CGPA S/NS*
YOG6.5DCCT302	Yogic Management for Diseases	DCC-XI	3	1	0	4	20	80	36%
YOG6.5DCCT303	General Psychology	DCC- XII	3	1	0	4	20	80	36 %
YOG6.5DSET304 (A) or YOG6.5DSET304 (B)	Theoretical Study of Yogic Practices or Yoga in Ancient Text	DSE-I (A) Or DSE-I (B)	3	1	0	4	20	80	36%
YOG6.5DSET305 (A) or YOG6.5DSET305 (B)	Indian Philosophy Relevant to Yoga or Ayurveda, Swasthavritta & Diet	DSE-II (A) Or DSE-II (B)	3	1	0	4	20	80	36 %
YOG6.5DCCP306	Combined Practical	DCC- XIII	-	-	8	8	40	160	36 %

Credits	26	Total	600	
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Semester-X									
Papers									
YOG6.5AECT4 01	General Health and Hygiene	AEC	2	0	0	2			Non-CGPA S/NS*
YOG6.5DCCT 402	Research Methods and Statistics in Yoga Education	DCC-XIV	3	1	0	4	20	80	36%
YOG6.5DCCT 403	Essence of Shrimad Bhagavad Gita	DCC-XV	3	1	0	4	20	80	36%
YOG6.5DSET4 04 (A) or YOG6.5DSET4 04 (B)	Yoga Upanishads or Yoga & Stress Management	DSE-III (A) or DSE-III (B)	3	1	0	4	20	80	36 %

YOG6.5DPR40 5 (DPF) or YOG6.R405 (R) or YOG6.5RCS40 5 (CS)	Dissertation/Project /Field study (DPF) or Review (R) or Case Study (CS)	(DPF) or (R) or (CS)	0	0	0	4	20	80	36 %
YOG6.5DCCP4 06	Combined Practical	DCC-XVI	-	-	4	8	40	160	36 %
Credits						26	Total	600	
Total Credits						104	Grand Total	2400	

- L: Lecture, T: Tutorial, P: Practical
- DCC: Discipline centric compulsory course. AEC: Ability Enhancement course, DSE: Discipline specific elective course, VAC: Value added course, SDC: Skill development course.
- Non-CGPA Courses are practice based courses having 2 Credits each and assessed internally, which shall be completely based on continuous internal assessment (no examination will be conducted by the University). The Credit, Credit Point and Grade will be reflected separately in the Marksheet under Non-CGPA Courses. The college will send the Satisfactory (S) or Not Satisfactory (NS) credentials of the student to the University.
- S/NS*=Satisfactory or Not satisfactory.
- A candidate shall be required to gain 36% marks to pass in theory, practical and internals separately.

- For combined practical Model DCC I+II+III+IV = Internal 30 each (120), Theory 80 Each (320), Combined Practical =160 Total Marks =600.
- For Internal Evaluation of 30 Marks (20 Marks theory paper, 10 Marks practical paper}
- Internal assessment = Seminar, Logical thinking/application of knowledge, attentiveness and skills, attendance, etc.
- Dissertation/Project /Field study (DPR), Review (R), Case Study (RCS) shall include 10 min presentation/viva voce of each student

Learning Outcome Index

I. Programme Outcomes (PO) and Programme Specific Outcomes (PSO)

PO	PSO-1	PSO-2	PSO-3	PSO-4	PSO-5	PSO-6	PSO-7	PSO-8	PSO-9	PSO-10	PSO-11	PSO-12
PO-1	X	X	X	X	X	X	X	X	X	X	X	X
PO-2	X	X	X	X	X	X	X	X	X	X	X	X
PO-3	X	X	X	X	X	X	X	X	X	X	X	X
PO-4	X	X	X	X	X	X	X	X	X	X	X	X
PO-5	X	X	X	X	X	X	X	X	X	X	X	X
PO-6	X	X	X	X	X	X	X	X	X	X	X	X
PO-7	X	X	X	X	X	X	X	X	X	X	X	X
PO-8	X	X	X	X	X	X	X	X	X	X	X	X
PO-9	X	X	X	X	X	X	X	X	X	X	X	X
PO-10	X	X	X	X	X	X	X	X	X	X	X	X
PO-11	X	X	X	X	X	X	X	X	X	X	X	X
PO-12	X	X	X	X	X	X	X	X	X	X	X	X

II. Programme Specific Outcomes (PSO) and Core Courses (CC):

PSO	CC-1	CC-2	CC-3	CC-4	CC-5	CC-6	CC-7	CC-8	CC-9	CC-10	CC-11	CC-12	CC-13	CC-14	CC-15	CC-16	CC-17	CC-18	CC-19	CC-20
PSO-1		X	X	X		X	X	X	X	X		X	X	X	X	X	X	X	X	X
PSO-2		X	X		X	X	X	X		X	X	X	X	X		X	X	X	X	X
PSO-3	X		X	X		X	X	X	X		X	X	X	X	X	X	X	X	X	X
PSO-4				X	X	X	X		X	X		X		X		X	X			X
PSO-5		X		X	X		X		X		X		X			X	X			
PSO-6		X	X		X				X	X	X		X	X		X		X		X
PSO-7	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X
PSO-8				X	X	X	X			X	X	X		X	X	X	X			
PSO-9	X	X					X	X		X	X	X	X			X	X			X

PSO-10					X	X					X	X		X	X	X	X			X
PSO-11					X					X		X				X	X		X	

III. Programme Specific Outcomes (PSO) and Elective Courses (EC):

PSO	EC-1	EC-2	EC-3	EC-4	EC-5	EC-6	EC-7	EC-8	EC-9
PSO-1	X		X	X			X	X	X
PSO-2	X	X				X	X	X	
PSO-3		X			X	X		X	X
PSO-4		X	X	X			X		
PSO-5		X	X	X		X			X
PSO-6	X		X	X		X	X		X
PSO-7	X	X	X	X	X	X	X	X	X
PSO-8				X	X		X	X	X
PSO-9	X			X	X		X	X	
PSO-10	X	X		X		X	X	X	
PSO-11		X				X			

B.Sc.-M.Sc. Programme in Yogic Science & Naturopathy (Integrated)

PROGRAMME DETAILS

Semester I

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT101 (Compulsory Course)	3Hrs.	100
BSYDCCT102	3 Hrs.	80
BSYDCCT103	3 Hrs.	80
BSYDCCT104	3 Hrs.	80
BSYDCCP105 (Combined Practical)	6 Hrs.	160

Papercode:BSY101

Paper Name: Environment Studies

Theory : Max. Marks: 100

Min. Passing Marks: 36

Note.

1. The marks secured in this paper shall not be counted in awarding the division to a candidate.
2. The candidate have to clear compulsory paper in three years.
3. Non appearing or absent in the examination of compulsory paper will be counted a chance.

The syllables and scheme of examination is as under:

Compulsory in 1st year for all streams at undergraduate level

SCHEME OF EXAMINATION

1. The paper will be of 100 marks.

2. There will be no practical/Field work, instead student should be aware of ecology of local area; the question related to field work of local area can be asked by paper setter.
3. There will be 100 questions in the paper of multiple choice, each question of 1 mark.
4. There will be no negative marking in the assessment. Core Module syllabus for Environmental Studies for Under Graduate Courses of All Branches of Higher Education

Unit-I

The multidisciplinary nature of environmental studies.

- Definition scope and awareness.
- Need for public awareness.

Unit-II

Natural Resources :

- Renewable and non-renewable resources
- Natural resources and associated problems.
- Forest resources.
- Use and over-exploitation.
- Deforestation.
- Timber exploitation.
- Mining
- Dams and their effects on forests and tribal people.
- Water resources.
- Use and over utilization of surface and ground water.
- Floods
- Drought
- Conflicts over water
- Dams benefits and problems.
- Mineral resources.

- Use and exploitation.
- Environmental effects of extracting and using mineral resources.
- Food resources.
- World food problems.
- Changes caused by agriculture and overgrazing.
- Effects of modern agriculture.
- Fertilizer, pesticide problems.
- Water logging.
- Salinity

Energy resources :

- Growing energy needs.
- Renewable and non-renewable energy resources.
- Use of alternate energy resources.

Land resources :

- Land as a resource.
- Land degradation.
- Man induced land slides.
- Soil erosion & desertification.

Role of an individual in conservation of natural resources. Equitable use of resources for sustainable system.

Unit-III

Ecosystem:

- Concept of an ecosystem.
- Structure and function of an ecosystem.
- Producers, consumers and decomposers.

- Energy flow in the ecosystem.
- Ecological succession.
- Food chains, food webs and ecological pyramids.
- Introduction types, characteristic features, structure and function of the following ecosystems.
- Forest ecosystem.
- Grassland ecosystem
- Desert ecosystem.
- Aquatic ecosystems (ponds, streams, lakes, rivers, oceans estuaries).

Unit-IV

Biodiversity and its conservation:

- Introduction, definition and diversity at genetic, species and ecosystem level.
- Biogeographically classification of India.
- Value of biodiversity, consumptive use productive use, social, ethical, aesthetic and option values.
- Biodiversity at global, national & local levels.
- India as a mega-diversity nation.
- Hot-spots of biodiversity.
- Threats to biodiversity - habitat loss poaching of wild life, man-wildlife conflicts.
- Endangered and endemic species of India.
- Conservation of biodiversity – In situ and Ex-situ conservation of biodiversity.

Unit-V

Environmental Pollution :

- Definition, causes, effect and control measures of
- Air pollution.
- Water pollution

- Soil pollution.
- Marine pollution
- Noise pollution
- Thermal pollution
- Nuclear hazards.
- Solid waste management : Causes, effects and control measures of urban industrial wastes.
- Role of an individual in prevention of pollution.
- Disaster management : Flood, earthquake, cyclone and land slides.

Unit-VI

Social issues and the environment :

- From unsustainable to sustainable development
- Urban problems related to energy.
- Water conservation, rain water harvesting, water shed management.
- Settlement and rehabilitation of people, its problem of concerns.
- Environmental ethics-issues and possible solutions. Ozone layer depletion, nuclear accidents.
- Wasteland reclamation.
- Consumerism and waste products.
- Environmental protection Act.
- i. Air () prevention and control of pollution Act
- ii. Wild life protection Act
- iii. Forest conservation Act.
- Issues involved in enforcement of environmental legislation.
- Public awareness.

Unit-VII

Human Population and the Environment :

- Population growth, variation among nations.
- Population explosion-Family welfare programme.
- Environment and Human health.
- Human rights.
- Value education.
- HIV/AIDS
- Women & child welfare.
- Role of information technology in environment and human health.

FIELD WORK

- Visit to a local area to document environmental assets-river/forest/grassland/ hill/ mountain.
- Visit to local polluted site- Urban/rural/industrial/agricultural.
- Study of common plants, insects. Birds.
- Study of simple ecosystem-Pond, river, hill slope etc.

Suggested Books :

- 1 पर्यावरण अध्ययन – वर्मा, गैना, खण्डेलवाल, रावत
- 2 पर्यावरण विज्ञान – पी. सी . त्रिवेदी, गरिमा गुप्ता
- 3 पर्यावरण अध्ययन – सुरेश आमेता, षिप्रा भारद्वाज
- 4 Environmental studies - Pratap Singh, N.S. Rathore, A.N. Mathur
- 5 पर्यावरण अध्ययन – बाकरे, बाकरे वाधवा
- 6 पर्यावरण अध्ययन- मनोज यादव, अनुपमा यादव

Papercode: BSY102

Paper : Yog Parichaya

Course Objectives:

CO1	To learn about the origin and history of yoga
CO2	To understand the basics of yoga
CO3	To learn yogic traditions and yoga gurus etc.
CO4	To learn about major branches of yoga
CO5	To have the ability to describe the yoga gurus and their contributions.

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

LO1	Learn about the origin and history of yoga
LO2	Have a conceptual knowledge of yoga.
LO3	Get an overview of the major branches of yoga.
LO4	Have an idea about the evolution of yoga.
LO5	Be able to describe the yoga gurus and their contributions.

Course Description

Unit I

Yoga is Meaning and Definition. Aim and Objectives of Yoga, Origin, history and development of yoga. Relevance and scope of Yoga in modern age, Misconceptions about yoga and their solutions. Difference between yogic and non-yogic system of exercises.

Unit II

Essentials of Yoga Practices

Disciplines and failures in Yogic Practices, Place & Timing of Yogic practices, Diet for Yoga Practitioner: pathya & apathya , Obstacles in the Path of Yoga Practice, Sequence for yogic practices

Kaivalya - Meaning of Kaivalya, how to attain Kaivalya., KARMA according to Patanjali Yoga sutra, Siddhi - Meaning of Siddhi, Astha Maha Siddhis, means of achieving Siddhis

Unit III

Chakras -what is Chakras, All About 7 chakras, how chakras control and work on your body. Meditation – Types of Meditation, How Meditation works on Physical, Mental and Spiritual aspects.

Unit IV

Life sketch & contribution of Eminent Yogi's and Institutes of Yoga- Maharshi Patanjali, Gorakshanath and Swami Vivekanand, Swami Kuvalyananda (Kevalyadham, Lonavala), Swami Satyanand (Bihar School of yoga), Swami Shivananda (Divine Life Society), Swami Vivekananda Yoga Anumandhan Samsthan, Bangalore (SVYASA), Morarji Desai National Institute of Yoga, Delhi (MDNIY) and Central Council for Research in Yoga & Naturopathy, Delhi, (CCRYN)

Unit V

Life sketch of Eminent Indian Yogis and their contribution to Yoga: B. K. S. Iyengar, T. Krishnamacharya, Maharshi Raman, Shree Arvind, Shyam Charan Lahiri, Swami Dharendra Brahmachari, Swami Ramdev.

Essential Readings:

1. Vijnananand Saraswati–Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

Suggested Readings

Vishwanath Mukherjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005

1. Vishwanath Mukherjee - Bharat ki Mahan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
2. Kalyan (Bhakt Ank) - Gita press Gorakhpur.

3. Kalyan (Sant Ank) – Gita presses Gorakhpur
4. Swami Atmananda- four yoga's, Bhartiya vidya Bhavana. Bombay 1966
5. Swami Sivananda- Divine life society
6. Sing Lalan Prasad -Tantra, concept publishing Company, Delhi – 1976
7. Rajkumari pandey- Bhartiya yoga Parampara Ke Vividha Aayma Radha Publication, Delhi-1993
8. Fenerstein George - The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002.

Paper code: BSY103

Paper name: Yoga & Health

Course Objectives:

CO1	To understand the concept and importance of health in yogic perspective.
CO2	To explore the role of Yoga in maintaining and promoting physical, mental, and spiritual well-being.
CO3	To study yogic methods for prevention and management of common lifestyle diseases.
CO4	To understand the Pancha Kosha theory and holistic view of health.
CO5	To develop practical skills in yogic practices for health maintenance and therapeutic applications.

Learning Outcomes: After completing this paper, students will be able to:

LO1	Define health holistically according to modern and yogic sciences.
LO2	Explain the relationship between Yoga and various dimensions of health: physical, mental, emotional, and spiritual.

LO3	Apply yogic practices (asanas, pranayama, meditation, kriyas) for health promotion and disease prevention.
LO4	Identify common health problems and understand how yoga helps in managing conditions like stress, obesity, diabetes, hypertension, etc.
LO5	Demonstrate yogic protocols suitable for individual health needs and create personalized wellness routines.
LO6	Explain the Pancha kosha model and its relevance in understanding complete well-being.
LO7	Develop a positive lifestyle and attitude through yoga-based living.

Course Description

Unit I

Concept of Body, Health and Disease

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasistha and remedial measures; Holistic health care through Yoga.

Unit II

Causes of Ill Health and Remedial Measures According to Patanjali

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, Ahamkara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit III

Yogic Principles and Practices of Healthy Living-I

Dietary regulation according to Hatha yoga and Bhagavad-Gita; Shatkriyas and tattva Shuddhi; Asana for mind body and spirit; Practice for pranayama kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health; Indian approach to

personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyama's & Yamas

Unit IV

Yogic Principles and Practices of Healthy Living-II

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

Unit V

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.

TEXTBOOK

1. Ghosh, Shyam: The Original Yoga Munshi ram Manohar Lal, New Delhi, 1999)
2. Jnanananda Bharati: Essence of Yoga Vasishta Pub: Santa Books, Chennai 104
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

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

Paper code: BSY104

Paper: Basic Human Anatomy & Physiology

Course Objectives:

CO1	To understand the basic concept of Anatomy and Physiology of the Human Body.
CO2.	To understand the concept of different systems.
CO3.	To give a deeper understanding of the human systems.
CO4.	To understand the characteristics of various types of tissues and joints.
CO5.	To gain knowledge of the mechanism of the heart and how it works.

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

LO1	Explain the key concepts of Anatomy and Physiology of the Human Body.
LO2	Different types of muscles and bones and their structure and functions.
LO3	Understand the concept of the exchange of gases in Respiratory System.
LO4	Discuss the characteristics of various types of tissues and joints.
LO5	Describe and discuss the contraction of muscles.
LO6	Discuss and describe composition, and functions of blood PAPER: Human Anatomy and Physiology I.

Course Description

Unit-I

Introduction: Definition of Anatomy and Physiology. Cell: Structure & Function 1. Introduction to Cell Biology, Definition, scope and importance, Prokaryotic and Eukaryotic cells – differences. Structure of Cell, Cell membrane: structure and functions, Cytoplasm: composition and role. Cell Organelles: Nucleus, Mitochondria, Endoplasmic Reticulum (Rough & Smooth) Golgi apparatus, Lysosomes, Ribosomes, Centrioles. Cell Division: Mitosis and Meiosis – stages and significance

Unit II

Introduction to Tissues: Types, Structure & Function. Definition, classification, and importance. Epithelial Tissue: Types – simple and stratified, Structure and function. Connective Tissue: Types – areolar, adipose, cartilage, bone, blood Functions and location. Muscular Tissue: Skeletal, Smooth, and Cardiac muscles – structure and function. Nervous Tissue: Structure of neuron, Types of neurons, Transmission of nerve impulses

Unit-III

Musculo-skeletal System: Skeletal System: General information, Different types of bone, its structure and function. Muscular System: General information, Different types of Muscle, its structure and function.

Unit-IV

Digestive and excretory System: Digestive system: General information, Different parts, structure and function. Excretory system: General information, Different parts, structure and function. Respiratory & Cardio- Vascular System: Respiratory System: General information, Different parts, structure and function.

Unit-V

Circulatory system: General information, Different parts, its structure and function. Nervous System & Endocrinal System: Nervous System: General information, Different parts, its structure and function. Endocrinal system: General information, Different Glands of Endocrinal system, its structure and function

TEXTBOOKS

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

REFERENCE BOOKS:

1. Singh, Inderbir: Anatomy and Physiology for nurses, Jaypee Brothers, New Delhi.
2. Raju SM; Madala, Bindu: Anatomy and Physiology for general nursing.
3. Guyton and Hall: Textbook of Medical Physiology
4. Chaurasia, BD: Human Anatomy
5. Jain AK: Textbook of Physiology (Volume I and II), Avichal publishing company

6. Sembulingam K; Sembulingam P: Essentials of Physiology for Dental students.
7. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
8. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007
9. Mahapatra A.B.S.: Essential of medical Physiology, Current book Int.

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

Paper Code: BSY105P

Paper Name: Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Lists of Yoga Practices -

Suryanamaskara - Traditional 10 Steps,12 Steps

Asana

- | | |
|-------------------------|---------------------|
| 1. Ardhakati Chakrasana | 2. Ardha Chakrasana |
| 3. Padahastasana | 4. Vajrasana |
| 5. Shashankasana | 6. Paschimotanasana |
| 7. Halasana. | 8. Sarvangasana |
| 9. Matsyasana | 10. Bhujangasana |
| 11. Salabhasana | 12. Ardha Sirsasana |
| 13. Sirsasana | 14. Padmasana |
| 15. Sukhasana | 16. Siddhasana |
| 17. Siddha yoni Asana | |

Pranayama

1. Sectional Breathing
2. Breathing Practices
3. Nadi shudhi
4. Bhramari
5. Bhastrika

Bandha

1. Jalandhara Bandha
2. Uddiyan Bandha
3. Moola Bandha

Mudra

1. Chin Mudra, 2. Chinmaya Mudra, 3. Aadi Mudra, 4. Brahma Mudra

Kriya

1. Kapalabhati 2. Trataka

Relaxation

1. IRT (Instant Relaxation Technique)
2. QRT (Quick Relaxation Technique)
3. DRT (Deep Relaxation Technique)

Chanting

Prayer, Bhagavad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Viva on the above yogic practices

Assignments, Teaching Practice and Viva

Assignments

- Self video submission of performing 12 step Surya Namaskar - Prepare practical file of yogic practices.

Teaching Practice

- Eight Step teaching technique of Asana by SVYASA
- Instructing Demonstration of Common Yoga Protocol by MDNIY

B.Sc.- M.Sc. Yogic Science & Naturopathy (Integrated)

Semester II
Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT101 (Compulsory Course)	3Hrs.	100
BSYDCCT102	3 Hrs.	80
BSYDCCT103	3 Hrs.	80
BSYDCCT104	3 Hrs.	80
BSYDCCP105 (Combined Practical)	6 Hrs.	160

Papercode: BSY201 (Compulsory Course)

Paper name: General English

Course Objectives:

CO1	To develop students' basic language skills—Listening, Speaking, Reading, and Writing (LSRW).
CO2	To enhance vocabulary and grammatical accuracy in everyday and academic use.
CO3	To improve comprehension and communication skills for personal, academic, and professional settings.
CO4	To cultivate the ability to write clear, concise, and coherent sentences and paragraphs.
CO5	To familiarize students with various forms of functional English such as letter writing, email writing, report writing, etc.
CO6	To promote confidence in using English in real-life situations.

Learning Outcomes:

By the end of the course, students will be able to:

LO1	Demonstrate understanding of basic grammar rules and apply them in writing and speaking.
LO2	Comprehend and respond to spoken and written English in familiar contexts.
LO3	Use an expanded vocabulary in both spoken and written communication.
LO4	Construct grammatically correct and logically structured sentences, paragraphs, and short compositions.
LO5	Write various functional English formats like formal/informal letters, emails, reports, and applications.
LO6	Communicate ideas effectively in English in both oral and written forms.

(Common for B.A/B.Com/B.Sc/B.B.M)

M.M.100

Duration: 3 Hours

A. Grammar

[10 Marks]

- Determiners
- Tenses and Concord
- Auxiliaries
- Prepositions
- Basic Sentence Patterns

B. Transformations

[10 Marks]

- Active to Passive Voice
- Simple to Compound / Complex
- Declarative into Negative/ Interrogative
- Direct to Indirect Speech

C. Comprehension

[50Marks]

- Comprehension of an Unseen Passage

[10 Marks]

• Comprehension (from the following Texts): Comprehension based Questions of 10 Marks each will be asked from Prose, Short Stories, One Act Play and Poetry [40 Marks] Prose

- Digital India
- A.P.J. Abdul Kalam: The Power of Prayer
- Martin Luther King: I have a Dream
- Albert Einstein: The World as I see it Short Stories
- Leo Tolstoy: The Three Questions
- Nachiketa One Act Play
- Cedric Mount: The Never Never Nest Poetry
- R.N. Tagore : Heaven of Freedom
- John Donne : Death be not Proud
- Swami Vivekanand : Kali the Mother

Required Readings: Emerald (Macmillan)

D. Written Composition [30 Marks]

- Precis Writing [5 Marks]
- Paragraph Writing [10 Marks]
- Letter Writing(Formal and Informal) [5 Marks]
- Report Writing [10 Marks]

Suggested Readings:

Murphy, Raymond: Intermediate English Grammar (OUP) Huddleton, Rodney: English Grammar: An Outline (OUP) Greenbaum, Sidney: The Oxford English Grammar (OUP)

Papercode: BSY201 (Internal Non-CGPA)

Paper name: General Hindi

इकाई -1

गद्य भाग:-

1. चरित्र शोधन - बालकृष्ण भट्ट (लेख)
2. कुटज - आचार्य हजारी प्रसाद द्विवेदी (निबंध)
3. स्वामी विवेकानंद - प्रेमचंद (जीवनी)
4. निराला भाई - महादेवी वर्मा (संस्मरण)
5. दिनकर की डायरी से - रामधारी दिनकर (डायरी)
6. आखिरी चट्टान -मोहन राकेश (यात्रा संस्मरण)
7. अदम्य जीवन - रांगेय राघव (रेपोरताज)
8. पृथ्वीराज की आँखें - डॉ. रामकुमार वर्मा (एकांकी)
9. भैया के नाम पाती - रामविलास शर्मा (आत्मकथा)
10. ठिठुरता गणतंत्र - हरिशंकर परसाई (व्यंग्य)
11. जामुन का पेड़ - कृशन चंद्र (कहानी)
12. मथेरण कलम - श्रीलाल मेहता (सृजनात्मक गद्य)
13. मोहनजोड़हों का अंश - ओम थानवी
14. बोरुंदा डायरी - मालचंद तिवाड़ी (डायरी अंश) सुई पिरोना,पावन आँसू, दोनों भाषाएं समृद्ध हो जाएगी

इकाई -2

पद्य भाग:-

1. **कबीर -(पद)-**
- १ दुलहनी गावहु मंगलाचार
- २ माया महाठगिनी
३. बहुत दिनन में प्रीतम आये
४. संतों भाई आई ग्यान की आंधी आई रे
५. मन रे जागत रहिये भाई
६. हम न मरे मरीहै संसारा
७. पांडे कौन कुमति तोहि जागी

८. साईं से लगन कठिन है भाई
९. ना हरी रीझें, जप -तप किन्हे
१०. हंसा करो पुरातन बात

2. मीरा (पद - भक्ति)

१. भजमन चरण -कँवल अविनाशी
२. मन रे परंसी हरि के चरण
३. पायों री मैंने राम रतन धन पायों
४. दरस बिन दूखण लागे नैण
५. बसो मेरे नैनन में नंदलाल
६. राम नाम रस पीजै, मनुवा राम नाम रस पीजै
७. आली म्हाने लागे ब्रिन्दावन निकों
८. कोई कहियो रै प्रभु आवन की, आवन की मन भावन की
९. मीरा मगन भई य हरि के गुण गाय
१०. भेज ले रे मन गोपाल गुणा
3. मैथिलीशरण गुप्त -१. भूलोक का गौरव, २. संदेश यहाँ मैं नहीं स्वर्ग का लाया
4. जयशंकर प्रसाद -१. बीती विभावरी जाग री , २. अरुण ये मधुमय देश हमारा
5. सूर्यकांत त्रिपाठी 'निराला'- १. वह तोड़ती पत्थर, २. स्नेह निर्झर बह गया है
6. भवानी प्रसाद मिश्र - घर की याद
7. नागार्जुन - १. प्रेत का बयान, २. अकाल और उसके बाद
8. त्रिलोचन - चम्पा काले - काले अच्छर नहीं चीन्हती
9. केदारनाथ अग्रवाल - १. कंकरीला मैदान, २. पत्थर
10. शिवमंगल सिंह 'सुमन' - १. पथ भूल न जाना, २. हम पंछी उन्मुक्त गगन के
11. दुष्यंत कुमार - १. कहाँ तो तय था चिरांगा हरेक घर के लिए, २. गांधीजी के जन्मदिन पर
12. निर्मला पुतल - आओ मिलकर बचाएं

इकाई - 3

1. संक्षेपण
2. पल्लवन

3. शब्द युग्म
4. लोकोक्ति
5. शुद्धिकरण - शब्द , वाक्य

इकाई - 4

1. अनुवाद - अर्थ और सिद्धांत, महत्व, आदर्श, अनुवाद की विशेषताएं
2. राजस्थानी एवं अंग्रेजी से हिन्दी अनुवाद (एक अनुच्छेद)

इकाई - 5

1. किसी एक विषय पर निबन्ध
2. पत्र -प्रारूप

सहायक ग्रंथ -

1. हिन्दी साहित्य का इतिहास - आचार्य रामचन्द्र शुक्ल
2. हिन्दी साहित्य का इतिहास - डॉ. नगेन्द्र
3. हिन्दी में अशुद्धियाँ - रमेश चंद्र महरोत्रा
4. अच्छी हिन्दी - रामचन्द्र वर्मा
5. हिन्दी व्याकरण - डॉ. हरदेव बाहरी
6. प्रयोजनमूलक हिन्दी - प्रो. सूर्यप्रकाश दीक्षित
7. हिन्दी शब्द मीमांसा - किशोरीदास वाजपेयी
8. व्यावहारिक हिन्दी व्याकरण - राघव प्रकाश
9. हिन्दी व्याकरण - कामताप्रसाद गुरु
10. हिन्दी साहित्य की विविध विधाएं - डॉ. शबाना हबीब

Papercode:BSY202

Paper name: Introduction to Hatha Yogic Text

Course Objective:

CO1	To give an introduction of Hatha yoga and to give an understanding of the prerequisites of Hatha Yoga.
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Learning Outcomes:

Upon successful completion of the course, students will have substantial knowledge which would enable them to:

CO1	Explain the key concepts, basics and importance of Hath pradipika and Gherand Samhita.
CO2	Learn methods of performing asanas, pranayama, mudras and bandhas in traditional way.
CO3	Understand the principles of Hatha Pradipika, Gheranda samhita Sapta Sadhan, and learn method of cleansing the body (Shatkarma)
CO4	Get acquainted with the hath yogic texts.
CO5	Discuss and define asanas and pranayama's according to Hath pradipika and Gherand Samhita
CO6	Understand the concept of Nadanusandhana according to Hath pradipika
CO7	Learn the methods and benefits of Shatkarmas according to Hath pradipika and Gherand Samhita.
CO8	Understand the difference between Hath pradipika and Gherand Samhita.

Coures Description

Unit I

Hatha Yoga its Philosophy and Practices

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

Unit II

Hatha Yoga Practices: Shodhana- Kiryas and Asanas

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

Unit III

Hatha Yogic Practices: Pranayama, Bandhas & Mudras

Pranayama – Mechanism of correct breathing, Yogic deep breathing, Concept of Puraka, Kumbhaka and Rechak; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradipika and Gherand Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshana; Bandhas and role of Bandhatrayas in Yoga Sadhana. Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-IV

Hatha Yoga Practices: Pratyahara, Nadanusandhana

Concept of Pratyahara, Dharana and Dhyana in Gherand Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradipika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avastha's (stages) of Nadanusandhana, and its Siddhis.

Unit V

Gheranda samhita

Sapta Sadhan: Shaktikarma – Dhouti, Basti, Neti, Nauli, Trataka, Kapalbhata ki vidhi, Savdhaniyan labh, Asana, Pranayama, Mudrayein, Pratyahara, Dharana, Dhyana & Samadhi ki Vivechana, Difference between Hathayoga Pradipka & Gherand Samhita- Asana, Pranayama, kriya, Bandha and Mudras

TEXTBOOKS

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

BOOKS FOR REFERENCE:

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

Paper Code: BSY203

Paper name: Basics of Naturopathy & Ayurveda

Course Objectives:

CO1	To provide an understanding and basic principles of Naturopathy including major contributors to the field and their work
CO2	To learn about the fundamentals of Ayurveda, Yoga, Panchakarma, Shatkarma, Ahara and Sadvritta

Learning Outcomes: Upon successful completion of the course, the learner will be able to:

LO1	After completion of course, students will have knowledge of the concept of health according to Ayurveda and naturopathy and its utility in health promotion and prevention.
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LO2	Students would be able to understand the root reason on which naturopathy works to heat the human body.
LO3	Students would be able to know the phenomenon of doing panchakarma and the concept of their application on body.
LO4	Students will have a deeper understanding of milk therapy and fruit therapy.
LO5	Students will have a deeper understanding of Ritucharya.

Course Description

Unit I

Fundamentals of Naturopathy (Nisargopachar)-I

History of Naturopathy, Principals of Naturopathy (**Nisargopachar**), five elements-Space, Air, sun, Water, Earth. Foreign Matters-Definition, Origin, Effects on Body, Acute and Chronic Diseases. Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Relationship between Yoga and Nisargopachar. Yoga & Nisargopachar as a system of medicine in disease prevention, health promotion and management of diseases.

Unit II

Fundamentals of Naturopathy (Nisargopachar)-II

Practices in Nisargopachar- Upavasa & Diet Therapy, Hydrotherapy & Mud therapy, Solar, Color & Magnet therapy, Massage & Manipulate therapies, Acupuncture and Energy Medicine; Common principles of Naturopathy & Yoga as a holistic system of medicine; Hydrotherapy & Mud therapy; Natural diet, nutraceuticals, nutrition and fasting therapy; Manipulate therapies (Massage therapy, Color therapy and Magnet therapy).

Unit III

Fundamentals of Ayurveda

General introduction, definition, history and principles of Ayurveda; Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatra, Prakriti, Deha Prakriti and Manasa Prakriti.

Unit IV

Concept of Holistic Living in Ayurveda

Concept, role and importance of – Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana; Elementary knowledge of the concept of health, disease and management of common diseases in Ayurveda; Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.

Unit-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, tapotement, vibration and shaking.

TEXTBOOKS

1. Laxmipati, K., Basic principles of Ayurveda
2. Indrani T: A Nursing manual of Nutrition & Therapist Diet by Jaypee Brothers, 2008

REFERENCE BOOKS:

4. Kaushik, Mai Ram, Ayurveda Kya Hai? Bikaner: Anand Prakashan, 2003
5. Gardiner, A.K, Principles of Exercise Therapy C B S Publications, New Delhi
6. Ghosh, A.K., Poshan Ke Pracheen tatha Adhunik, Avadharana, Hindi.
7. Joshi S.V., Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasisdas Publishers Private Limited, Delhi.
8. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
9. Carroll A Lutz: Nutrition & Diet Therapy, Evidence Based Application, Jaypee Brother New Delhi, 2008

Paper Code: BSYAECT204

Paper name: Four Stream of Yoga

Course Objectives:

CO1	Understand the four paths/streams of yoga within depth understanding.
CO2	Have an in-depth understanding about their similarities and dissimilarities.
CO3	Understand the principle and conceptualize each stream

Course Description

Unit-1

Introduction to Four Streams of Yoga: Concept and definition of Yoga in Indian philosophy, Origin and classification of Yoga (Ashtanga, Hatha, Mantra, Laya, Jnana, Bhakti, Karma), Four paths as per Bhagavad Gita and Upanishads, Need and significance of integration of four streams Qualities of a Sadhaka (Aspirant)

Unit II

Jnana Yoga

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

Unit-III

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 IV

Karma Yoga

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

Unit-V

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)

TEXTBOOKS

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

Recommended Books:

1. Bhagavad Gita – Swami Chinmayananda / Swami Sivananda
2. Narada Bhakti Sutra – Swami Prabhavananda / Swami Tapasyananda
3. Jnana Yoga – Swami Vivekananda
4. Raja Yoga – Swami Vivekananda
5. Patanjali Yoga Sutra – Swami Satchidananda / Swami Vivekananda
6. Four Yogas – Eknath Easwaran
7. Essence of the Bhagavad Gita – Swami Kriyananda

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

BSYDCCP205

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

List of Practicals

1. Students should be introduced to various treatment procedures used in Naturopathy.
2. Students should have knowledge of giving various treatments.
3. Demonstration of: (a) Live Food (Natural Diet/ Raw diet).
(b) Sathvic & boiled diet.
(c) Ways of serving, various special diets.
(d) Salad Preparation
4. Practicals with record.
5. Visiting to various Nature cure Clinics/hospitals.
6. Panch karma

TEXT BOOKS

- a) Philosophy of Nature cure - By Henry Lindlahr.
- b) Practice of Nature Cure - By Henry Lindlahr.
- c) Human Culture and Cure - By Dr. E.D. Babbitt
- d) Practical Nature Cure - By Dr .K. Laxmana sarma
- e) History and Philosophy of Nature Cure - By S.J. Singh
- f) My Nature Cure - By M.K. Gandhi
- g) Natural health care– A to Z - By Belinda Gran
- h) Introduction to Natural Hygiene- Herbert M. Shelton

- i) Panchatantra - By Dr. Venkat
- j) The Science of facial expression- By Dr. Louis Kuhne

REFERENCE BOOKS:-

- a) My Nature cure or practical - By S.J. Singh Naturopathy
- b) The story of my experiment - By M.K. Gandhi with truth
- c) Ayurvedic for health and long life- By Dr. R.K. Garde
- d) Everybody's guide to Nature cure- By Harry Benjamin
- e) Prayer - By M.K. Gandhi
- f) Diet and Diet Reforms - By M.K. Gandhi
- g) Nature Cure - J.M. Jussawalla
- h) Healing from within - J.M. Jussawalla
- i) Swartha vritta vijyana - R.H. Singh
- j) Fundamentals of Ayurveda - K.N. Udupa
- k) Ram narayana vaidya - Arogya Prakash
- l) Vaidya Maha birprasad pandy - Chikitsa Tatva Dipika
- m) Rampraka shpathak - Padanatha Vijnana
- n) Gems of Siddha Medicine - by Dr. Ram Murthy
- o) Thirukural - by Valluvar

B.Sc.- M.Sc. Yogic Science & Naturopathy (Integrated)

Semester III

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT301 (Compulsory Course)		
BSYDCCT302	3 Hrs.	80
BSYDCCT303	3 Hrs.	80
BSYDCCT304	3 Hrs.	80
BSYDCCP305 (Combined Practical)	6 Hrs.	160

Papercode:BSY301(SDC)

Paper name: Elementary Computer Applications

Max. Marks : 100

Min . Passing Marks : 36

Time : 2 Hours

Note:

1. Passing in theory examination shall be necessary by securing at least 36% marks.
2. The theory paper shall consist of 100 objective type questions. Each will carry 1 marks.

Candidate will have to write correct answer (A) or (B) or (C) or (D) in space provided against the questions on OMR sheet.

3. Non-Scientific Calculator is allowed to be used in examination.

Introduction to Information Technology, Generation of Computers, Types of computers: Micro, Mini, Mainframe, Super.

Architecture of Computer System: CPU, Primary Memory: RAM, ROM, Cache memory, Secondary memories, Input/output devices, Pointing device.

Number System and their conversions: Binary, Octal, Decimal, Hexadecimal. Logic gates.

Languages: Machine, assembly and High Level Languages including 3GL, 4GL.

Concept of Operating System, Need and Types of Operating System: Batch, Single User, Multiprocessing, Time Sharing. Introduction to Windows.

Internet: Concept, e-mail services, WWW, Web Browsers, Search Engines, Simple programs in HTML, type of HTML Documents, Document Structures: Element, type and Character Formatting, Tables, Frames, Forms. Style Sheets.

Computer Networking: Type of networks, LAN, MAN and WAN, Concept of topology, Bridges, Routers, Gateways, Modem, ISDN Leased lines, teleconferencing and videoconferencing.

E-Commerce: Concept of E-Commerce, benefits and growth of E-Commerce, E-Commerce categories, E-Governance, EDI, Electronic Funds transfer on EDI networks, Electronic Payment System.

References:

1. Computer Fundamentals By P.K. Sinha (BPB Publications)
2. Computer made Easy for Beginners(in Hindi) By Niranjana Bansal, Jayshree Sarangi
3. IT Tools and Application by Satish Jain, Shashank Jain, Dr. Madulika Jain(BPB Publication)
4. Rapidex Computer Course By Vikas Gupta(PustakMahal)
5. Internet and Web page Designing By V.K. Jain(BPB Publications)
6. Web Enabled Commercial Application Development using HTML, DHTML, Java Script, Perl CGI By Ivan Bayross (BPB Publications)

Paper code: BSY302

Paper name: Health & Wellness, Yoga Education & Fitness

Course Objectives:

CO1	Describing Health & Wellness programs and services offered, how to access them, and their value to their well-being.
CO2	Learn that principles of nutrition are all important parts of overall wellness.

Learning Outcomes: To learn the basic concept of wellbeing.

LO1	Demonstrate how to get healthy and stay healthy using multiple strategies.
LO2	Identify healthy behaviors and practices that help to avoid and reduce health risks.
LO3	Yoga education to practice mental hygiene.
LO4	Yoga education to integrate moral values
LO5	Yoga education possesses emotional stability.
LO6	Learn physical fitness management

Course Description

Unit-I

Health & Wellness

Define and differentiate health and wellness Components of health wellness and the relationship between physical activity Local, demographic, societal issues and factors affecting health and wellness. Diet and nutrition for health & wellness – Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals - malnutrition, under nutrition and over nutrition.

Unit-II

Management of Health & Wellness

Meaning & importance of various dimensions of wellness. Relationship of physical fitness in achieving wellness. Drugs, doping and wellness. Role of diet and exercise in health management.

Unit-III

Yoga Education

Meaning and definition of yoga and its aims and objectives - Basic principles of yoga and its importance in our daily life - Yoga for mental attitude - Mind, body, breath and emotional level for higher plan of living.

Unit-IV

Yoga Practices

Types and limbs of yoga - Yoga postures - Asana - Breathing Practices – Pranayama
Relaxation-Meditation - Mudra.

Unit-V

Fitness Activities

Types of fitness activities - Outdoor activities - Basic movement patterns. Indoor activity
Aerobics/Dance Fitness, Resistance Training for fitness.

Reference:

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
3. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve WellBeing by Nashay Lorick, 2022
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.

PONDICHERRY UNIVERSITY

Paper code: BSY303

Paper name: Introduction to Common Ailments

Course Objectives:

CO 1	To be able to understand the common ailments and their causes, pathophysiology, clinical features, diagnosis and managements.
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Learning Outcomes: Upon successful completion of the course, the learner will be able to:

LO1	Describe the physiological effects of various yogic practices and to understand
LO2	Analyze knowledge of Yoga therapy in managing various diseases.
LO3	Understand the therapeutic aspects of Yoga as applied to different disease conditions.
LO4	Demonstrate usage of the therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy.
LO5	Know about the application of yogic practices i.e., asanas, pranayama, mudras, bandhas and meditation for curing any type of disease.
LO6	Understand the concept of Disease in Yoga
LO7	Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.

Course Description

Unit-I

Musculo-Skeletal Disorders

Introduction to Musculo-Skeletal Disorders: Meaning, Definition, Causes,

Pathophysiology, Classification, Clinical Features, Diagnosis and Management of following conditions:

1.1. Back Pain: Lumbar Spondylosis, Intervertebral disc prolapses (IVDP) with Sciatica, Spondylitis.

1.2. Neck pain: Cervical Spondylosis.

1.3. Arthritis: Osteoarthritis, Rheumatoid Arthritis, Gout.

1.4. Fibromyalgia and Postural deformities such as Kyphosis, Scoliosis & Lordosis.

Unit-II

Cardio-Respiratory disorders

Introduction to Cardio-Respiratory Disorders: Meaning, Definition, Causes,

Pathophysiology, Classification, Clinical Features, Diagnosis and Management of following conditions:

2.1. Bronchial Asthma & Chronic Bronchitis.

2.2. Sinusitis, Common cold, Allergic Rhinitis & Sleep apnea.

2.3. Hypertension, Atherosclerosis / Coronary artery disease.

2.4. Ischemic Heart disease – Myocardial Infarction.

Unit-III

Gastrointestinal-Metabolic and Excretory Disorders

Introduction to Gastrointestinal-Metabolic and Excretory disorder: Meaning, Definition,

Causes, Pathophysiology, Classification, Clinical Features, Diagnosis and Management of following conditions:

3.1. Dyspepsia, Hyperacidity and Peptic Ulcers.

3.2. Constipation and Irritable Bowel Syndrome.

3.3. Thyroid Disorders and Obesity.

3.4. Diabetes Mellitus

Unit-IV

Obstetrics & Gynecological Disorders

Introduction to Obstetric & Gynecological Disorders: Meaning, Definition, Causes, Pathophysiology, Classification, Clinical Features, Diagnosis and Management of following conditions:

- 4.1. Menstrual Disorder (dysmenorrhea, pre-menstrual syndrome): Menstrual pain, cramp etc.
- 4.2. Polycystic Ovarian Syndrome (PCOS/ *PCOD*)
- 4.3. Menopausal discomfort (anxiety, irritability, insomnia, hot flashes)

Unit-V

Neurological and Psychological Disorders

Introduction to Neurological and Psychological Disorders: Meaning, Definition, Causes, Pathophysiology, Classification, Clinical Features, Diagnosis and Management of following conditions:

- 5.1. Migraine & Headache
- 5.2. Depression & Stress.
- 5.3. Insomnia, Dementia & Attention Deficit Hyperactivity Disorders (ADHD).

TEXTBOOKS

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

REFERENCE BOOKS

1. A.K. Das (Ed.): Medicine Update. Bombay: Association of Physicians of India, 1998.

2. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard Publication, Varanasi; 1965
3. Bhavanani, A.B. (2006). Correction of Breathing Disorders through Rishiculture Ashtanga Yoga. Pondicherry, India: Dhivyananda Creations.
4. Bhavanani, A.B. (2008). Yoga for Health and Healing. Pondicherry, India: Dhivyananda Creations.
5. Bhavanani, A.B. (2008). Yoga for Health and Healing. Pondicherry, India: Dhivyananda Creations.
6. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers
7. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, NewYork: McGraw Hill Co. Inc., 1998.
8. Khalsa, S.B., Cohen,L., McCall, T., & Telles, S (Ed.), The Principles and Practice of Yoga in Health Care (pp.17-29). East Lothian, UK: Handspring.
9. MDNIY publications:10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
10. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
11. Nagarathna, R and Nagendra, H.R.: Integrated Approach of Yoga Therapy for Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2001
12. ShivanandaSaraswati: Yoga Therapy (Hindi & English)
13. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Kaivalyadhama, Lonavala, Revised Edition
14. Swami SatyanandaSaraswati: Yoga and Cardiovascular Management, Yoga Publication Trust, Munger, 2005

Paper Code: BSY204

Paper name: Health & Yogic Diet

Course Objectives & Course Outcomes:

Sr. No.	At the end of semester, students will be able:
CO 1	To describe various Swastha Vritta practices, their principles and concepts.
CO2	To understand the concept of health, diet and value of nutrition.
CO3	To understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.
CO4	To apply the concept of Yogic food as an alternative to treat illness and disease.

Course Description

Unit 1

Health: Fundamentals of human health with emphasis on the physical, emotional, mental, social and spiritual aspects of the health as defined by World Health Organization and prevention of psychosomatic disorders. **Nutrition:** Definition. Energy Balance. Over-nutrition (obesity, overweight, BMI), Under-nutrition (energy deficiency, protein deficiency). BMR and SDA.

Unit II

Basic concepts and components of food and nutrition

- Concept of food,
- Functions of Food.
- Components of Food & their Classification.
- Understanding Nutrition

Macro Nutrients –Sources, Functions and Effects on the Body.

- Carbohydrates
- Protein
- Fats

Micronutrients - Sources, Functions and Effects on the Body.

- Vitamins
- Minerals

Unit III

Diet, Energy and Metabolism

- Meaning and Definition of Diet
- Ancient and Modern Classification
- Balanced Diet
- Energy- Basic Concepts, Definition and Components of Energy Requirement,
- Concept of Metabolism, Anabolism, Catabolism,
- Calorie Requirement-BMR, SDA,
- Physical Activity.
- Factors Affecting Energy.
- Requirement and Expenditure,
- Factors affecting BMR.

Unit IV

Diet: Balanced diet. Food pyramid (advantages and disadvantages). Preparation of dietary chart. Effects of various types of cooking and food processing. Different diet habits, vegetarian, non vegetarian and vegans. The advantages and disadvantages of these diets.

Unit V

Yogic concept of diet & nutrition

- General Introduction of Ahara (Diet),
- Concept of Mitahara;
- Definition and Classification in Yogic diet according to traditional Yoga texts.
- Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavad geeta-Rajasic, Tamasic and Sattvic food.
- Guna and Ahara.
- Importance of Yogic Diet in Yog Sadhana.
- Yogic Diet and its role in healthy living.
- Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha.

❖ Reference books:

- i. Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- ii. Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- iii. Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.

- iv. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
- v. Prof. Ramharsh Singh-Yog ewam Yogic Chitksha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- vi. Swastha Vritta Vigyan ewam Yogic Chiktsha- Dr. Rakesh Giri, Sikhsha Bharti, Uttrakhandl

BSYDCCP305

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

List of Practicals

Suryanamaskara Vinyasa Series-A and B

1.Yogic Sthula Vyayama

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

Yogasana

1. Tadasana, Vrikshasana, Urdhva-Hastottanasana,
2. Ardha Chakrasana, Paada Hastasana,
3. Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,
4. Mandukasana, Ushtrasana, Shashankasana;
5. Bhujangasana
6. Utthana-padasana, Ardha Halasana, Shavasana

Bandha

1. Jalandhara Bandha

2. Uddiyana Bandha

3. Mula Bandha,

B. Pranayama

1. Anuloma-Viloma Pranayama

2. Concept of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

3. Nadishodhana Pranayama (Puraka+Antarkumbhaka+Rechaka) (1:1:1 & 1:2:2)

C. Practices Leading to Dhyana

1. Yoga Nidra (1)

2. Om Meditation

Chanting

Prayer, Bhagavad Geeta (**Jnana yoga, Raj yoga**) peace chant, Bhajans etc.

Books for Reference

1. Yoga: Its basis and applications. - Dr.H.R.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, Bapu Nagar, Jaipur (Raj.)

5. Yog Sikhsha (Hindi) Swami Satyanand Saraswati, Yog publication Trust, Mungare, Bihar.

6. Health&Yogasana-Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)

7. Pranayama-Kala Aur Vigyan (Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.

8. A Glimpse of Human Body-Dr. Shirley Telles.

9. Yoga for Common Ailments- 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.

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

B.Sc.-M.Sc. Yogic Science & Naturopathy (Integrated)

Semester IV

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT401		
BSYDCCT402	3 Hrs.	80
BSYDCCT403	3 Hrs.	80
BSYDCCT404	3 Hrs.	80
BSYDCCP405 (Combined Practical)	6 Hrs.	160

Papercode: BSYAECT401

Paper name: Introduction to Indian Knowledge Systems (IKS)

Course Objective:

CO1	To create awareness amongst the youths about the true history and rich culture of the country
CO2	To understand the scientific value of the traditional knowledge of Bharata
CO3	To promote the youths to do research in the various fields of Bhartiya knowledge system
CO4	To apply traditional knowledge and techniques in day-to-day life
CO5	To convert the Bhartiya wisdom into the applied aspect of the modern scientific paradigm
CO6	To appreciate the contribution of Indian Knowledge Systems to the world
CO7	To know about Various Indian Scholars

Learning Outcomes:

After completion of this course, the student will be able to –

LO1	Understanding the Indian knowledge system
LO2	Recall the rich heritage of Indian knowledge systems
LO3	Demonstrate knowledge of sociocultural and ethnolinguistic diversity that constitutes the soul

	of Bharat Varsha
LO4	Understanding the traditional Indian knowledge systems from the root level
LO5	Know about the contribution of Indian knowledge systems to the world
LO6	Distinguish knowledge traditions that originated in the Indian subcontinent
LO7	Know about various Indian Scholars

Course Description

Unit-I

Introduction to Indian Knowledge Systems (IKS): Definition of Indigenous/ Traditional Knowledge, Scope, and Importance of Traditional Knowledge.

Ancient India- Bharat Varsha: People of Ancient Bharat Varsha; Our great natural heritage: The great Himalayas and the rivers; The civilizations of the Sindhu-Ganga valley, and the Brahmaputra valley; Our coastal plains; Our Nature: Forests and Minerals; Ancient Indian Traditional Knowledge and Wisdom about nature and climate

Unit-II

The Vedic corpus: Vedas and Vedangas - Distinctive features of Vedic life, Indian philosophical systems: Different schools of philosophy.

Introduction and study of Bhagavad Gita: including memorization of selected Slokas (Chapter II -47 to 50 and 70, Chapter IV –34, Chapter VI – 16 and 17, Chapter XVI- 1 to 5 Chapter XVII – 8 to 10).

Unit-III

Contribution of Ancient India to Health Sciences: Ayurveda and Yoga; Elements of Ayurveda: Gunas and Doshas, Pancha Maha Bhuta and Sapta-dhatu, Concept of disease in Ayurveda, Ayurvedic lifestyle practices: Dinacharya and Ritucharya, Important Ayurvedic Texts; Hospitals in Ancient India; Ayurveda: Gift of India to the modern world

Unit-IV

Ancient Education System: Takshashila University, Nalanda University, Vikramshila University, Odantapuri University, Vallabhi University, Pushpagiri University

Unit-V

Eminent Indian Scholars: Life sketch and their contribution to Indian Knowledge System: Maharishi Patanjali, Charak, Susruta, Kanad, Aryabhaata, Adi Shankaracharya, Nagarhuna, Panini, Chankaya

Recommended Readings

1. Mahadevan, B., Bhat Vinayak Rajat, Nagendra Pavan RN. (2022), Introduction to Indian Knowledge System: Concepts and Applications. PHI Learning Private Ltd
2. Mukul Chandra Bora, Foundations of Bharatiya Knowledge System. Khanna Book Publishing
3. Baladev Upadhyaya, Samskrta Śāstrom ka Itihās, Chowkhambha, Varanasi, 2010.
4. D. M. Bose, S. N. Sen and B. V. Subbarayappa, Eds., A Concise History of Science in India, 2nd Ed., Universities Press, Hyderabad, 2010.
5. Astāngahrdaya, Vol. I, Sūtrasthāna and Śārīrasthāna, Translated by K. R. Srikantha Murthy, Vol. I, Krishnadas Academy, Varanasi, 1991.
6. Dharampal, The Beautiful Tree: Indian Indigenous Education in the Eighteenth Century, Dharampal Classics Series, Rashtrottana Sahitya, Bengaluru, 2021.
7. J. K. Bajaj and M. D. Srinivas, Indian Economy, and Polity in Eighteenth-century Chengalpattu, in J. K. Bajaj ed., Indian Economy and Polity, Centre for Policy Studies, Chennai, 1995, pp. 63-84

Paper Code: BSYDCCT402

Paper name: Yoga Vasistha

Course Objective:

CO1	Students would know the importance of Yoga Vasistha for better holistic health and success in life.
CO2	Students would be able to understand the yogic concept of Yoga Vasistha and he would become able to compare it with modern time yoga.
CO3	Students would be able to know samadhi on Yoga Vasistha.

Learning Outcomes

LO1	After completion of the course, students will be able to understand the concept of Yoga Vasistha and the role of Yoga Vasistha for healing.
LO2	Students would be able to understand the yogic concept of Yoga Vasistha and he would become able to compare it with modern time yoga.
LO3	Students would be able to know samadhi on Yoga Vasistha
LO4	Students will have a deeper understanding of sattva guna
LO5	After completion of the course students will develop broad knowledge of eight limbs of dhyana

Course Description

Unit-I

Concept of Yoga Introduction and Highlights of Yoga Vasistha, Definition of Yoga in and their relevance in Yoga Vasistha.

Unit-II

Concept of Mind- World is the Project of Mind, Manh Prashamanah upayah, Mind control through abhyasa and Vairagya.

Unit-III

Concept of Jnana- Jnana Sapatabhumi, Importance of knowledge, Types of knowledge, Handling the mind and emotions, Enhancing the power of discrimination (Viveka).

Unit-IV

Prana and Pranayama, Breath control, the story of kakabhusundi, concept of Adhi and Vyadhi.

Unit-V

Concept of Samadhi and Moksha, Good association, self-enquiry, Development of Satvvaguna (virtues), Eight Limbs of Meditation.

Books reference

1. "The Supreme Yoga: Yoga Vasistha" by Swami Venkatesananda

2. "Yoga Vasistha Sara" by Swami Sivananda
3. "Laghu Yoga Vasistha" (The Smaller Yoga Vasistha)
4. "The Concise Yoga Vasistha" by Swami Tejomayananda
5. Original Sanskrit Text with Commentary
6. Yoga Vasishta of Valmiki – Archive.org

Paper Code: BSYDCCT403

Paper name: Yogic Kriya & Lifestyle

Course Objectives:

CO1	To provide theoretical and practical understanding of Yogic Kriyas, to familiarize students with cleansing techniques (Shatkarma) as prescribed in Hatha Yoga for physical and mental purification.
CO2	To highlight the importance of Yogic Lifestyle (Yogic Acharan), to promote awareness of a sattvic way of living in alignment with natural and yogic principles.
CO3	To establish the role of diet, sleep, and behavior in yogic living to understand Ahara (diet), Vihara (recreation), Achara (conduct), and Vichara (thoughts) from the yogic perspective.
CO4	To promote holistic health through traditional yogic routines, to train students in adopting daily regimens like Dinacharya and Ritucharya for better health and discipline
CO5	To prepare students for the integration of Yogic Kriyas in therapy and prevention to understand the therapeutic application of Kriyas for digestive, respiratory, and psychological health.

Learning Outcomes:

By the end of this course, students will be able to:

LO1	Identify and explain the six Shatkarmas (Neti, Dhauti, Basti, Nauli, Trataka, and
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	Kapalbhati) and their health benefits.
LO2	Demonstrate basic proficiency in performing selected Yogic Kriyas safely and effectively.
LO3	Describe the principles of a Yogic lifestyle, including diet (Ahara), routine (Dinacharya), and behavioral ethics (Yama-Niyama).
LO4	Analyze the impact of lifestyle on physical, mental, and spiritual well-being using yogic frameworks.
LO5	Apply yogic lifestyle modifications in daily life and therapeutic settings for prevention and management of diseases.
LO6	Develop discipline, self-regulation, and awareness through consistent practice of yogic habits and cleansing techniques

Courser Description

UNIT-I

Shat kriya- What is Shat kriya? Explanation of Six purification Techniques, Dhauti, Neti, Basti, Naouli, Tratak, Kapalbhati.

UNIT-II

Yogic diet-Sattvic, Rajasic, Tamasic, Diet according to Hath Pradipika, Gerand Samhita & Bhagwat Geeta.

UNIT-III

Yogic Lifestyle Concept of Healthy living in Bhagwat Geeta (Ahara, Vihara, Achara, Vichara)

UNIT-IV

Human Mind System-Chitta, Vittis, Klesh, Vikshep, Chittprashadanm, & Vivek Khyati and their relationship with wellness.

UNIT-V

Concept of Ishwara & its relevance in Yog Sadhna, qualities of Ishwara, Ishwar Pranidhana.

Books Reference:

Hatha Yoga Pradipika – Swatmarama

2. Gheranda Samhita – Translated by various authors

3. Asana Pranayama Mudra Bandha (APMB) – Swami Satyananda Saraswati

4. Practical Yoga Psychology – Dr. Rishi Vivekananda (Bihar School of Yoga)

5. The Science of Yoga – Dr. Taimni

6. Yoga and Kriya – Swami Satyananda Saraswati

7. A Textbook of Yoga – Dr. Ishwar V. Basavaraddi (MDNIY)

UGC-recommended and aligned with Naturopathy/Yogic Science syllabi

8. Yoga Chikitsa: Application of Yoga as Therapy – Dr. R. Nagarathna & Dr. H.R. Nagendra

Covers therapeutic utility of kriyas and lifestyle modifications in modern health problems

Additional Readings / Manuals

Bhagavad Gita – For lifestyle principles like self-discipline, diet, moderation, and purity

Yoga Darshan (Patanjali Yoga Sutra) – Commentary by Swami Vivekananda or Swami Satchidananda

Lifestyle and Health Management through Yoga – Published by Morarji Desai National Institute of Yoga (MDNIY), New Delhi

UGC Model Syllabus for B.Sc. in Yoga – Available on UGC or Ayush Ministry website for latest updates

Paper Code: BSYAECT404

Paper name: Yoga & Ancient Text-I

Course Objectives & Course Outcomes

CO1	To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient literature including Vedas, Upanishads, and Shat Darshana's etc.
CO2	To get well verse with the essence of Vedas and Upanishads.

CO3	To adopt it as their lifestyle.
CO4	To teach others the benefits of such lifestyle.

Course Description

Unit-I

Introduction to Yoga Philosophy:

Vedas: meaning, definition, types and concept of yoga in: Rig Veda, Yajur Veda, Sama Veda, Atharva Veda, Upveda's

Unit-II

Yoga Philosophy in Darshna's: General Introduction, Astik and Nastik Darshan, Nyaya and Vasheshik Darshan, Mimamsa and Vedant Darshan

Unit-III

Introduction to Samkhya darshan-

General Introduction to Samkhya karika, Nature of Dukha, Introduction to 25 elements, Praman- Vivechan, Satkaryavada, Vyakta-Avyakta, Causes of Failure, Nature of Gunas, Purusha Vivechana, Buddhi k Lakshana and Dharma, Ahamkara se Sarg Privritti, Trayodash karana ewam Sukshma sharir, Mukti vivechana.

Unit-IV

Introduction to Bhagavad Gita: General Introduction to Bhagavad Gita, History of Bhagavad Geeta, Definitions of Yoga, their relevance & Scope, Importance of Bhagavad Geeta in modern times,

Unit-V

Essentials of Bhagavad Gita: Samkhya and Gyan Yoga, Karma Yoga, Bhakti Yoga, Concept of Atmaswarupa, Stithaprajna, Trividha sadha, Dharma

Reference Books:

1. 108 Upanishad: Acharya Shriram Sharma, Yugnirman Yojana, Vistar trust, Mathura
2. Ten major Upanishads: Geeta press, Gorakhpur

3. Ishadi Nau Upanashida, Geeta press, Gorakhapur
4. Rig Veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
5. Yajur Veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
6. Sama Veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
7. Athra Veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
8. Shat Darshana – Swami Sachidananda – RK mat publications

Reference books:

1. Sadhak Sanjivani- Swami Ram Sukha Das, Geeta Press, Gorakhapur
2. Bhagavad Geeta- Geeta Press, Gorakhapur
3. Shrimad Bhagavad Geeta Yathartharopa, Swami Prabhupada, Iskon Temple
4. Samkhaya Karika—Ishwar Krishna. Chokhamba Publication, Delhi
5. Samkhaya Karika- Ishwar Krishna, Motilal Banarasi Das, Delhi

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers

should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

BSYDCCP305

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

LIST OF PRACTICALS

Objectives:

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

- Understand the concept and principles of Shatkarmas & Sukshma-Sthula vyayama.
- Explain and demonstrate the above-mentioned practices skillfully.
- Have an indepth understanding anout Standing Postures and body alignment Standing Postures and body alignment Yogasanas.
- Have an understanding asbout the practices that help practitioners to lead to meditation.

1 Prayer

1.1 Concept of Pranav and hymns

1.2 Recitation of Pranav and Soham Japa

1.3 Selected universal prayers & invocations and Nishpatti Bhava.

2 Shatkarmas

2.1 Dhauti (Kunjal dhauti,)

2.2 Neti (Sutra and Jala),

2.3 Kapalbhathi(Vatkrama, Vyutkarma and Sheetkrama)

2.4 Nauli

2.5 Trataka

3 Sukshma Vyayama, Sthula Vyayama and Suryanamaskar

3.1 Ucharan-sthal-tathtavishudhichakrashudhi

3.2 Budhitathadritishaktivikasaka

3.3 Medhashaktivikasaka

3.4 Kapolshaktivikasaka

3.5 Grivashakti vikasak

3.6 Vakshasthalshaktivikasaka (i and ii)

3.7 Katishaktivikasaka (i,ii,iv,v)

3.8 Janghaskativikasaka (i,ii)

3.9 Pindalishkativikasaka

3.10 Hridgati and sarvangpushti.

3.11 Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its Variations.

4. Yogasana (yogic postures)

4.1 Standing Postures: Tadasana, Ardhakati chakrasana, Hastapadasana,

Ardhachakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana,
Veersana,

4.2 Sitting postures: Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana,
Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana,
Akarna dhanurasana, Gumukhasana,

4.3 Prone postures: Bhujang asana, Salabhasana, Dhanurasana,
Urdhvamukhosvanasana, Makarasana,

4.4 Supine postures: Halasana, Chakrasana, Sarvangasana, Matsyasana,
Shavasana, Setubandhasana,

4.5 Balancing postures: Vrikshasana, Garudasana, Namaskarasana, Tittibhasana,
Natrajasana

5. Pranayama Knowledge and Demonstrated ability to perform following practices and Pranyama(with Antar & Bahya Kumbhaka)

5.1 Breath awareness,

5.2 Sectional breathing,

5.3 Nadishodhan Pranayama

5.4 Bhastrika Pranayama, Ujjai Pranayama,

5.5 SuryaBhedhi and Chandrabhedhi Pranayama

5.6 Sitali Pranayama, Sitkari Pranayama

5.7 Bhramari Pranayama (with Antar & Bahya Kumbhaka)

6. Practices leading to Meditation:

6.1 Advance spiritual relaxation techniques

MSRT (Mind Sound Resonance Technique)

PET (Pranic Energization Technique)

6.2 Chanting Vyas Pushpanjali – SVYASA

Maha Mrityunjay mantra

Nirvana shatkarma

6.3 Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

7. Bandhas and Mudras:

7.1 Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,

7.2 Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni 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.
3. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

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.
5. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
6. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.

7. Nagendra, H.R: Mind sound reasonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

B.Sc.-M.Sc. Yogic Science & Naturopathy(Integrated)

Semester V

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT501 (Non CGPA)		
BSYDCCT502	3 Hrs.	80
BSYDCCT503	3 Hrs.	80
BSYDCCT504	3 Hrs.	80
BSYDCCP505 (Combined Practical)	6 Hrs.	160

Papercode:BSY501

Paper name: Communication Skills Course

Course Scope:

This course will prepare the young pharmacy student to interact effectively with doctors, nurses, dentists, physiotherapists and other health workers. At the end of this course the student will get the soft skills set to work cohesively with the team as a team player and will add value to the pharmaceutical business.

Course Objectives:

Upon completion of the course the student shall be able to

CO1	Understand the behavioral needs for a Pharmacist to function effectively in the areas of
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	pharmaceutical operation.
CO2	Communicate effectively (Verbal and Non Verbal)
CO3	Effectively manage the team as a team player
CO4	Develop interview skills
CO5	Develop Leadership qualities and essentials

Course Description

UNIT – I

Communication Skills: Introduction, Definition, The Importance of Communication, The Communication Process – Source, Message, Encoding, Channel, Decoding, Receiver, Feedback, Context Barriers to communication: Physiological Barriers, Physical Barriers, Cultural Barriers, Language Barriers, Gender Barriers, Interpersonal Barriers, Psychological Barriers, Emotional barriers Perspectives in Communication: Introduction, Visual Perception, Language, Other factors affecting our perspective - Past Experiences, Prejudices, Feelings, Environment

UNIT – II

Elements of Communication: Introduction, Face to Face Communication – Tone of voice, Body Language (Non-Verbal Communication), Verbal Communication Physical communication Communication Styles: Introduction, The Communication styles Matrix with example for each Direct Communication style, Spirited Communication style, Systematic Communication style, Considerate Communication style.

UNIT – III

Basic Listening Skills: Introduction, Self-Awareness, Active Listening, Becoming an Active Listener, Listening in Difficult Situations. Effective Written Communication: Introduction, When and When Not to Use Written Communication - Complexity of the Topic, Amount of Discussion Required, Shades of Meaning, Formal Communication. Writing Effectively: Subject Lines, Put the Main Point First, Know Your Audience, Organization of the Message

UNIT – IV

Interview Skills: Purpose of an interview, Do's and Don'ts of an interview Giving Presentations: Dealing with Fears, Planning your Presentation, Structuring Your Presentation, Delivering Your Presentation, Techniques of Delivery

UNIT – V

Group Discussion: Introduction, Communication skills in group discussion, Do's and Don'ts of group discussion. Emotional Intelligence Skills: Understanding emotional intelligence, self-awareness, impulse control, stress management, adaptability, empathy, and effective communication. • Objectives: Develop self-awareness, learn to manage emotions effectively, and cultivate empathy to improve communication and interpersonal skills.

Recommended Books: (Latest Edition)

1. Basic communication skills for Technology, Andreja. J. Ruther Ford, 2nd Edition, Pearson Education, 2011
2. Communication skills, Sanjay Kumar, Pushpalata, 1st Edition, Oxford Press, 2011
3. Organizational Behaviour, Stephen .P. Robbins, 1st Edition, Pearson, 2013
4. Brilliant- Communication skills, Gill Hasson, 1st Edition, Pearson Life, 2011
5. The Ace of Soft Skills: Attitude, Communication and Etiquette for success, GopalaSwamy Ramesh, 5th Edition, Pearson, 2013
6. Developing your influencing skills, Deborah Dalley, Lois Burton, Margaret, Greenhall, 1st Edition Universe of Learning LTD, 2010
7. Communication skills for professionals, Konar nira, 2nd Edition, New arrivals –PHI, 2011
8. Personality development and soft skills, Barun K Mitra, 1st Edition, Oxford Press, 2011
9. Soft skill for everyone, Butter Field, 1st Edition, Cengage Learning india pvt.ltd, 2011
10. Soft skills and professional communication, Francis Peters SJ, 1st Edition, McGraw Hill Education, 2011
11. Effective communication, John Adair, 4th Edition, Pan Mac Millan, 2009
12. Bringing out the best in people, Aubrey Daniels, 2nd Edition, Mc Graw Hill, 1999

Paper Code: BSY502

Paper name: Life Skill & Personality Development

Course Objectives:

Programme Objectives While studying Life Skills and Personality Development, the student shall be able to:

CO1	Acquire knowledge of basic concepts of personality and life skills.
CO2	Enumerate core life skills and its application.
CO3	Strategize enhancing personality through life skills.
CO4	Recognize various life skills for self enhancement and well-being; and
CO5	Realize the essentials of life skills in various spheres of life.

Learning Outcomes

After the completion of Life Skills and Personality Development, the student will be able to:

LO1	Concentrate on continuous practice of life skills to enhance personality.
LO2	Prepare himself/herself to face life/career challenges in an effective way.
LO3	Formulate situational strategies to manage crisis in life through life skills.
LO4	Practice life skills for self-enhancement and well-being; and
LO5	Apply life skills in various spheres of life to become successful.

Course Description

UNIT I

Career and Professional Skills: Listening Skills, Reading Skills, Writing Skills, Effective Resume preparation, Interview Skills, Group Discussion Skills, Exploring Career Opportunities, Psychometric Analysis and Mock Interview Sessions
Team Skills: Cognitive and Non-Cognitive Skills, Presentation Skills, Trust and Collaboration, Listening as a Team Skill, Brainstorming, social and Cultural Etiquettes
Digital Skills: Computer skills, Digital Literacy and Social Media, Digital Ethics and Cyber Security.

UNIT II

Attitude and Motivation: Attitude: Concept, Significance, Factors affecting attitudes, Positive attitude - Advantages, Negative attitude- Disadvantages, Ways to develop positive attitude, Difference between personalities having positive and negative attitude.

Motivation: Concept, Significance, Internal and external motives - Importance of self-motivation- Factors leading to de-motivation, Maslow's Need Hierarchy Theory of Motivation,

UNIT III

Stress-management and Development of Capabilities

Development of will power, imagination through yogic lifestyle- Development of thinking, emotion control and discipline of mind through Pranayama- Improvement of memory through meditation-Stress: meaning, causes, and effects of stress in life management- Stress: psycho-physical mechanism, management of stress through Yoga.

UNIT IV

Other Aspects of personality Development

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills - Leadership and qualities of a successful leader - Character-building -Team-work – Time management -Work ethics – Good manners and etiquette.

UNIT V

Health and Hygiene- Meaning and significance for Healthy Life- 3. Exercise and Nutrition and Immunity. Obesity- Meaning, Types and its Hazards. - Physical Fitness and Health Related Physical Fitness- Concept, Components and Tests-. Adventure Sports.

Suggested Readings:

- Barun K. Mitra, "Personality Development & Soft Skills", Oxford Publishers, Third impression,2017.
- Ghosh, Shantikumar. 2004. Universal Values. Kolkata: The Ramakrishna Mission Larry James, "The First Book of Life Skills"; First Edition, Embassy Books, 2016.
- L.Chaito: Relaxation & Meditation Techniques,1983
- Michael Aegyle: Bodily Communication, Methuen,1975
- Mulligan J: The personal Management (handbook)
- M.L. Kamlesh (1998), "Psychology in Physical education and Sports" Metropolitan Book Company, New Delhi
- Patra, Avinash. 2012. The Spiritual Life and Culture of India. London: Oxford University Press.
- Postonjee D.M.: Stress and Coping,The Indian Experience,sage Publication,New Delhi
- R.D. Sharma (1979), "Health and Physical Education" Gupta Prakashan, New Delhi.
- Shiv Khera, "You Can Win", Macmillan Books, New York, 2003.
- Acharya Maha Pragma- Shakti ki Sadhna (Hindi medium)
- Acharya Mahapragya- Naya manav, naya Vishwa, Adarsh Sahitya Sangh, Churu

Paper Code: BSYAECT503

Paper name: Fundamental of Psychology

Course Objectives:

CO1	To introduce modern psychology to Yoga students.
CO2	Make the students able to understand psychological aspects.
CO3	To bring about a comparative mode of study between ancient and modern psychology.

Learning Outcomes:

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

LO1	Understand the necessity and significance of psychology.
LO2	Have an understanding about utility of psychology in the society.
LO3	Understand human behaviour regarding therapy.

Course Description

Unit I

Human Psyche, Psychology

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

Unit II

Domains and Dynamic of Behaviour

Attention: Nature, Determinants of Attention; Perception: Nature; Gestalt theory of Perception. Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning. Intelligence: Nature; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature. Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory. . Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation.

Unit III

Personality and Its Development

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

Unit IV

Stress & Its Management, Mental Health and Yoga

Mental Health: Meaning and Importance; Indicators of Mental Health; Criteria of Normal and Abnormal Behaviour. Stress: Nature; Symptoms, Causes and Consequences of Stress; Stress and Mental Health; Yogic Perspective of Stress, Adjustment: Nature; Adjustment and Stress; Conflict and Frustration; Ways of Adjustment: Direct Ways and Indirect Ways (Defence-mechanisms). Yogic Perspective of Mental Health; Promoting Mental Health, Impact of Yogic Lifestyle on Mental Health

Unit V

Consciousness

Introduction to Human Consciousness Meaning, definitions of Human Consciousness, need to study Human Consciousness, Development of Human Consciousness. Stages of Human Consciousness. Consciousness in Indian Philosophy Nature of Consciousness in Vedas, Upanishads, Sat Darshan, Jainism & Bhuddism.

REFERENCE BOOKS:

1. Basavaraddi, I.V. (Managing Editor) (2010). Yoga: Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga.
2. Bhatia, Hans Raj (2005). General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Herrman, H., Saxena, S., & Moodie, R. (ed.) (2005). Promoting Mental Health. Switzerland: WHO Press, World Health Organization.
4. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L. (1976). Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
5. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J. (2006). Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd.
6. Nagendra, H. R. (1988). New Perspectives in Stress Management. Bangalore: Vivekananda Kendra.
7. Singh, A. K. (2007). Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications.
8. Srivastava, D.N. (2007). General Psychology. Agra: Vinod Pustak Mandir.
9. Taylor, S. E. (2006). Health Psychology (6th ed.). New Delhi: Tata McGraw Hill.
10. Udupa, K.N. (2007). Stress and Its Management by Yoga. Delhi: Motilal Banarasidas.

Paper code: BSYAECT504

Paper name: Yoga & Ancient Text- II

Course Objective:

CO1	• After studying this Course students can understand • Various Indian philosophies. • Shaddarshana • Various features of traditional Indian culture
CO2	Understand and interpret the key concepts of Narada Bhakti Sutras.

CO3	Understand the foundational principles of Hatha Yoga through classical texts.
CO4	Recognize the role of kundalini, Nadis, chakras, and yogic disciplines.
CO5	I appreciate the historical and philosophical context of traditional yogic literature.

Course Description

Unit I

Introduction to Jain, & Budhha Philosophy

General introduction, Metaphysical & ethical principles of Non Vaidik Philosophies (Jain, Buddha,). Jainism : Concept of Consciousness (Jiva) and Ajiva, Method of Meditation in Jainism, Consciousness in Buddhism, Kshanikavada, Anatmavada, Method of Buddhist Meditation)

Unit II

Introduction to Culture

Meaning and definition of culture, introduction to Indian scriptures i.e. Upanishad, Ramayana, Mahabharata, Gita.

Unit III

Features of Indian Culture

Purusharth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva

Unit IV

Introduction to Narad Bhakti Sutra

Brief life and spiritual contribution of Sage Narada, Spiritual significance and historical context of the text, forms and Types of Bhakti (Sutras 6–24) ,Single-minded devotion, Supreme Love, Exclusive Bhakti, Qualifications and behaviors of a true devotee, Means to Attain Bhakti (Sutras 25–46), Association with the wise (Satsang), scriptural study, remembrance of God, Renunciation of ego, desires, and dualities , Fruits of Bhakti (Sutras 47–84), Inner peace, divine joy, realization of the Self , Bhakti as both the means and the ultimate goal (Sadhana and Sadhya).

Unit V

Traditional Yogic Texts – Shiva Samhita & Goraksha Samhita:

1. Introduction to Traditional Yogic Literature: Importance of classical yogic texts Role of Shiva Samhita and Goraksha Samhita in Hatha Yoga tradition
2. Shiva Samhita –Concept of Shiva as the teacher of Yoga, Description of Nadis, chakras, and prana, Asanas and mudras described in the text, Stages of Kundalini awakening, Emphasis on Jnana (knowledge) and Bhakti (devotion) in Yoga practice
3. Goraksha Samhita (Goraksha Paddhati) – Contribution of Gorakhnath to Hatha Yoga, Concept of Hatha as preparation for Raja Yoga, Importance of Yama, Niyama, Asana, Pranayama, Detailed explanation of Kundalini and chakras, Techniques for Pratyahara, Dharana, and Dhyana
4. Comparative Study: Similarities and differences between Shiva Samhita and Goraksha Samhita, Relevance of both texts in modern yogic practice.

Textbooks

Bhartiya Darshan: Acharya Baldev

Sarvadarshan Samgrah: Madhvacharya

Vaidic Sahiya evam darshan: Dr. Kapildev Shastri

Dharma Darshan Sanskriti: Dr. Roopkishore Shastri

Reference Books

A critical Study of Indian Philosophy: Dr. R.P. Sharma

Bhartiya Darshan: Dr. Sarvapalli Radhakrishnan

Darshan pravesha: Yogirishi Swami Ramdev, Divya prakashan, Haridwar

Bhartiya Sanskriti ka ijtihaad: Dr. Satyaketu vidyalankaar.

Narada Bhakti Sutra – Swami Chinmayananda, Publisher: Central Chinmaya Mission Trust (CCMT)

Narada Bhakti Sutra – Swami Prabhupada (ISKCON), Publisher: Bhaktivedanta Book Trust

Narada Bhakti Sutra – Swami Sivananda, Publisher: Divine Life Society

"Shiva Samhita – A Critical Edition and English Translation" By James Mallinson, Publisher: YogaVidya.com / Kaivalyadhama

"Shiva Samhita" Translated by Rai Bahadur Srisa Chandra Vasu, Publisher: Sri Satguru Publications

3. "The Original Hatha Yoga Texts: Goraksha Samhita, Hatha Yoga Pradipika, and Gheranda Samhita" Publisher: Munshiram Manoharlal Publishers

Paper Code: BSY505

Paper name: Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

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-Kala Aur Vigyan (Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
6. A Glimpse of Human Body-Dr. Shirley Telles.
7. Yoga for Common 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 Hypertension & Heart Disease,
16. Dr. R.Nagrathana& Dr.H.R.Nagendra, SVYP, Bangalore-560 018.
17. Yoga For Pregnancy, Dr. R.Nagrathana, Dr.H.R.Nagendra & Dr,Shamantakamani-Narendran, SVYP, Bangalore- 560 018
18. Yoga for Diabetic,Dr. H.S.Shrikanta, Dr. R.Nagrathana& Dr.H.R.Nagendra, SVYP, Bangalore-560 018.
19. Science of Holistic Living,Vivekanand Kendra Prakashan,Chennai.
20. Mukti ke Chaar Sopaan, Swami Styanand Saraswati, Mungare, Bihar.

B.Sc.- M.Sc. Yogic Science & Naturopathy (Integrated)

Semester VI

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
BSYAECT601 (Non CGPA)		
BSYDCCT602	3 Hrs.	80
BSYDCCT603	3 Hrs.	80
BSYDCCT604	3 Hrs.	80
BSYDCCP605 (Combined Practical)	6 Hrs.	160

Paper Code: BSYAECT601

Paper name: Dissertation/Project/Field Study (DPR),

Course Objective:

CO1	The students will learn the methods of research problem analysis and preparation of content for report/dissertation writing and putting them into presentation.
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Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

LO1	Learn to prepare varieties of diagrams and charts with interwoven pictures, photographs and flow charts. Give presentations at various conferences, meetings, and deliver lectures
LO2	Learn to execute research projects by planning, collecting data, calculating the data and finally preparing a dissertation.
LO3	The student shall prepare a report of his/her research work carried out by him/her and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly.

LO4	The student will select a topic of Dissertation/case study etc. in consultation with his/her supervisor/guide/mentor on any topic related to yoga.
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Paper Code: BSYAECT602

Paper name: Applied Biochemistry

Course Objectives:

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

CO1	Understand the concept of metabolism
CO2	I have an understanding about protein, carbohydrates, lipid metabolism.

Learning Outcome:

The paper is expected to make the students able to:

LO1	Understand the biochemical reactions of metabolism.
LO2	Understand modern diet & nutrition concept and their usage in daily life.
LO3	Develop the skill of translating the concept of yogic diet into modern terminology.
LO4	Develop the confidence of convincing public about the validity of Yogic diet.
LO5	Advancement in interdisciplinary research studies in Yoga.

Course Description

Unit-1

Metabolism of carbohydrates and lipids

1.Introduction to Metabolism: General features of metabolism, anabolism, catabolism, experimental approaches to study metabolism.

2.Carbohydrate Metabolism: Reaction and Energetic of glycolysis, Alcoholic & Lactic acid, Fermentation. Entry of Fructose, Galactose, Mannose etc. Reaction and energetic of TCA cycle. Gluconeogenesis. Glycogenesis and glycogenolysis Reactions and Physiological significance of Pentose phosphate pathway, Regulation of glycolysis, TCA cycle.

Unit II

1. Electron Transport Chain and Oxidative Phosphorylation: Structure of Mitochondria, Sequence of electron carriers, site of ATP production, Inhibitors of electron transport chain. Hypothesis of mitochondrial oxidative phosphorylation (basic concepts). Inhibition and uncouplers of oxidative phosphorylation.

2. Lipid Metabolism: Introduction hydrolysis of triacylglycerol transport of fatty acids into mitochondria, oxidation of saturated fatty acids. ATP yields from fatty acid oxidation. Biosynthesis of saturated and unsaturated fatty acids.

3. Metabolism of ketone bodies, oxidation of unsaturated and odd chain fatty acids. Biosynthesis of triglycerides and important phospholipids, glycolipids, sphingolipids and cholesterol. Regulation of cholesterol metabolism.

Unit-III

Amino acid & Nucleic acid Metabolism

1. Amino Acids – General reactions of amino acid metabolism - Transamination, decarboxylation, oxidative & non-oxidative deamination of amino acids. Special metabolism of methionine, histidine, phenylalanine, tyrosine, tryptophan, lysine, valine, leucine, isoleucine and polyamines.

2. Urea Cycle: individual reactions, importance of urea cycle, hyperammonemia, regulation of urea cycle, Interrelationship between urea cycle and TCA cycle.

Unit IV

1. Nor-epinephrine: importance and biosynthesis from tyrosine, Histamine. biological importance and synthesis. PKU and AKU characteristic features, metabolic reasons.

2. Nucleic acid Metabolism: Biosynthesis of purine and pyrimidine nucleotides- sources of nitrogen and carbon atoms of purine and pyrimidine ring. Precursors of purine and pyrimidine biosynthesis. Conversion of nucleotides to deoxynucleotides.

Unit-V

Basic immunology

1. Immunology: Types and functions of T-cells and B-cells, mononuclear cells, mast cells, dendritic cells, antigen, antibody, Allergic reaction, Hypersensitivity, Autoimmunity.

2. Antigen-Antibody interactions: Agglutination, precipitation and opsonization, gel diffusion, ELISA, ELISPOT.

TEXTBOOKS

1. Lehninger Principles of Biochemistry 5th Ed by David L. Nelson and Michael M. Cox, WH Freeman and Company.
2. Kuby Immunology, 9TH Edition, by Jenni Punt, Sharon Stranford, Patricia Jones, Judith A Owen

REFERENCE BOOKS

1. Textbook of Medical Biochemistry by MN Chatterjee and Rana Shinde, Jaypee Brothers.
2. Davidson's Principles and Practice of Medicine: A Textbook for Students and Doctors (Hardcover) 15th Ed by LSP Davidson, J MacLeod and CRW Edwards. Publisher: Churchill Livingstone.
3. Medical Biochemistry (Paperback) By John W. Baynes and Marek Dominiczak. Publisher: Mosby.
4. Review of Medical Physiology (Lange Basic Science) (Paperback) By William F. Ganong. Publisher: McGraw-Hill Medical

Paper code: BSY603

Paper name: Yoga & Spirituality

Course Objectives:

CO1	To develop a foundational understanding of spirituality To introduce students to the fundamental concepts of Indian philosophy and yogic spiritual traditions
CO2	To explore the connection between Yoga and self-realization To help students understand Yoga not just as a physical discipline, but as a pathway toward inner transformation and liberation (Moksha).
CO3	To interpret spiritual concepts through classical Indian texts To study spiritual teachings as presented in texts like the Bhagavad Gita, Upanishads, and

	Patanjali Yoga Sutras.
CO4	To promote spiritual discipline for personality development To instill values like Yama, Niyama, meditation, silence (Mauna), and service (seva) for balanced and ethical living.
CO5	To gain insights from modern spiritual masters and movements To inspire students through the teachings and practices of contemporary saints, thinkers, and global spiritual movements.

Learning Outcomes:

By the end of this course, students will be able to:

LO1	Explain the meaning, scope, and relevance of spirituality in personal and professional life.
LO2	Differentiate between various spiritual paths (Karma Yoga, Bhakti Yoga, Jnana Yoga) as explained in traditional scriptures.
LO3	Apply yogic principles such as Yama, Niyama, and Dhyana to support spiritual growth and mental well-being.
LO4	Understand the philosophical basis of the soul (Atman), Supreme Consciousness (Paramatman), and the cycle of Karma and rebirth.
LO5	Analyze the role of Yoga as a tool for inner awakening through classical and modern spiritual perspectives.
LO6	Demonstrate awareness of spiritual ethics and lifestyle, enabling them to lead a value-based and purposeful life.

Course Description

Unit 1

Introduction to Indian Spiritual Tradition

Spirituality: Meaning, Scope and Importance, Sanatan Dharma: Concept and Characteristics, Four Purusharthas – Dharma, Artha, Kama, Moksha. Concept of Atma (Soul), Paramatma (Supreme Soul) Swadharma and Self-realization

Unit II

Yogic Spiritual Foundations

Concept of Chitta, Manas, Buddhi, Ahamkara, Panchakosha (Five sheaths of existence).
Concept of Karma and Rebirth, Role of Yama and Niyama in spiritual life Importance of
Guru and Shishya tradition

Unit III

Yoga in Bhagavad Gita and Upanishads

Karma Yoga, Bhakti Yoga, Jnana Yoga, Concept of Nishkam Karma, Atma and Paramatma in
Gita, Spiritual path according to Kathopanishad, Mundakopanishad

Unit IV

Spiritual Practices in Yoga

Role of Meditation (Dhyana), Mantra, and Japa, Kundalini and Chakras – A spiritual
approach, Satsang, Seva, and Self-discipline. Concept of Detachment and Renunciation
(Vairagya) Science and spiritual benefits of silence (Mauna)

Unit V

Contemporary Spiritual Masters and Movements

Teachings of Swami Vivekananda, Ramana Maharshi, Sri Aurobindo, Spiritual insights of
Mahatma Gandhi and Rabindranath Tagore, ISKCON, Art of Living, Ramakrishna Mission,
Spirituality in daily life and social service, Yoga and Spirituality in Global Context.

Books Recommended

1. Patanjali Yoga Sutra – Commentary by Swami Vivekananda / Swami Satchidananda
(Explains Ashtanga Yoga and spiritual path through self-discipline)
2. Bhagavad Gita – Commentary by Swami Chinmayananda, Swami Sivananda, or Eknath
Easwaran (A central spiritual text elaborating on Karma Yoga, Bhakti Yoga, and Jnana Yoga)
3. Narada Bhakti Sutra – Commentary by Swami Prabhavananda or Swami Chinmayananda
(Foundation for Bhakti Yoga and spiritual love/devotion)
4. Hatha Yoga Pradipika – Swatmarama (with commentary by Swami Muktibodhananda)
(Blends spiritual discipline with physical practices of Hatha Yoga)

5. The Heart of Yoga – T.K.V. Desikachar (A modern yet traditional guide on yoga as a spiritual path)
6. Autobiography of a Yogi – Paramahansa Yogananda (A spiritual classic offering insight into yogic life and realization)
7. The Science of Yoga – Dr. Taimni (Detailed philosophical commentary on Patanjali Yoga Sutras)
8. Yoga and Indian Philosophy – Karel Werner (Explores the spiritual roots and evolution of yogic philosophy)
9. Yogic Texts and Spiritual Philosophy – Dr. H.R. Nagendra (SVYASA Publication)
10. Foundations of Yoga – O.P

Paper Code: BSYDCCT604

Paper name: Yoga & Mental Health

Course Objectives:

CO1	To understand the concept, importance, and dimensions of mental health from the yogic perspective.
CO2	To explore the impact of yoga practices on various mental health disorders such as stress, anxiety, and depression.
CO3	To provide practical knowledge of yogic techniques like meditation, pranayama, yoga nidra, and their role in mental well-being.
CO4	To highlight the contribution of yoga in enhancing self-awareness, positive thinking, Emotional, regulation, and inner peace.
CO5	To familiarize students with research-based evidence and case studies showing the therapeutic effects of yoga on mental health.

Learning Outcomes:

LO1	Students will be able to identify the symptoms, causes, and yogic management of common mental health issues.
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LO2	Students will be able to select and apply appropriate yoga practices (asanas, pranayama, meditation) for managing stress, anxiety, and depression
LO3	Students will be able to analyze how a yogic lifestyle contributes to mental stability and well-being

Course Description

Unit I

Introduction

- Meaning & definition of Mental Health
- Importance of Mental Health
- Components of Mental Health
- Mental Health crisis
- Role of Yoga in Mental Health

Unit-II

Mind & Consciousness

- Mind – Its Meaning, definition and Functions
- Stages of Mind- Unconscious, Sub-Conscious, Conscious and Super-Conscious
- Mind – Body Relation

Unit-III

Psychological Approach to Mental Health

- Behavioural approach to Mental Health
- Cognitive approach to Mental Health
- Psychodynamic approach to Mental Health

Unit-IV

Yogic Approach to Mental Health (Part – I)

- Maharshi Patanjali's Approach to Mental Health

- Hath Yogic Approach to Mental Health

Unit-V

Yogic Approach to Mental Health (Part – II)

- Vedantic Approach to Mental Health
- Geeta's Approach to Mental Health

Reference Books

1. Modern Abnormal Psychology – Arun Kumar Singh
2. Fundamentals of Abnormal Psychology (4 th – Ronald J. Comer (2005), Pub: Worth
Edi.): by Publications, New York.
3. Handbook of Mental Health & Aging (2 nd Edi.): – James E. Birren, R. Bruce Slocene,
Gene D. – Cohen
4. Essential of Psychology (6 th Edi.) Spencer A Rathus (2001) Pub: Harcourt – College
5. Asana, Pranayama, Mudra, Bandha Swami Satyananda Saraswati
6. Patanjali yog Pradeep – Swami Omananda Teerth, Geetepress
7. Hatha Yoga Pradipika – Kaivalyadham Lonawala
8. Patanjali Yog Sutras – Woods
9. A Study in Consciousness – Annie Besant
10. Ayurveda and Mind – Dr. David Frawley
11. Seven States of Consciousness – Anthony Campbell

Paper Code: BSY605

Paper: Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Part – I Personality Assessment

1. General behavior
2. Regular and Punctuality in the class.
3. Character
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

Viva on above yogic practices

Assignments, Teaching Practice and Viva

Assignments

- Self video submission of performing Asanas
- Prepare practical file of yogic practices.

Chanting

Prayer, Bhagvad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Teaching Practice

- Eight Step Teaching Techniques of Asana by SVYASA
- Instructing Demonstration of Common Yoga Protocol by MDNIY

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 Northeast 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.

TEXTBOOKS

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

REFERENCE BOOKS:

1. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.
3. B.K.S Iyenger, Light on Pranayama, Published by HarperCollins, 1981
4. Yoga for Promotion of Posit4e Health, by Dr R Nagarathna, Dr H R Nagendra, Number

of pages: 178 | Publication Date: 2004 | ISBN-13: 9780615256245, Published by SVYP,
Bangalore

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

M.Sc. Yoga (Semester System)

ELIGIBILITY

Looking at the interdisciplinary nature of Yoga, the eligibility of candidates for admission to M.Sc. Yoga shall be as given below:

B.Sc. from recognized University with Yoga or bachelor's degree in yoga and other stream with diploma in yoga with 55% marks

M.SC. YOGA PROGRAMME DETAILS

MASTER OF SCIENCE IN YOGA Semester I

Marking Scheme for External Exam

Theory Papers	Duration	Max. Marks
YOG6.5AECT101 (Internal Non-CGPA)		
YOG6.5DCCT102	3 Hrs.	80
YOG6.5DCCT103	3 Hrs.	80
YOG6.5DCCT104	3 Hrs.	80
YOG6.5DCCT105	3 Hrs.	80
YOG6.5DCCP106 (Combined Practical)	6 Hrs.	160
Academic/Industrial Tour	1-5 Days	00

YOG6.5AECT101

Basics of Yoga (Core Foundation Course)

Course Objective: To learn Traditional Indian Yoga systems from root level and to understand the philosophy of the Yoga

Course Level Learning Outcomes:

Upon successful completion of the course, students will become familiar with:

CO1	Vivid field of Yoga
CO2	Scope and importance of Yoga in today's world
CO3	'Yoga' and would be able to look into various opportunities in the field of yoga

Course Description

Unit-I

Yoga and its meaning, Principles of Yoga (Triguna, Antahkarana-chatustaya, Panchakosha). Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali yoga, Hatha yoga).

Unit-II

Shatkarma introduction - Neti, Trataka, Kapalbhati. Introduction of Patanjali ashtanga Yoga in short (Yama, niyama, asana, pranayama, pratyahara, dharna, dhyana, Samadhi)

Unit-III

Introduction and study of Bhagavad Gita- including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).

Unit-IV

Concepts and principles of Aahara (Diet) in Hatha Pradipika and Shrimad Bhagawad Geeta (Mitahara and Yuktaahara).

Unit-V

Eminent Indian Yogis and Yoga- Life sketch and their contribution to Yoga: Ram Krishna Paramhans, Swami Vivekananda, Swami Dayanand Saraswati, Pandit Shreeram Sharma, Swami Kuvalyanand ji, Swami Shivanand Saraswati, Swami Satyanand Saraswati.

Suggested Readings:

- 1 Goyandka, Hari krishandas: Yoga Darshan Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4 separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S.: Hatha yoga pradipika MDNIY, New Delhi, 2013
- 4 Gita Press Gorakhpur: Shreemad Bhagvad gita Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh: A Beginner's Guide to Ayurveda Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India (QCI): Yoga professionals Official Guidebook for Level 1 Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dharendra: Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S.: Hatha yoga pradipika MDNIY, New Delhi, 2013
- 9 Kalayan: Upanishads (23rd year Special) Geeta Press, Gorakhpur

- 10 Gore M.M.: Anatomy and Physiology of Yogic Practices, Kanchana Prakashan, Lonavala, 2004
- 11 Swami Karmananda: Management of Common Diseases, Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I.V. & others: Yoga Teachers Manual for School Teachers, MDNIY, New Delhi, 2010

YOG6.5DCCT102

Historical Background of Yoga

Course Objective: To provide learning about the history of Yoga, classical Yoga texts, Yogic gurus, and contributions of Yoga to religions

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will:

CO1	Learn about Origin and History of Yoga
CO2	Have an idea about the Evolution of Yoga.
CO3	Learn Yogic Traditions and Yoga Gurus etc.
CO4	Explain the various definitions of Yoga, History of Yoga and branches of Yoga.
CO5	Have Conceptual Knowledge of Yoga
CO6	Get an Overview of Major Branches of Yoga – Gyan Yoga, Bhakti Yoga, Karma Yoga, Raj Yoga
CO7	Be able to describe the Yoga Gurus and their contributions.

Course Description

Unit-I

General Introduction to Yoga and Indian Philosophy

Brief about the origin of Yoga: Concepts, History and Development of Yoga: before the Vedic period, Vedic period, medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga, Importance of Yoga, Brief introduction to Prasthantrayi and Purushartha Chatushtaya

Unit-II

Concept and Implications of Important Schools of Yoga

Jnana Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Mantra Yoga, Dhyana Yoga, Nada Yoga, Hatha Yoga

Unit-III

Brief about Yoga in texts

Brief to Upanishads and Introduction to Principal Upanishads, Yogic perspective of Epics: Ramayana (Aranya kand), and Mahabharata (Shanti Parv); Yogic Perspective: Bhagavad Gita, Yoga Vasishtha and Narada Bhakti Sutras (Bhakti Yoga).

Unit-IV

Foundations of Yoga and Yoga Traditions

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, Prekshadhyan, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept Yoga in Jaina Darshana; Introduction to Buddhism: of Arya-satya or Four Noble Truths, Arya-astangika marga or Noble-eight-fold-path

Unit-V

Introduction of Yogis

Brief Introduction to the important Yoga Paramparas (Lineages) of Yoganand Paramhans, Swami Vivekanand, Maharshi Raman, Shree Arvind, B.K.S. Iyengar, T. Krishnamacharya, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari ji, Swami Rama

Short Introduction of the Major Yoga Schools in India

Kaivalyadhama, Lonavala; Bihar Yoga Bharati, Munger; Morarji Desai National Institute of Yoga, New Delhi; Swami Vivekananda Yoga Research Institute, Bengaluru; Patanjali Yogpeetha, Haridwar; Gurukul Kangri Vishwavidyalaya, Haridwar and Dev Sanskriti Vishwavidyalaya, Haridwar.

Suggested Readings:

1. Swami Vigyananda Saraswati- Yoga Vigyan
2. Misra, P.D.- An Introduction of Yoga
3. Paramhans Niranjana - Yoga Darshan
4. Misra, Bachaspati- Sankhyatatva Kaumudi
5. Vijnananand Saraswati - Yoga Vigyan, Yoga Niketan Trust, Rishikesh, 1998.

6. Kamakhya Kumar -Yoga Mahavigyan, Standard Publisher, New Delhi
7. Vishwanath Mukherjee - Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
8. Vishwanath Mukherjee - Bharat ki Mahan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
9. Kalyan (Bhakt Ank) - Gita press Gorakhpur.
10. Kalyan (Sant Ank) - Gita press Gorakhpur.
11. Swami Atmananda - four yogas, Bhartiya vidya Bhavana. Bombay 1966
12. Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore
13. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
14. Rajkumari Pandey- Bhartiya Yoga Parampara ke vividha Ayama Radha Publication, Delhi- 1993
15. Feuerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002. 6. T.R Srinivasa Aiyengar amarta - Nadopanishad
16. All literature published by Shree Arvind Ashram Pondicherry
17. All literature published by Bihar School of Yoga
18. Kalyan (Yogank) - Gita press Gorakhpur, 2002.
19. Kalyan (Yoga Tatwank)- Gita press Gorakhpur, 1991.

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT203

Hatha Yoga: Principles & Practices

Course Objective: To give an introduction of Hatha yoga and to give an understanding of the prerequisites of Hatha Yoga.

Course Level Learning Outcomes:

Upon successful completion of the course, students will have substantial knowledge which would enable them to:

CO1	Explain the key concepts, basics and importance of Hath Pradipika and Gherand Samhita.
CO2	Learn traditional methods of performing asanas, pranayama, mudras and bandhas.
CO3	Understand the principles of Hatha Pradipika, Gheranda Samhita, Sapta Sadhan, and learn the method of cleansing techniques of the body (Shatkarma)
CO4	Get acquainted with the hatha yogic texts.
CO5	Discuss and define Asanas and Pranayamas according to Hath Pradipika and Gherand Samhita
CO6	Understand the concept of Nadanusandhana according to Hath Pradipika
CO7	learn the methods and benefits of Shatkarmas according to Hath Pradipika and Gherand Samhita.
CO8	Understand the difference between Hath Pradipika and Gherand Samhita.

Course Description

Unit-I

Hatha Yoga Pradipika

Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, Concept of Mitahara, Pathya & Apathya, Obstacles (Badhak) & Helps (Sadhak) in Hatha Yoga as in Hatha Yoga Pradipika; Environment & Season for Hatha sadhana, Relationship between Hatha Yoga & RajaYoga.

Shodhana-Kriyas in Hatha Yoga Pradipika & their techniques, benefits & precautions; Role of Shodhana-kriyas in Yoga Sadhana & their importance in Modern day life

Unit-II

Hatha Yoga Pradipika

Asana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradipika: their techniques, benefits, precautions and importance

Pranayama: their techniques, benefits, and precautions, Nadishodhana Pranayama, its technique and importance, Prerequisites of Pranayama

Unit-III

Hatha Yoga Pradipika

Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental **Mudras** in Hatha Yoga Pradipika, their techniques, benefits, and precautions.

Concept of Samadhi in Hatha Pradipika & Nadanusandhan; Kundalini Yoga: Meaning and Nature of Kundalini and Kundalini Prabodhan (jagran)

Gheranda Samhita

Sapta Sadhan and Shodhana-Kriyas in Gheranda Samhita & their techniques, benefits & precautions; Role of Shodhana-kriyas in Yoga Sadhana & their importance in Modern day life

Unit-IV

Gheranda Samhita

Asana: Techniques, benefits, precautions and importance

Pranayama: Techniques, benefits, and precautions, Nadishodhana Pranayama, its technique and importance, Prerequisites of Pranayama

Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental **Mudras**, their techniques, benefits, and precautions

Unit-V

Gheranda Samhita

Pratyahara, Dharana, Dhyana and their techniques & benefits

Concept and types of **Samadhi**

Suggested Readings:

1. Hatha yoga pradipika – Prakashak Kaivalyadhama Lonavla pune
2. Gherand Samhita - Prakashak Kaivalyadhama Lonavla pune
3. Gherand Samhita – Swami Niranjananda
4. Hath Yoga Pradipika – Swami Mukti Bodhananda

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT104

Patanjali Yoga Sutra

Course Objective: To illustrate the knowledge of traditional texts.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Get the knowledge of traditional Mind (Chitta)
CO2	Understand how Control can the mind
CO3	Explain about obstacles of yoga sadhana & solution.
CO4	Technique of self-realization & knowledge of different types of samadhi

CO5	Get the knowledge of 8 limbs of yoga
CO6	Describe Panch Kleshas and their solution
CO7	Describe Kriya Yoga, different types of siddhis

Course Description

Unit-I

Samadhi Pada

Introduction of Maharshi Patanjali, Definition of Yoga according to Patanjali. Concept of Chitta-Vriti, Chitta- Vritinirodhopaya, Abhyasa and Vairagya. Chitta- Vikshepas (Antrayas) & Sah-Vikshepas and their usefulness in Chittavrittinirodhopayah.

Unit- II

Samadhi Pada

Types and nature of Samadhi: Adhyatmaprasada and Ritambhara prajna, Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi, Concept of Ishwara and attributes of Ishwara, Process of Ishwara pranidhana

Unit- III

Sadhana Pada

Concept of Kriya Yoga, Theory of Kleshas, Concept of Dukhavada, Viveka-Khyati, Karma and Rebirth, brief introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their siddhis

Unit IV

Vibhuti Pada

Concept of Vibhuti, Meaning of Antranga Yoga, Introduction of Dharana, Dhyan and Samadhi, Concept of Sanyama, Sanyam of Parinaamtraya, Sanyama of pratyaysya, Sanyama of kayaroop, Sanyama of Surya, Chandra & dhurva, Sanyam of Chakra Sanyam of Udan & Samana, Concept of Parkayapravesh & Astamaha Siddhi.

Unit V

Kaivalya Pada

Five means of Siddhis, concept of Nirman Chitta, Importance of Siddhis achieved through Samadhi, Four types of Karmas, Expression, Smriti-Sanskar, Concept of Samadhi, Principle of Knowledge, Concept of Chittashakti, Concepts of Kaivalya.

Suggested Readings:

1. Mukti ke upaya- Swami Nirjanananda, Bihar School of yoga.
2. Yoga bhashya- Vachaspati Mishra.
3. Patanjali Yog Pradeep-Omananda fifth.
4. Yoga Sucha- Yachaspah Tika – Haniharnanda.
5. Patanjali Yoga sucha-Dr kanmbelkan- Lonavala.
6. Patanjali Yog darshan-Geeta press Ghorakhpur

Examination Scheme**Maximum Marks: 100 (80 External + 20 Internal)****Duration: 3 Hrs****Minimum Passing Marks: 36%****External**

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT105

Human Anatomy & Physiology

Course Objective: To give a basic understanding of human anatomy and human physiology. And to give a deeper understanding of the human systems to explain the underlying mechanism of changes in the body due to Yoga practices.

Course Level Learning Outcomes:

Upon successful completion of the course, students will have the knowledge and skills to:

CO1	Explain the key concepts of Anatomy and Physiology of the Human Body
CO2	Acquire knowledge about Various systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Nervous System, Immune System, Sense Organs, Endocrine System Reproductive System and Excretory System.
CO3	I appreciate the concepts of Circulatory System. They will gain knowledge of the mechanism of the heart and how it works.
CO4	Different types of muscles and bones and their structure and functions, contraction of muscles, characteristics of various types of tissues and joints
CO5	Understand concept of exchange of gases in the Respiratory System, concept of brain in Nervous System
CO6	Describe and discuss the mechanism of endocrine glands and how it works.
CO7	Discuss the mechanism of kidney
CO8	Describe and discuss the immunity system, involvement of special senses

Course Description

Unit-I

Muscular System

Structure of Muscle Types of muscles, Muscles of upper limb, lower limb, trunk, head and neck, theory of contraction and relaxation, categories of muscles, properties and functions of muscles. Effects of Yogic Practices on the Muscular System.

Classification of Joints

Construction of joints in general, Description of the various joints, Joints of upper limb, shoulder joint, elbow joint, wrist joint, etc., Joints of lower limb- Hip joint, knee joint, Ankle Joint, Joints of Thorax and Head, Neck, Sternoclavicular Joint.

Skeletal System

Introduction of skeletal system, function of skeletal system, types of joints, composition of bones, types of bones, classification, description of various bones, vertebrae, skull, thorax and pelvis etc. Effects of Yogic Practices on the Skeletal System

Unit-II

Respiratory system

Definition of respiration, structure and function, mechanism of respiration, exchange of gases, oxygen transportation, and co-transportation in respiration. Effects of Yogic Practices on the Respiratory System.

Digestive system

Definition of digestion, structures and functions of different organs of the digestive system, mechanism of absorption of various products of the digestive system, Effects of Yogic Practices on the Digestive System.

Unit-III

Nervous System

Gross anatomy of Nervous System; Structure, types and properties of neurons and nerves; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) - Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on Nervous System

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.

Unit-IV

Endocrine System

Endocrine gland - structure, function, secretion, regulation of hormonal secretion, mechanism of action of hormone, emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary, thyroid, parathyroid, hormones, adrenal and reproductive hormones, disorders of endocrine glands.

Reproductive System

Definition, types of reproductive, male reproductive system, female reproductive system, menstrual cycle, pregnancy changes during pregnancy.

Sense Organs

Structure and functions (eye, skin, ear, nose and tongue), physiology of different sense organs

Unit-V

Circulatory system

Concept, Gross Anatomy, Physiology, & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

Composition and function of blood –Plasma, RBC, WBC and Platelets; Blood groups Classification and their importance; Blood Pressure and regulation of blood pressure.

Excretory System

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on Urinary System.

Suggested Readings:

1. Chaurasia, B.D.- Human Anatomy
2. Ross & Wilson - Human Anatomy and Physiology in Health & Illness, Churchill Livingstone; 2010
3. A glimpse of Human body- Dr. Sharley Telles
4. Human anatomy – Physiology - Dr. Vrinda Singh
5. Gore, M.M.- Anatomy and Physiology of Yogic Exercise
6. Function of Human body- 4th edition- Guyton A.c. (1985)
7. Human Physiology – Chatterjee c.c. (1992)
8. Tent book of Physiology - Jain A.K

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCP106

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Yogic Sthule Vyayam

1. Rekha Gati
2. Hridgati (Engine Dour)
3. Utkuradan (Jumping)
4. Urdha Gathi

Sukshma Vyayam

- | | |
|--|--------------------------------|
| 1. Uchcharansthal Tatha Vishuddhi Chakra Shuddhi | 5. Netra Shakti Vikasak Kriya |
| 2. Buddhi Dhriti Shakti Vikasak Kriya | 6. Kapol Shakti Vikasak Kriya |
| 3. Smaran Shakti Vikasak Kriya | 7. Karna Shakti Vikasak Kriya |
| 4. Medha Shakti Vikasak Kriya | 8. Greeva Shakti Vikasak Kriya |

Asanas (Yogic Postures)

- | | |
|------------------|-------------------|
| 1. Vipritkakarni | 6. Pawanmuktasana |
| 2. Sarvangasana | 7. Naukasana |
| 3. Karnapidasana | 8. Setubandhasana |
| 4. Halasana | 9. Chakrasana |
| 5. Uttanpadasana | |

Surya Namaskar - Meaning, Techniques, Precautions and Benefits

Pranayama

- | | |
|-----------------|-----------------|
| 1. Nadi-Shodhan | 5. Surya Bhedan |
| 2. Ujjayi | 6. Sheetali |
| 3. Shitakari | 7. Bhastrika |
| 4. Bhramari | |

Bandhas

1. Jalandhara Bandha

Mudras

4. Chin Mudra
5. Chinmaya Mudra
6. Aadi Mudra

2. Uddiyan Bandha
3. Moola Bandha

Relaxation Techniques

1. IRT (Instant Relaxation Technique)
2. QRT (Quick Relaxation Technique)
3. DRT (Deep Relaxation Technique)

Yog Nidra Chanting

Prayer, Shrimad Bhagwat Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Suggested Readings:

1. Integrated Approach of Yoga Therapy for Positive Health – Dr. R Nagarathna and Dr. H R Nagendra
2. Bramhachari, Swami Dharendra- Yogic Sukshma Vyayam
3. Swami, Satyananda- Asana, Pranayam, Bandha, Mudra
4. Misra, P.D.- Yoga: An Introduction
5. Gupta, Rameshwar Das – Yoga Rashmi
6. Bharadwaj, Ishwar-Yogasana
7. Iyenger, B.K.S.-Pranayama
8. Kavalyananda, Swami- Pran, Pranvidya
9. Tiwari, Om Prakash- Asanas: Why and How?

MASTER OF SCIENCE IN YOGA

Semester II

Marking Scheme for External Exam

Theory Papers	Duration	Max. Marks
YOG6.5AECT201 (Internal Non-CGPA)		
YOG6.5DCCT202	3 Hrs.	80
YOG6.5DCCT203	3 Hrs.	80
YOG6.5DCCT204	3 Hrs.	80
YOG6.5DCCT205	3 Hrs.	80
YOG6.5DCCP206 (Combined Practical)	6 Hrs.	160

YOG6.5AECT201

NATIONAL AND HUMAN VALUES

Course Objectives:

CO1	To inculcate national and human values in the students.
CO2	To inculcate the spirit of Patriotism so that the students develop a sense of strong bond with the nation.
CO3	To enable the students to imbibe the Indian cultural ethos.
CO4	To enable the students to grow into a citizen possessing civic sense.

Learning Outcomes:

On the completion of the course the students shall be able to:

LO1	Attain the civic skills enabling him/her to become a well-behaved citizen of the country.
LO2	Imbibe and spread the feelings of devotion and dedication.

Course Description

Unit-I

NCC – Introduction, Aims, NCC Flag, NCC Song, NCC Administration, Raising of NCC in Schools/Colleges, NCC: Rank, Honor's and Awards, NCC Training, NCC Camps, NCC Examinations, Incentive and Scholarship for Cadets.

Importance of Discipline in life, Aims and Merits of Discipline, Problems related to Indiscipline and Solutions.

Drill – Definition, Principles of Drill, Bad habits in drill, Words of Command, Drill Movements, Arms Drill, Squad Drill, Guard of Honors, Ceremonial Drill, Guard Mounting.

Contribution of NCC in Nation Building.

Unit-II

Armed Forces – Control Command, Organization of Armed Forces, Weapons of Army, Navy and Air Force, Training institutes, Honors and Awards, Recipients of Param Veer Chakra, Badges of Ranks.

Commission in Armed Forces – Recruitment in Armed Forces, Commission in Technical, Non-Technical and Territorial Forces.

Weapon Training – 0.22 Rifle, 7.62 Rifle, 7.62 SLR (Self Loading Rifle), 5.56 MM I.N.S.A.S. Rifle, L.M.G. (Light Machine Gun), Stan Machine Carbine, 2” Mortar, Grenade, Pistol, Various types of Firing, Range Procedure and Range Drill.

Military History and Geography, Field Craft, Field Engineering, Battle Craft.

Unit-III

Obstacle Training. Adventure Training, Self Defense, Physical Posture Training.

Social Service, Disaster Management, Health and Hygiene, First Aid.

Leadership, Personality Development, Decision Making, Motivation, Duty and Discipline, Morale.

Unit-IV

Value system – The role of culture and civilization-Holistic living.

Balancing the outer and inner – Body, Mind and Intellectual level- Duties and responsibilities.

Salient values for life- Truth, commitment, honesty and integrity, forgiveness and love, empathy and ability to sacrifice, care, unity, and inclusiveness.

Self-esteem and self-confidence.

Punctuality – Time, task and resource management, Teamwork.

Positive and creative thinking.

Unit-V

Universal Declaration of Human Rights.

Human Rights violations.

National Integration – Peace and non-violence (in context of Gandhi, Vivekanand).

Social Values and Welfare of the citizens.

The role of media in value building.

Fundamental Duties.

Environment and Ecological balance – interdependence of all beings – living and non-living.

Suggested Readings:

1. Handbook of NCC: Major R C Mishra & Sanjay Kumar Mishra
2. National Security: K. Subramanyam
3. ASEAN Security: Air Comdr. Jasjit Singh
4. Indian Political System, Dr. Pukhraj Jain & Dr. Kuldeep Fadiya
5. NCERT, Education in Values, New Delhi, 1992
6. M.G. Chitkara: Education and Human Values, A.P.H. Publishing Corporation, New Delhi, 2003
7. Chakravarthy, S.K.: Values and Ethics for Organizations: Theory and Practice, Oxford University Press, New Delhi, 1999
8. Satchidananda, M.K.: Ethics, Education, Indian Unity and Culture, Ajantha Publications, Delhi, 1991
9. Das, M.S. & Gupta, V.K.: Social Values among Young Adults: A Changing Scenario, M.D. Publications, New Delhi, 1995
10. Bandiest, D.D.: Humanist Values: A Source Book, B.R. Publishing Corporation, Delhi, 1999
11. Ruhela, S.P.: Human Values and Education, Sterling Publications, New Delhi, 1986
12. Kaul, G.N.: Values and Education in Independent India, Associated Publishers, Mumbai, 1975
13. Swami Budha Nanda (1983): How to Build Character A Primer, Ramakrishna Mission, New Delhi
14. A Cultural Heritage of India (4 Vols.), Bhartiya Vidya Bhavan, Bombay (Selected Chapters Only)
15. For Life, For the Future: Reserves and Remains – UNESCO Publication
16. Values, A Vedanta Kesari Presentation, Sri Ramakrishna Math, Chennai, 1996
17. Swami Vivekananda, Youth and Modern India, Ramakrishna Mission, Chennai
18. Swami Vivekananda, Call to the Youth for Nation Building, Advaita Ashrama, Calcutta
19. Awakening Indians to India, Chinmayananda Mission, 2003

Examination Scheme

Internal Assessment: Internal assessment plays a vital role in the broader framework of continuous evaluation within the university and its affiliated colleges. This assessment process may involve a variety of criteria determined by the assessor, such as teachers or heads of departments. The outcomes of these assessments, classified as either satisfactory or unsatisfactory, will be submitted to the university.

YOG6.5DCCT202

Diet & Dietary management

Course Objective: To promote the active use of yogic concept of food and nutrition and to gain knowledge of food and metabolism.

Course Level Learning Outcomes:

Upon successful completion of the course, students will get familiar with

CO1	Describe the fundamentals of nutrition, concerning different nutrients and food groups
CO2	Illustrate details of nutritional requirements for different age groups
CO3	Classify modern nutrition to traditional Naturopathic diets
CO4	Illustrate the use of specific herbs in common diseases, with therapeutic values.
CO5	Analyse the nutritional status of a patient; Plan, implement, and evaluate nutritional advice for people of different ages and patients of different diseases.
CO6	Get the knowledge of vitamins and minerals
CO7	Get the knowledge of diseases caused due to deficiencies and over consumption of Carbohydrates, Proteins, Fats, Vitamins and Minerals

Course Description

Unit-I

Concepts and definitions of Health and Health-related values:

Definition Of Health by World Health Organization; Dimensions of Health: Physical, Mental, Social, Spiritual, Emotional, Other Dimensions- Cultural, Socioeconomic, Environmental, Educational, Nutritional, Curative and Preventive

Basic Concepts of Food and Nutrition

Understanding Nutrition, Basic Terminology about Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification

Unit-II

Components of Nutrition I

Macro Nutrients –Sources, Functions and Effects on the Body; Micronutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

Significance of Carbohydrates, Proteins, Lipids, Vitamins, Excessive and deficiency diseases of nutrients in the body

Unit-III

Components of Nutrition II

Minerals-Functions, Effect of Deficiency and Excess, Food Sources of Calcium, Phosphorous, Iron, Iodine, Fluorine and Sodium

Definition of Balanced diet; Role of carbohydrates, proteins, fats, Vitamins and Minerals in diet, Recommended dietary allowances

Nutritional requirement (calories) for different age groups

Preschool Years- Age 1 to 5 and School-Age Children- Age 6 to 12, Teenagers- Age 13 to 19 and Adulthood, Pregnancy and Breastfeeding and Older Adulthood

Unit-IV

Food and Metabolism

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR.

Diet Therapy

Meaning, Definition, Importance and Principles of Diet Therapy; Dietary therapy for various diseases - High blood pressure, Diabetes, Asthma, Obesity, Kidney stones, Jaundice, Hyper acidity, Constipation, Anemia, Arthritis.

Unit-V

Yogic Concept of Diet & Nutrition

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food.

Pathya and Apathya in diet according to Yogic texts; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Suggested Readings:

1. SHILS, M.E, Olson, J.A, Shike, M and Ross,A.C.(1999): Modern Nutrition in Health and Disease 9th edition.
2. Williams,S.R.(1993): Nutrition and Diet Therapy 7th edition.Times Mirror,Mosby college,Publishing.
3. Mohan,L.K,and Escolt-students (2000): Krauses food Nutrition Diet Therapy.
4. Seth,Y and Singh K.Diet Planning Through Lifestyle in Health and Disease.
5. Srilakshmi S.Dietetics 1999.
6. Davison,A,Passmore,R.Brock J.F.and Truewell,A.S.Human Nutrition and Diets

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT203

Basics of Naturopathy

Course Objective: To provide an understanding and basic principles of Naturopathy including major contributors to the field and their work.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Classify and Correlate Ten basic principles of Naturopathy
CO2	Analyze Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis
CO3	Describe the various principles of Naturopathy concerning the body, health, disease and therapy, diagnosis and management
CO4	Know about the significance of naturopathy tools
CO5	Know about the application of Sun rays and Chromo therapies.
CO6	Understand the principles of Naturopathy
CO7	Know about the Pancha Tatva Sadhana technique.

Course Description

Unit-I

Basis of Naturopathy

Definition and principles of Naturopathy, Historical development of Naturopathy, Concept of foreign matter, concept of acute and chronic disease

Introduction of Indian Naturopathy, Life Sketch and contribution of Eminent Naturopaths- Mahatma Gandhi (Father of Indian Naturopathy), Vitthal Das Modi, S. Swaminathan, Dr. Lindlhar, Louis Kune, Benedict Lust, Adolf Just, J.H. Kellog

Unit- II

Introduction of all Naturopathy Tools

Alternative system of therapy- introduction, meaning and various methods, therapy by Pancha Tatva Sadhana (Aakash, Vayu, Agni, Jal, Prathvi)

Aakash Tatva

Fasting Therapy limitations, methods, and benefits, deep breathing, breathing practices, morning walk, etc.

Sookshma Vyayama and their importance and benefits

Unit- III

Vayu Tatva

Pavan snan and its benefits, svar sadhan (vaam swar, dakshin swar, sushumna swar), Theory of massages, various types of massages, therapeutic use of massage, physiological effect of massages -upon skin, muscular system, circulatory system.

Agni Tatva

Sun Rays Therapy: limitations, methods and benefits, Chromo therapy- Types of colours- primary and secondary, chromo Philosophy, chromo hygienic, limitations of chromo therapy, use of colours, limitations of chromo therapy

Unit IV

Jal Tatva (Hydrotherapy)

Meaning and importance, Physical properties of water, principles of hydrotherapy, physiological effects of water application on skin, digestion, contraindications. The technique of hydrotherapy water intake, effusions, irrigation of 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.

Prithvi Tatva

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

Unit- V

Abhyanga or Massages

Meaning and Definition of Abhyang, Importance of Abhyang/Massages, Medical Uses of Massage and Effects on the Body, Methods of Massages- General, Friction, Vibration, Cramp, Melt, Spice, Dab, Taal, Punch, Pinch, Shake, Sahalana etc. Effect of massage on various diseases.

Shat Karmas

Neti, Basti, Dhauti, Nauli, Tratak, Kapalbhatai their classification, benefits and limitations, Physiological effect of various shat karmas on human body.

Art of Healthy Living, Naturopathy and Modern Science, Role of Naturopathy and Yoga in the management of Psycho-somatic disorders, Naturopathy and Ayurved – Tridosh Siddhant

Suggested Readings:

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. M.M. Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
3. Parakrutik Ayui vijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakashan, Modinagar.
4. History and Philosophy of Nature Cure by S.J. Singh
5. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
6. Prakratik chikitsa kai siddant, Dr. Jindal
7. Philosophy of nature course- Henery Lindlhai
8. Practice of Nature curse – Henery Lindlhai

9. Practice Nature cure – Dr. k. Laxman Sharma
10. History and philosophy of- S. T. Singh.
11. My Nature Curse- M. K. Gandhi
12. nature cure treatments- I. N. Y. S. publication Bangalore
13. Massage therapy – Dr J. H. Kelloy.
14. Rational hydrotherapy – Dr. J.H. Kelley.
15. Essentials of food and Nutrition – Swannition.
16. Baths- S. J. Singh.
17. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
18. H.K. Bhakru, The Complete Handbook of Nature Cure, Jaico Publishing House
19. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
20. Dr. Rakesh Jindal- Prakritik Ayur vigyan, Arogya seva prakashan, Modinagar, U.P.
21. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks)

YOG6.5DCCT204

Yogic Concepts in Upanishads

Course Objective: To provide knowledge of Upanishads and yogic knowledge in Upanishads.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Describe the concept of the 10 principal Upanishads.
CO2	Understand the concept of Vidya and Avidya
CO3	Holistic living according to the precepts of the Upanishads
CO4	Explain the concept of the Soul and Brahman.
CO5	Describe the importance of self-realization.
CO6	Describe the concept of Panch Kosha
CO7	Describe Four States of Consciousness

Course Description

Unit-I

General Introduction of Upanishads

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Unit-II

General Introduction of Upanishads

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions

Unit-III

General Introduction of Upanishads

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahman; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the aim of Meditation-Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Unit-IV

General Introduction of Upanishads.

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriuvalli.

Unit-V

General Introduction of Upanishads

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilya vidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Suggested Readings:

1. Upanishad sangraha- Jagdish Shashtri, Motilal banarashidas, Varanasi, Delhi, Chennai.
2. Swami Shivananda- The essence of Principle Upanishad, Divine Life Society, 1980
Swami Nikhilananda-
3. 108 Upanishad- The Principal Upanishad, Courier Corporation, 2003
4. 108 Upanishad- Sadhana khand- Pt. Shri ram Sharma Acharya, Shanti Kunj, Haridwar
5. 108 Upanishad- Brahmanvidya khand - Pt. Shri ram Sharma Acharya, Shanti Kunj, Haridwar
6. 108 Upanishad- Jnana Khand - Pt. Shri ram Sharma Acharya, Shanti Kunj, Haridwar
7. Upanishad bhasya- Shankara Acharya, Geeta press, Gorakhpur

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT205

Teaching Methodology in Yoga

Course Objective: The purpose of this course is to communicate knowledge of teaching methods and techniques in Yoga.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Apply the principles and importance of teaching methods in yoga.
CO2	Understand types of Teaching Methods, experimental & observation methods, and concept of counseling in Yogic sciences.

CO3	Understand the application 8 step method of teaching.
CO4	Understand the use of teaching aids.
CO5	Learn the use of teaching methods in practical class.
CO6	Learn the sitting arrangement for yoga class.
CO7	Understand the concept, importance and principals of Counseling.

Course Description

Unit-I

Concepts of Teaching and Learning

Concepts and Relationship between the two; Principles of teaching: Levels and phases of teaching, Quality of a perfect Yoga Guru, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu.

Unit- II

Teaching methods

Meaning and Scope of Teaching methods, and factors influencing them; Sources of Teaching Methods; Role of Yoga Teachers and teacher training, Techniques of Individualized Teaching and Group Teaching; Techniques of Mass Instructions; Organization of teaching (time management, Discipline etc.)

Unit- III

Lesson Plan

Essentials of Good lesson Plan; Concepts, Needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama and Meditation); Models of Lesson Plan; Illustration of the need for a Lesson Plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama

Unit- IV

Evaluation Methods

Evaluation Methods of an ideal Yoga class; Methods of customizing Yoga Class to meet individual needs. The students will have demonstrations and training in the above-mentioned aspects of teaching methods. Yoga classroom: Essential features, area, seating arrangement in Yoga class. Student's approach to the teacher: Pranipaata; Pariprashna; Seva (BG4.34).

Unit-V

Counseling in Yoga

Concept of counseling & yoga, aims & principals of counseling, importance of counseling in yoga

Value Education in Yoga

Meaning and Definition of Value, Value in yoga, Importance of Value in life, Self-Management and Value, Material Value, Aesthetic Value, Educational Value, Ethical Value, Spiritual Value, Role of Yoga in Value Education.

Suggested Readings:

1. Gharote M.L., & Ganguli S.K., Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala (1988)
2. S.K. Kochar, Methods and Teachers of teaching, Sterling Publications Pvt. Ltd, New Delhi
3. Sharma M.K., Educational Technology and Management, H.P. Bhargava Book House, Agra (2011).
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar
5. Pandiamani, P.K.- Value Education

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall

be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCP206

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Sukshma Vyayam

- | | |
|--|-------------------------------|
| 1. SkandhaTathaBahumul Shakti Vikashak | 6. Manibandha Shakti Vikashak |
| 2. Bhujbandha Shakti Vikashak | 7. Karprastha Shakti Vikashak |
| 3. Kohani Shakti Vikashak | 8. Kartal Shakti Vikashak |
| 4. Bhujballi Shakti Vikashak | 9. Angulimul Shakti Vikashak |
| 5. Purnbhuja Shakti Vikashak | 10. Anguli Shakti Vikashak |

Asanas (Yogic Postures)

- | | |
|-----------------------|---------------------|
| 1. Pashchimottasana | 6. Kurmasana |
| 2. Ardmatasyendrasana | 7. Akarndhanurasana |
| 3. Gaumukhasana | 8. Parvatasana |
| 4. Singhasana | 9. Vajrasana |
| 5. Mandukasana | 10. Majriasana |

Surya Namaskar - Meaning, Techniques, Precautions and Benefits

Pranayama

- | | |
|---------------|-------------------|
| 1. Kapalbhati | 5. Chandra Bhedan |
| 2. Sheetal | 6. Bhramari |
| 3. Shitakari | 7. Bhastrika |
| 4. Sadanta | |

Shatkarmas

1. Jal Neti
2. Sutra Neti
3. Trataka

Meditation

1. Om Meditation
2. Cyclic Meditation

Yog Nidra

Chanting

Prayer, Shrimad Bhagwat Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Suggested Readings:

1. Integrated Approach of Yoga Therapy for Positive Health – Dr. R Nagarathna and Dr. H R Nagendra
2. Bramhachari, Swami Dharendra- Yogic Sukshma Vyayam
3. Swami, Satyananda- Asana, Pranayam, Bandha, Mudra
4. Misra, P.D.- Yoga: An Introduction
5. Gupta, Rameshwar Das – Yoga Rashmi
6. Bharadwaj, Ishwar-Yogasana
7. Iyenger, B.K.S.-Pranayama
8. Kavalyananda, Swami- Pran, Pranvidya
9. Tiwari, Om Prakash- Asanas: Why and How?

MASTER OF SCIENCE IN YOGA

Semester III

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
YOG6.5SDC301 (BCS) or YOG6.5SDC301 (BCC) or YOG6.5SDC301 (SAW)		
YOG6.5DCCT302	3 Hrs.	80
YOG6.5DCCT303	3 Hrs.	80
YOG6.5DSET304 (A) or YOG6.5DSET304 (B)	3 Hrs.	80
YOG6.5DSET305 (A) or YOG6.5DSET305 (B)	3 Hrs.	80
YOG6.5DCCP306	6 Hrs.	160

YOG6.5SDC301 (BCS)

Basics of Communication Skills

Course Objectives:

CO1	To familiarize learners with the workplace culture and employability skills
CO2	To equip learners with verbal and non-verbal communication skills which will help them to deliver audience-appropriate presentation using the strategies learnt
CO3	To boost students' self-confidence through honing their interpersonal skills like team management skills, leadership skills, time management skills, negotiation skills, problem solving skills and critical thinking skills.
CO4	To develop and enhance the linguistic and communicative competence of the students
CO5	To apply the skills of reading, writing, listening, and speaking
CO6	To expose the students to various forms of personal and professional communication
CO7	To enhance effective communication skills in a modern, globalized context

Course Level Learning Outcomes

On the successful completion of the Course, the students shall be able to

LO1	Develop awareness of their professional and ethical responsibilities.
LO2	Demonstrate verbal and non-verbal communication skills that will enable them to

	deliver presentations effectively.
LO3	Demonstrate the ability of self-management with confidence by developing behavioural skills and interpersonal skills.
LO4	Communicate effectively with their peers/companions/others
LO5	Enhance speaking, listening and writing skills
LO6	Effectively write blogs, speech, reviews and draft letters, memos, reports. etc

Course Description

Unit I

Orientation

- Introduction to Soft Skills
- Difference between Hard skills and soft skills
- Need and Significance of Soft skills
- Soft skills and Social, Academic and Professional Career
- Understanding job market requirements

Unit II

Communicating at work

a. Verbal Communication

- Introducing oneself professionally
- Face to Face interaction
- Appreciation and constructive Feedback (giving and responding)
- Telephone etiquette
- Effective listening
- Social media Etiquette
- Video Conference Etiquette

b. Non-verbal Communication

- Visual presentation and perception
- Body language (Kinesics)
- Touch (Haptics), space (Proxemics) and time (Chronemics)
- Communicating Confidence Non-verbally
- Non-Verbal professional/business and social etiquettes

c. Communicating at Job interviews

- Types of interviews
- Preparatory steps for job interviews
- Dos and Don'ts of Job interviews

Unit III

- Personal & Emotional Management
- Goal Setting & Motivation
- Managing your time
- Resilience skills
- Teamwork
- Managing conflict and appreciating/respecting differences
- Decision making & effective negotiation
- Leadership
- Problem solving

Unit IV

Language Skills and Communication

- (A) Listening: Types of listening, Purpose of listening
- (B) Speaking: An Acquaintance with English Sounds – Vowels and Consonants, English in Situations
- (C) Reading Skills: Seen and Unseen Comprehension Passages & Poems, Skimming, Scanning, Extensive Reading, Intensive Reading

Unit V

- Writing Skills
- Report Writing
- Book Review
- CV/Resume/Biodata
- Notice
- Meeting Minutes
- Email Writing
- Note – Making and Note -Taking

Required Readings:

1. Pease, Allan. 1998. *Body Language: How to Read Other Thoughts by their Gestures*. Suda Publications. New Delhi.
2. Peter, Francis. *Soft Skills and Professional Communication*. New Delhi: Tata McGraw Hill. 2012
3. Singh, Prakash and Raman, Meenakshi. *Business Communication*. New Delhi: Oxford

UP.2006.

4. Bailey, Edward P. *Writing and Speaking at Work: A Practical Guide for Business Communication*. Pennsylvania: Prentice Hall. 2007.
5. Pease, Allan and Peas, Barbara. *The Definitive Book of Body Language*. New York: Random House. 2006.
6. Johnson, D.W. (1997). *Reaching out – Interpersonal Effectiveness and Self Actualization*. 6th ed. Boston: Allyn and Bacon.

Suggested Readings:

1. Hemphill, Phyllis Davis, Donald W. McCormick, and Robert D. Hemphill. *Business Communication with Writing Improvement Exercises*. Pearson College Division, 2001.
2. Locker, Kitty O., and Stephen Kyo Kaczmarek. *Business Communication: Building Critical Skills*. New York: McGraw-Hill Irwin, 2014.
3. Murphy, Herta A., Herbert William Hildebrandt, and Jane Powel Thomas. *Effective Business Communications*. New York: McGraw-Hill, 1997.
4. Raman, Meenakshi, and Sangeeta Sharma. *Technical Communication: Principles and Practice*. New Delhi: Oxford University Press, 2015.
5. Kaul, A. *Effective Business Communication*. Prentice-Hall of India, 2015.
6. Ghosh, B. N. *Managing Soft Skills for Personality Development*. Tata McGraw-Hill, 2017.
7. Burke, Daniel. *Improve Your Communication Skills*. Maanu Graphics Publishers, 2012.
8. Maxwell, John C. *The 17 Indisputable Laws of Teamwork: Embrace Them and Empower Your Team*. HarperCollins Leadership, 2013.
9. Tulgan, Bruce. "Bridging the Soft-Skills Gap." *Employment Relations Today* 42.4 (2016): 25-33.
10. Higgins, Jessica. *10 Skills for Effective Business Communication: Practical Strategies from the World's Greatest Leaders*. Tycho, 2018.
11. Mitra, Barun K. *Personality Development and Soft Skills*. Vol. 156. Oxford University Press, 2011.
12. Kumar, Sanjay and Pushp Lata. *Communication Skills*. Oxford University Press, 2013.
13. C.S.G. Krishnamacharyulu and R. Lalitha. *Business Communication*. Himalaya

Publishing House, 2013.

14. Quintanilla, Kelly M., and Shawn T. Wahl. Business and Professional Communication: Keys for Workplace Excellence. Sage Publications India, 2011.
15. Daniel G. Riordan, Steven E. Pauley. Biztantra: Technical Report Writing Today, 8th Edition. 2004.
16. Bovee, Courtland L., John V. Thill, and Barbara E. Schatzman. Business Communication Today: Seventh Edition. Delhi: Pearson Education, 2004.
17. Lesikar, Raymond V., and Marie E. Flatley. Basic Business Communication: Skills for Empowering the Internet Generation: Ninth Edition. New Delhi: Tata McGraw-Hill Publishing Company Ltd., 2002.
18. Pease, Allan and Barbara Pease. The Definitive Book of Body Language. New Delhi: Manjul Publishing House, 2005.
19. Lesikar, Raymond V., and John D. Pettit. Report Writing for Business. Boston: McGraw-Hill, 1998.
20. Ruesh, Jurgen, and Weldon Kees. Nonverbal Communication: Notes on Visual Perception of Human Relations. Berkeley: University of California Press, 1966.

Examination Scheme

Internal Assessment: Internal assessment plays a vital role in the broader framework of continuous evaluation within the university and its affiliated colleges. This assessment process may involve a variety of criteria determined by the assessor, such as teachers or heads of departments. The outcomes of these assessments, classified as either satisfactory or unsatisfactory, will be submitted to the university.

YOG6.5SDC301 (BCC)

Basic Computer Course

Course Objectives:

CO1	To understand the characteristics of computers
CO2	To know about the generations of computers
CO3	To have knowledge of computer languages
CO4	To understand the basics of an operating system
CO5	To be acquainted with word processors, spreadsheet, and presentation
CO6	To understand and apply the concept of algorithms and algorithm analysis
CO7	To know about some unsolved problems of computer science

Learning Outcomes:

After completion of this course, the student will be able to-

LO1	Understanding the characteristics of computers
LO2	Know about the generations of computers
LO3	Having knowledge of computer languages
LO4	Understanding of the basics of operating system
LO5	Acquaintance with word processors, spreadsheet, and presentation
LO6	Understanding and ability to design algorithms
LO7	Know about some unsolved problems of computer science

Course Description

Unit I

Basics: Block Diagram, characteristics, generations of computers, classification of computers; Binary number system, Limitations of Computers, Primary and secondary memory, Input and output devices.

Unit II

Computer languages: Machine language, assembly language, higher-level language, 4GL. Introduction to Compiler, Interpreter, Assembler, System Software, Application Software. Operating System: Features of Windows, Linux, Macintosh, Android. Open-source software: concept and examples.

Unit III

Word Processing software: different formats for saving a word document, creating, and editing documents and related operations, formatting features and associated operations, spelling and grammar checker, headers and footers, creating and managing tables; printing, macros, mail merge, equation editor.

Unit IV

Spreadsheet Software: Workbook, worksheets, data types, operators, cell formats, freeze panes, editing features, formatting features, creating formulas, using formulas, cell references.

Unit V

Presentation Graphics Software: Templates, views, formatting slides, slides with graphs, animation, using special features, presenting slide shows.

Recommended Readings:

1. P.K. Sinha, Computer Fundamentals, BPB Publications.
2. Rajaraman, Fundamentals of Computers, Fourth Edition, Prentice-Hall India Pvt. Limited.

Suggested Readings

3. Peter Norton, Introduction to Computers, 4th Edition, TMH Ltd, New Delhi.
4. R.G. Dromey, how to solve it by Computers, Pearson Publishers, New Delhi.
5. Dorothy House, Microsoft Word, Excel, and PowerPoint: Just for Beginners.

Web resources:

1. Computer Fundamentals Tutorial Index
2. Excel Tutorial
3. MS Word Tutorial - W3schools
4. PowerPoint tutorial - W3schools

Examination Scheme

Internal Assessment: Internal assessment plays a vital role in the broader framework of continuous evaluation within the university and its affiliated colleges. This assessment process may involve a variety of criteria determined by the assessor, such as teachers or heads of departments. The outcomes of these assessments, classified as either satisfactory or unsatisfactory, will be submitted to the university.

YOG6.5SDC301 (SAW)

Seminar+ Academic Writing

Scheme of Examination: To assess and evaluate a Student Seminar and Academic Writing Course, criteria should include content mastery, presentation skills, and academic writing proficiency.

Internal Assessment: Internal assessment plays a vital role in the broader framework of continuous evaluation within the university and its affiliated colleges. This assessment process may involve a variety of criteria determined by the assessor, such as teachers or heads of departments. The outcomes of these assessments, classified as either satisfactory or unsatisfactory, will be submitted to the university.

YOG6.5DCCT302

Yogic Management for Diseases

Course Objective: To provide an understanding of the concept of disease according to yoga & its yogic management.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Describe the physiological effects of various yogic practices and to understand
CO2	Analyze knowledge of Yoga therapy in managing various diseases.
CO3	Understand the therapeutic aspects of Yoga as applied to different disease conditions.
CO4	Demonstrate usage of the therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy.
CO5	Know about the application of yogic practices i.e., asanas, pranayama, mudras, bandhas and meditation for curing any type of disease.
CO6	Understand the concept of Disease in Yoga
CO7	Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.

Course Description

Unit- I

Concept of diseases in Yoga

Yoga perspective of disease (vyadhi); Types of Vyadhi: Adhija and Anadhijavyadhi; Anadhija: Sara and Samanya, Principles of Yoga Therapy, Concept of Integrated Approach of Yoga Therapy (IAYT)

Yogic Management for

Respiratory Disorders- Nasal Allergy, Sinusitis, Asthma, COPD, Chronic Bronchitis

Cardiovascular Disorders- Hypertension, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac Asthma

Unit-II

Yogic Management for

Gastrointestinal Disorders- Gastritis – Acute & Chronic, Peptic Ulcers, Constipation, Diarrhea, Irritable Bowel Syndrome, Ulcerative Colitis

Cancer: Types, Clinical Features, Side Effects of Chemotherapy, Radiotherapy

Unit-III

Yogic Management for

Musculoskeletal Disorders- Ankylosing spondylitis, Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylitis, Neck pain (Cervical Spondylosis), All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis

Reproductive Disorders- Infertility, Menstrual disorders- Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause and Pre-Menopausal Syndrome, Role of Stress in problems of Pregnancy

Unit-IV

Yogic Management for

Neurological Disorders- Headaches: Migraine, Tension headache, Epilepsy

Endocrine and Metabolic Disorders- Diabetes Mellitus (I&II), Hypo and Hyper-Thyroidism, Obesity: Metabolic Syndrome

Unit-V

Yogic Management for

Psychiatric disorders- Neurosis, Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, OCD (obsessive compulsive disorder), Different types of Phobias, Depression: Dysthymia, Major depression, Schizophrenia, Bipolar affective disorder.

Special senses- Eyes (Error of Refraction).

Suggested Readings:

1. Yoga for common ailments series published by SVYP (S-VYASA)
2. Light on pranayama B.K.S. Iyenger
3. Yoga therapy- by swami Kuvalayanand, Lonavala
4. Bandh & madras swami Geetananda ,
5. Asana, Pranayama, Bandh & Mudras Swami Satyanand Saraswati, Bihar School of Yoga
6. Yoga for different ailments Robin Monro, Nagarathna & Nagendra.
7. PPH- SVYP Bangalore

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCT303

General Psychology

Course Objective: To describe the evolution of Psychology from speculation to science.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Understand mechanisms of sense and perception, states of consciousness, and their functions.
CO2	Understand the use of psychology in the field of yoga
CO3	Understand abnormal psychology and describe etiology and psychopathology along with the classification of disorders.
CO4	Know about the stages of sleep.
CO5	Know about the theories of famous psychologists.

CO6	Learning about basic and complex functions such as learning, thinking, language, motivation, emotion, intelligence, development of psychology across the lifespan, personality, stress coping, social psychology, attitudes, etc.
CO7	Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, Yoga, etc.

Course Description

Unit-I

Introduction to Psychology

Definition, nature, and scope of psychology, Branches of psychology (with focus on health and clinical psychology), Historical development of psychology; Eastern vs. Western perspectives on mind, Importance of psychology in yogic practice and mental health

Mind and Consciousness

Mind: its meaning, definition and functions, stages of mind- unconscious, sub-conscious, conscious and super-conscious, mind – body relation

Sleep: Stages of Sleep, functions of sleep and consequences of sleep deprivation, Yogic concepts of conscious sleep (Yoga Nidra), sleep disorders and practices for improved sleep using yoga

Unit-II

Introduction to Cognitive Psychology, Behavioral Psychology and Memory

Sensation: Basic principles and functions, **Perception:** Laws of organization (Gestalt laws), **Attention:** Definition and types, and types of attitudes, intelligence and intelligence quotient, emotional intelligence and social intelligence.

Behavioural Psychology: Psychology as a Science of Behaviour; Psychological basis of behavior, Theories of Learning: Classical conditioning, operant conditioning, observational learning.

Memory: Types (sensory, short-term, long-term), processes (encoding, storage, retrieval)

Unit-III

Personality and Psychological Well-Being

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Theories of Personality (Sigmund Freud, Allport, Jung, Erik Erikson, Trait theory, Humanistic)

Motivation

Theories of motivation: Maslow's hierarchy of needs, intrinsic vs. extrinsic motivation

Unit-IV

Stress and Mental Health

Stress: Types, causes, and yogic methods of stress management (e.g., pranayama, Yoga Nidra)

Mental Health: Meaning of Mental Health, Positive Mental Health, Concept of Yoga and Mental Health; Causes and Consequences of Conflict and Frustration; Introduction to Common Mental Disorders - Depression, Stress, Anxiety, Insomnia, Severe Mental Disorders (Schizophrenia, Phobia, Obsessive compulsive disorder), Mental retardation, Alcohol and Drug abuse, Attempted Suicide and Suicide Prevention.

Unit-V

Counseling:- Counseling definition, its aims and objectives, its categories, helping relationship, solution to human problems, counseling and guidance, expectation, and goals, Counseling techniques, Interviewing & Methods, Preparation of counseling, pre-counseling, interview, case History, Reason for Making Appointment counseling relationship, counseling context process, Steps of counseling Process, counselor variables, counselee's skills, counseling interview, counselee Counselor relationship, interview technique, approaches to evaluation usefulness of Counseling.

Suggested Readings:

1. Arun Kumar Singh evm Aasish Kumar Singh- Modern General Psychology in hindi, Motilal Banarsi dass publication, 2015
2. Amarnath Rai v Madhu Asthana-Guidance and counseling (concepts, areas and approaches) in Hindi, Motilal Banarsi dass publication, 2017
3. K.N. Udupa- Stress and its management by yoga, Motilal Banarsi dass publication, 1998.
4. Arun Kumar Singh- Uchchatar Asamanya Manovigyan, Motilal Banarasi Das Delhi, 2007
5. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
6. Suresh Barnwal- Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
7. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.
8. Ganesh Shankar-Psychotherapy & Yoga Traditions, Satyam publication, New Delhi.

9. Yoga Psychotherapy and its application- Ganesh Shanker.
10. Psychotherapy and Counselling -By a unit of global institute, Kolkata.
11. Counselling techniques, interviewing and evaluation method-Do-
12. Yoga Philosophy of Patanjali-Acharya Hariharananda
13. Psychology East & West-Ajay Swami
14. The synthesis of Yoga –Sri Aurobindo
15. SMET –Dr. H.R. Nagendra, Dr. R. Nagarathna.
16. The Yoga Upanisad- Ayanger, T.B.Srinivas.
17. On the meaning of Transpersonal: Some metaphysical perspectives.
18. Stephen Palmer-Introduction to Counselling and Psychotherapy: The Essential Guide, Sage Publication, Inc, California, 2005.
19. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
20. Sriram Sharma Acharya- Chetan, Super Chetan avm Achetan Man, Akhand Jyoti Mathura, 1998.
21. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
22. Sriram Sharma - Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
23. Sriram Sharma - Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET304 (A)

Theoretical Study of Yogic Practices

Course Objective: To demonstrate various forms of breathing exercises, called pranayama breathing, discover various yoga postures, called asanas, and integrate mantras (yoga chanting) into their yoga practice.

Course Level Learning Outcomes: Upon successful completion of the course, students will have substantial knowledge which would enable them to:

CO1	Explain the various definitions of Asana, history of Asana and Types of Asanas.
CO2	Describe category of Yogasanas, its importance, methods, rules, regulations and limitations.
CO3	Understand the various limbs of Ashtanga Yoga.
CO4	Demonstrate knowledge of pranayama and breathing and lifespan.
CO5	Demonstrate various types of Yogasanas in their correct method of performance.
CO6	Demonstrate different pranayama.
CO7	Learn the methods of bandhas and mudras.
CO8	Understand the method and benefits of Meditation and Relaxation Techniques

Course Description

Unit-I

Asanas

Definition, Classification, Categories, Physiological, Psychological and Spiritual Benefits of Asanas, Limitations, Eight-Step Technique of Asanas, Physiological Effects of Asanas on the human body

Surya Namaskar - Technique, Physiological, Psychological and Spiritual Benefits, Limitations And Its Mudras, Physiological Effects of Surya Namaskar on the human body.

Unit-II

Pranayama

Definition, Classification, Types, Pranayama Session, Techniques of Pranayama (Nadishuddhi, Suryabhedan, Ujjai, Sitali, Sitkari, Bhastrika, Bhramari), Physiological, Psychological and Spiritual Benefits & Limitations of Pranayama and Physiological Effects of Pranayama on the Human Body.

Concept of Prana, Nadis, Chakras, and their influence on Mind-Body Health

Bandha: Jalandhara, Uddiyana, Moola Bandha - Techniques, Physiological, Psychological and Spiritual Benefits and Limitations, Physiological Effects of Bandha on the Human Body

Unit-III

Mudra

Mudra- Definition, Types, Techniques, Physiological, Psychological and Spiritual Benefits & Limitations, Physiological Effects of Mudra on the Human Body

Meditation

Om Meditation, Cyclic Meditation, MSRT, Nadanusandhan- Techniques, Physiological, Psychological and Spiritual Benefits, Physiological Effects of Meditation on the Human Body.

Unit-IV

Shat Karma

Classification, Physiological, Psychological and Spiritual Benefits and Limitations, Physiological Effects of Various Shat Karmas on the Human Body.

Unit-V

Relaxation

IRT, QRT, DRT, Yog Nidra - Techniques, Physiological, Psychological and Spiritual Benefits, Physiological Effects of Relaxation Techniques on the Human Body.

Class Management, Starting Prayer and Closing Prayer, Application of Yogic Practices in Education, Sports, and Workplaces, Concept of Guru and Discipline ((BG4.34).)

Suggested Readings:

1. PPH - Dr. H.R. Nagendra, Dr Nagratana
2. Asana Kyo aur kaise – OM Prakash Tiwari
3. Yogasana – Swami Kuvalyanand

4. Textbook of yoga – Yogeshwar
5. Asana, Pranayama, band & Mudra
6. Pranayama - Swami Satyananda Sarswati
7. Yoga in Daily Life - Dr Shekar Sharma
8. Light on Yoga- B.K.S Iyengar
9. Gherand Samhita- Bihar School of Yoga
10. Hatha Yoga Pradipika - Kaivlyadhama, Lonavala

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET304 (B)

Yoga in Ancient Texts

Course Objective: To provide knowledge of hatha yoga philosophy.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Understand the concept of yoga in Shiv Samhita and Siddha Siddhanta Paddhati
CO2	Learn about the philosophical theory of Hatha Yoga Shiv Samhita and Siddha Siddhanta Paddhati
CO3	Understand the Pinda's concept in Siddha Siddhanta Paddhati
CO4	Understand nav chakra nirupana, shodash aadhar, lakshyatra, vyom panchak, ashtanga yoga in Siddha Siddhanta Paddhati.
CO5	Competently explain 4 types of yogic in Siddha Siddhanta Paddhati
CO6	Understand concept of Avadhut Yogi and Siddha yogi

Course Description

Unit-I

Shiva Samhita: The Nature of Reality and Unity of Path

Concept of Brahman and Maya, Non-dualistic vision (Advaita Vedanta influence), Unity of various paths: Jnana, Bhakti, and Yoga, Karma, rebirth, and liberation (moksha), Role of the guru and initiation

Shiva Samhita – Yogic Physiology and Practice

Description of the body as a microcosm (pindanda-brahmanda), Subtle anatomy: nāḍīs, cakras, kuṇḍalinī, prāṇa, apāna, Description of 84 asanas and their purpose (selected key asanas), Mudras and bandhas as control mechanisms for energy

Unit-II

Shiv Samhita - Prāṇāyāma and Awakening of Kuṇḍalini

Types and stages of prāṇāyāma, Nadi Shodhana and regulation of breath, Retention (kumbhaka) and internal sound (nāda), Symptoms of kuṇḍalinī awakening, Dangers of incorrect practice and need for guidance

Shiv Samhita - Liberation, Siddhis, and the Goal of Yoga

Signs of spiritual progress, Siddhis (supernatural powers): Are they goals or distractions, Jīvanmukti – liberation while living, Final union with the Supreme Self, Role of discipline, purity, and one-pointed devotion

Unit-III

Siddha Siddhanta Paddhati -The Doctrine of the Siddhas (Siddhānta Pañcaka)

Introduction to the Siddha tradition and Gorakṣanātha, Panch Siddhānta: Ādhiśakti, Ādhāra, Kāla, Prakṛti, Puruṣa, Concept of Śiva as pure consciousness and the goal of yoga, Das Nadiyo Ke Dash Dwar, Dash Vyau, Sthul Sharir Ka Utpattikram

Siddha Siddhanta Paddhati -Dwitiya Updesh

Nav Chakra Nirupana, Shodash Aadhar, Lakshyatrya, Vyom Panchak, Ashtanga Yoga

Unit-IV

Siddha Siddhanta Paddhati – Tratiya Updesh

Ikkish Brahamanda, Chosatha Varna, Saath Dwip, Saath Samudra, Aatha Kulparvata, Sattaish Nakshtra, Swarg, Naraka, Bandhana, Mukti

Siddha Siddhanta Paddhati – Chaturth Updesh

Kuṇḍalini, Description of Chakras and their symbolic meanings, Bindu and its role in spiritual vitality, Importance of celibacy and internal conservation, Sound (nāda) and vibration in yogic awakening

Unit-V

Siddha Siddhanta Paddhati – Pancham Updesh

Yogi Ki Veshbhusa, Yog Marg Ka Vaisisthya, Param-Pad Prapti Kai Kuch Uppaya, Yog Ki Panch Avastha, Yogi Ka Kartavye, Sadguru Kai Lakshana, Guru Sabda Ki Vyatpatti

Siddha Siddhanta Paddhati – Shashtam Updesh

Avadhut Yogi Ke Lakshan, Mahavritta, Siddha Yogi Ki Visestaye

Suggested Readings:

1. Shiva Samhita- Pandit. Hari Prasad Tripathy Chokhambha Krishna Das Academy Varanasi
2. Shiva Samhita- Mahesh Chand Ji Kavalla Dham Lonavala

3. Shiva Samhita – Paramhansh Swami Ananth Bharti, Swami Vishav Swaroop
4. Siddha Siddhanta paddhati- Dwarka Das Shastr

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET305 (A)

Indian Philosophy Relevant to Yoga

Course Objective: To learn about knowledge of nature and characteristics, development of Indian philosophy and to learn about knowledge of Vedic thoughts.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Learn about the concept of Yoga psychology, Self and Consciousness in the direction of Indian Psychology.
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CO2	Learn about the general concept of Advaita philosophy.
CO3	Learn about the general concept of Samkhya philosophy.
CO4	Know about the role characteristics of Prakrti and Purusa.
CO5	Know about the general concept of Yoga Vasishtha and Shrimad Bhagwat Geeta philosophy.
CO6	Learn about the concept of Absolute [Brahman], Soul and Jiva
CO7	Know about the theory of Maya.

Course Description

Unit- I

General Introduction to Sankhya Philosophy

Theory of causation, forms of Satkaryavada, Prakrti and its Gunas, evolution and arguments for its existence, characteristic of Prakrti, objection against Prakrti, Purusa, and its gunas, arguments for its existence, Plurality of Purusa, relationship between Prakrti and Purusa, theory of bondage and liberation, types of liberation, practices of Yoga.

Unit- II

Yoga Vasishtha:

Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The Four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight Limbs of Meditation; Jnana Saptabhumika.

Unit-III

Brief Introduction of Shrimad Bhagwat Geeta:

Arjun vishad yog, sat v asat laksahna, Swadharma, Geeta ke anusar atma ka Swaroop, Shitha-Pragya, karma sidhant Type of karma, Dhyana yoga, Bhakti kai prakar (nirgun v sagun bhakti), Bhakat kai prakar, Brahmagyan ka upaya (gyan), Abhyaas aur Vairagya, deviye sampada v aasuri sampada

Unit- IV

General Introduction of Advaita Vedanta

Conception of absolute [Brahman], Conception of soul & individual soul, the nature of soul and individual soul, Three states of Jiva, the relations between Jiva and Brahman, three bodies of the Jiva, Theory of world- Three grades of existence, [Satya]

Unit-V

Theory of Maya and Moksha

functions of Maya, characteristics of Maya, theory of causations- vivartvada, conception of the God, the proof of existence of the God, Theory of Bondage and liberation, concept, meaning, types of karma, knowledge and action [karma], Knowledge and liberation.

Suggested Readings:

1. C.D. Sharma- A critical Survey of Indian philosophy
2. J.S. Vinayak- Indian philosophy
3. H.P. Sinha- Indian Philosophy
4. Bramhasutrabhasyam chapter 1,2,3,4
5. Shri Madnjagwat Geeta Bhashya – Acharya Sankar
6. Shri Madnjagwat Geeta- Ramsukh das Maharaj
7. Sankhaya Tatva kaumudi – vachaspati Mishra
8. Sankhyakarika- Ishwor Krishna Virchit. 5. H.P. Sinha- Outline of Indian Philosophy
9. N.K. Devraj – Indian Philosophy
10. C.D. Sharma – A critical survey of Indian Philosophy.

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET305 (B)

Ayurveda, Swasthavritta & Diet

Course Objective: To learn about the fundamentals of Ayurveda, Yoga, Panchakarma, Shatkarma, Ahara and Sadvritta.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Understand the philosophy, principles, and concepts of Ayurveda
CO2	Understand the concept of Vata, Pitta and Kapha
CO3	Understand the Pancha Karma, Snehan & Swedan, Vaman, Virechan & Basti.
CO4	Learn the various treatment modalities of diseases through Ayurveda and Yoga
CO5	Understand the concept, role and importance of – swasthavritta, dincharya, ratricharya and ritucharya
CO6	Gain knowledge about Sadvritta, Achara & diet according to different text
CO7	Learn about yogic lifestyle according to Ayurveda.

Course Description

Unit-I

Fundamentals of Ayurveda and Yoga

General Introduction to Ayurveda and Its Relationship with Yoga, Concept of Health and Disease in Ayurveda, Panchamahabhuta Theory, Tridosha: Vata, Pitta, Kapha, Saptadhatu, Upadhatu, Mala, Agni and Ama: Concept of Digestive Fire and Toxins, Prakriti (Body Constitution): Types and Assessment

Unit-II

Introduction to Tridoṣha

Vata, Pitta, Kapha Doṣha: Gunas, Primary sites, Functions, Signs of imbalances; Interrelation and Balance of Doṣhas, Individual constitution (Prakṛti): Vāta, Pitta, Kapha, and dual types, Restoring balance through Ayurveda and Yoga

Unit-III

Swasthavritta – Science of Health Preservation

Definition and importance of Swasthavritta, Dinacharya, Ratriacharya and its health benefits, Ritucharya (seasonal regimen) and immunity

Unit-IV

Panchakarma (five detox procedures)

Vamana (emesis), Virechana (purgation), Basti (enema), Nasya (nasal cleansing), Raktamokshana (bloodletting – conceptual), Indications, Contradictions, and Preparatory Phases (Purvakarma)

Shatkarma (six yogic cleansing techniques):

Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati, Integration of Panchakarma and Shatkarma in holistic cleansing

Unit-V

Ayurvedic Dietetics (Ahara Vijnana)

Concept of Ahara and its classification, Six tastes (Shad Rasa) and their effect on doshas, Food combinations (Viruddha Ahara) and incompatible diets, Rules of food intake: Quantity, quality, timing, and environment, Pathya and Apathya

Yogic Principles of Healthy Living

Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Role of exercise (Vyayama), sleep, and brahmacharya, Yoga and Ayurveda as twin sciences of well-being

Suggested Readings:

1. Singh Ramharsh, Swasthavritta Vijnana, Choukhambha Sanskrit Pratisthana, Delhi.
2. Kaushik, Mai Ram, Ayurveda Kya Hai?, Bikaner: Anand Prakashan, 2003.
3. Dash, V.B., Ayurvedic Treatment for Common Diseases, Delhi Diary, 1974.
4. Ayurveda darshan- Acharya Balkrishan, Divya Prakashan, Patanjali yogpeeth, Haridwar

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DCCP306

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Sukshma Vyayama

1. Udara Shakti Vikasaka
2. Kati Shakti Vikasaka
3. Pindali Shakti Vikasaka

4. Pada Mula and Padanguli Shakti Vikasaka
5. Hasta Mula Shakti Vikasaka
6. Jangha Shakti Vikasaka

Surya Namaskar: 14 Steps by S-Vyasa, Bengaluru

Asanas

- | | |
|--------------------|--------------------|
| 1. Parsva Konasana | 7. Padmasana |
| 2. Parvatasana | 8. Hamsasana |
| 3. Garudasanaa | 9. Navasana |
| 4. Yoga Mudra | 10. Karnapidasana |
| 5. Janu Sirasana | 11. Viparita Karni |
| 6. Gomukhasana | 12. Garvasana |

Pranayama

1. Chandra Bhedan
2. Surya Bhedan
3. Chandra Anuloma-Viloma
4. Surya Anulom –Viloma

Mudra

1. Shanmukhi Mudra
2. Chin Mudra

Kriya

1. Nauli- Madhayama, Vaam, Dakshini
2. Nauli Chalan (Clockwise& Anti-clockwise)
3. Basti
4. Sankh prakhalana (Laghu & Purna)

Meditation

1. Cyclic Mediation
2. OM Meditation
3. MSRT

Yog Nidra

Chanting

Prayer, Shrimad Bhagwat Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Suggested Readings:

1. Integrated Approach of Yoga Therapy for Positive Health – Dr. R Nagarathna and Dr. H R Nagendra
2. Bramhachari, Swami Dhirendra- Yogic Sukshma Vyayam
3. Swami, Satyananda- Asana, Pranayam, Bandha, Mudra
4. Misra, P.D.- Yoga: An Introduction
5. Gupta, Rameshwar Das – Yoga Rashmi
6. Bharadwaj, Ishwar-Yogasana
7. Iyenger, B.K.S.-Pranayama
8. Kavalyananda, Swami- Pran, Pranvidya
9. Tiwari, Om Prakash- Asanas: Why and How?

MASTER OF SCIENCE IN YOGA
Semester IV

Marking Scheme for External Exam

Theory Paper	Duration	Max. Marks
YOG6.5AECT401		
YOG6.5DCCT402	3 Hrs.	80
YOG6.5DCCT403	3 Hrs.	80
YOG6.5DSET404 (A) or YOG6.5DSET404 (B)	3 Hrs.	80
YOG6.5DPR405 (DPF) or YOG6.R405 (R) or YOG6.5RCS405 (CS)		
YOG6.5DCCP406	6 Hrs.	160

YOG6.5AECT401

GENERAL HEALTH AND HYGIENE

Course Overview

This course aims to provide students with a foundational understanding of health and hygiene, emphasizing the importance of maintaining a healthy lifestyle. It will cover essential topics related to nutrition, health policies, hygiene practices, and community health initiatives. By the end of the course, students will recognize the significance of health and hygiene in their daily lives and understand how to apply this knowledge to promote well-being in themselves and their communities.

Learning Objectives

LO1	To understand the basic concepts of health and hygiene.
LO2	To recognize the importance of nutrition for overall health.
LO3	To learn about various health care programs in India.
LO4	To understand the role of personnel and community hygiene.
LO5	To develop awareness of communicable and non-communicable diseases.

LO6	To explore the impact of mental health, physical activity, and social factors on well-being.
LO7	To introduce students to digital tools that promote health awareness.

Course Outcomes

CO1	Upon completion of this course, students will be able to:
CO2	Define what constitutes a healthy diet.
CO3	Identify ways to optimize their dietary choices using available information.
CO4	Understand the relationship between nutrition and a healthy life.
CO5	Recognize that dietary needs may vary among individuals.
CO6	Demonstrate awareness of disaster management related to health crises.
CO7	Assess the impact of health policies on community hygiene practices.
CO8	Utilize mobile applications to enhance public awareness about health.

Course Description

Unit I

Nutrition Basics: Definition, importance, good nutrition vs. malnutrition; understanding balanced diets and meal planning.

Nutrients:

Carbohydrates: Functions, dietary sources, effects of deficiency.

Lipids: Functions, dietary sources, effects of deficiency.

Proteins: Functions, dietary sources, effects of deficiency.

Vitamins and Minerals: Overview of vitamins-functions, food sources, and deficiency effects; macro (Calcium, Potassium) and micro minerals (Iron, Iodine, Zinc)-functions and sources.

Water: Importance in nutrition-functions, sources, requirements, and effects of deficiency.

Unit II

Health Concepts: Definition of health; determinants of health; key health indicators; understanding public health and environmental health.

Health Policies in India: Overview of the National Health Policy 2017; roles of key organizations like NIN (National Institute of Nutrition) and ICMR (Indian Council of Medical Research).

National Health Mission: Frameworks for National Rural Health Mission (NRHM) and National Urban Health Mission (NUHM).

Women & Child Health Care Schemes: Overview of programs such as RMNCH+

(Reproductive Maternal Newborn Child Health), JSSK (Janani Shishu Suraksha Karyakaram), and RKSK (Rashtriya Kishor Swasthya Karyakram).

Unit III

Hygiene Fundamentals: Definition and importance; types of hygiene—personal, community, medical, and culinary hygiene; introduction to WASH (Water, Sanitation, Hygiene) programs. Community Health Initiatives: Roles within village health sanitation & nutritional committees; functions of ASHA (Accredited Social Health Activist); activities on Village Health Nutrition Day.

Unit IV

Communicable vs. Non-Communicable Diseases: Understanding different disease types; prevention strategies for common diseases affecting children.

Public Awareness Campaigns: Importance of community education on hygiene practices; exploring government initiatives through mobile apps like Arogya Setu and Swasth Bharat Abhiyan.

Unit V

Utilizing Technology for Health Awareness: Introduction to various mobile applications developed by the Government of India aimed at promoting health awareness among communities.

Disaster Management in Health Contexts: Understanding the role of public response during pandemics and epidemics; guidelines for personal safety during health crises.

Suggested Readings:

1. Ghai, O.P., Gupta, P., & Ghai, B. (2010). Textbook of Nutrition and Dietetics. 7th Edition. CBS Publishers & Distributors.
2. Mahan, L.K., & Escott-Stump, S. (2017). Krause's Food & the Nutrition Care Process. 14th Edition. Elsevier.
3. Kumar, V., Abbas, A.K., & Aster, J.C. (2018). Robbins & Cotran Pathologic Basis of Disease. 9th Edition. Elsevier.
4. Ghosh, D. (2016). Fundamentals of Public Health. 1st Edition. PHI Learning.
5. Murray, C.J.L., & Lopez, A.D. (1996). The Global Burden of Disease. Harvard University Press.
6. Sharma, R., & Gupta, V. (2018). Health Education: A Comprehensive Approach. 1st Edition. Sage Publications.
7. Bamji, M.S., Krishnaswamy, K., & Brahman, G.N.V. (2009). Textbook of Human Nutrition. 3rd Edition. Oxford & IBH Publishing Co. Pvt. Ltd.
8. Swaminathan, M.S. (1995). Food & Nutrition. Vol I. The Bangalore Printing & Publishing Co Ltd.
9. Srilakshmi, B. (2010). Food Science. 5th Edition. New Age International Ltd.
10. WHO (World Health Organization). (2020). Guidelines on Hygiene Practices in Health Care Settings. World Health Organization.

11. UNICEF (2020). Water, Sanitation and Hygiene: A Global Perspective. UNICEF.
12. National Health Mission (NHM) India Website: nhm.gov.in – An excellent source for current health initiatives and programs in India.

Web Resources

- National Health Mission: nhm.gov.in
- National Rural Health Scheme: NHM.NRHM
- National Urban Health Scheme: NHM.NUHM

Scheme of Examination

Internal Assessment: Internal assessment plays a vital role in the broader framework of continuous evaluation within the university and its affiliated colleges. This assessment process may involve a variety of criteria determined by the assessor, such as teachers or heads of departments. The outcomes of these assessments, classified as either satisfactory or unsatisfactory, will be submitted to the university.

YOG6.5AECT402

Research methods and Statistics in Yoga education

Course Objective: To gain an overall understanding of nature and scope of research in yoga.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Contribute the value of qualitative and quantitative research approach
CO2	Utilize methods of data collection, data analysis and publication
CO3	Enable students to choose the most appropriate research method / design to address a particular research question
CO4	Enable the students to learn the basic concepts of statistics.
CO5	Understand the nature and scope of research in yoga, various research methods and designs, and areas of research. Gain practical competence in statistical concepts related to experimental research
CO6	Search the literature for their research work. The students will be able to apply technologies in organizing different types of data, present results effectively by making appropriate displays, summaries, and tables of data, and perform simple statistical analyses.

CO7	Understand the concept of sampling error and level of significance tests.
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Course Description

Unit- I

Research Methodology Concepts -I

Introduction to research methodology – definition of research, object, significance types of research, formulation and development of research problem, methods, need for Yoga research; the research process; Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

Unit-II

Central tendency

Objective Of Averaging, Types of Averages - Mean, Mode, and Median.

Dispersion

Measures of Dispersion: Standard Deviation and Coefficient of Variations.

Unit-III

Correlation

Meaning and Definition of Correlation, Types of Correlation, Methods of Determining Correlation

Regression analysis

Meaning and Use, Regression Lines, Regression Equations, Regression Coefficients and Calculations, Difference Between Correlation and Regression.

Unit-IV

Research Methodology Concepts –II

Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Distribution; Types of variables – Independent, dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability.

Unit-V

Research Methodology Concepts –II

Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity, Sampling error, estimation hypothesis testing - types I and type II Error

Level of significance

Statistical Inference - Test of Significance Small and Large Sample Test and (z, t, f and χ^2 test), Analysis of Variance

Suggested Readings:

1. सांख्यिकीकेमूलतत्व - कैलाशनाथनागर
2. Research Methods- H.K. Kapil
3. Research Methodology. C.R. Kotar.
4. Statistical method- S.P. Gupta.
5. Vagyanik Malish- Shri Satpal.
6. Research methods – Dr. H.R. Nagendra Sherley Telles V KY P. Bangalore.

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET403 (A)

Essence of Shrimad Bhagavad Gita

Course Objective: The purpose of this course is to explore the philosophical and yogic teachings of the Shrimad Bhagavad Gita, integrating their wisdom into personal practice and modern life.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Understand key philosophical themes like Dharma, Karma, and Moksha in both texts.
CO2	Analyze yogic and psychological insights for mind control and inner peace.
CO3	Compare different yogic paths and metaphysical views presented in the texts.
CO4	Recognize the role of dialogue in spiritual inquiry and self-realization.
CO5	Apply ethical teachings to enhance personal and professional life.
CO6	Explore concepts of liberation through self-effort and self-knowledge
CO7	Integrate scriptural wisdom into personal yogic practice and daily living.

Course Description

Unit-I

Significance of Shrimad Bhagavad Gita as Synthesis of Yoga:

Introduction to Shrimad Bhagavadgita; Synthesis of Yoga; Definitions of Yoga in Shrimad Bhagavadgita and their relevance; Shrimad Bhagavadgita and traditional commentaries (Shankar Bhashya, Ramanuj Bhashya, Gyaneshwari Geeta, Geeta Rahasya)

Unit-II

Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Shrimad Bhagavad Gita:

Concept of Samkhya Yoga in Shrimad Bhagavadgita; Concept of Sthita Prajna, its stages and

characteristics of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristics in Shrimad Bhagavadgita; Concept of Jnana and Jnana Yoga, Origin of the world as described in Shrimad Bhagavadgita

Unit-III

Karma Yoga and Bhakti yoga in Shrimad Bhagavadgita:

Concept of Karma & Karma Yoga in Bhagavadgita, Swadharma, Concept of Bhakti, Types of Bhakta (Chap.7), Nature of Bhakti (Chap.12), Concept of Shraddha and its relevance in as described in Shrimad Bhagavad Gita, Synthesis of Karmayoga, Bhaktiyoga and Jnanayoga in Bhagavad Gita.

Unit-IV

Concept of Dhyana Yoga and Role of Shrimad Bhagavadgita in Mental & Spiritual Health:

Nature of Personality types of personality, Role of Shrimad Bhagavadgita in personality development (With special reference to Dhyana yoga); Different techniques of Yoga for personality development and Healthy Living. Role of Shrimad Bhagavadgita in Mental & Spiritual Health.

Unit-V

Concept of Ahara and Role of Shrimad Bhagavadgita in Healthy Living:

Role of Shrimad Bhagavadgita in daily life; Concept and classification of Ahara (Sattvik, Rajasik and Tamsik Ahara) as described in Bhagavadgita. Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Shrimad Bhagavadgita; Theory of Adjustment in healthy living as described in Shrimad Bhagavadgita.

Suggested Readings:

1. Radhakrishnan - The Bhagavadgita, Harper Element, 2015.
2. Shankar Gita Bhashya, Geeta Press, Gorakhpur.
3. Swami Adidevananda - Sri Ramanuja Gita Bhasya, Advait ashram, Culcutta, 2009.
4. Sant Jnaneshwar - Jnaneswari Geeta, Indian Press Ltd., Prayag, 1924.
5. Bal Gangadhar Tilak - Geeta Rahasya, Ram Chandra Balvant Tilak, Pune, 1933.
6. Swami Gambhiranand; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
7. Swami Gambhiranand; Bhagavadgita with the commentary of Sankaracharya, Advaita Ashrama, 2003

8. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press, Gorakhpur
9. Swami Ranganathananda; Bhagavadgita, Advaita Ashrama Sub- Dept-5 Delhi Entally Road, Kolkata
10. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
11. Swami Tapasyananda, Srimadbhagavadgita Sri Ramkrishna Matha, Madras
12. Swami Abhidananda, Bhagvatgita, The Divine Message, Ramakrishna Vedanta Matha, Kolkata, 1990
13. Swami Raghvenderananda; Universal Message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET403 (A)

Yoga Upanishads

Course Objective: To communicate the knowledge and key concepts of major Yoga Upanishads.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	Explain the origin, structure, and significance of the Yoga Upanishads
CO2	Interpret core philosophical and yogic teachings from key Yoga Upanishads.
CO3	Demonstrate understanding of advanced yogic concepts such as Kundalini, Nadis, and Samadhi.
CO4	Analyze ethical values and spiritual ideals conveyed through the texts.
CO5	Apply selected practices from the Upanishads in a safe, guided setting.
CO6	Translate and critically evaluate Sanskrit verses from the Yoga Upanishads.
CO7	Compare and contrast Yoga Upanishadic philosophy with Patanjali Yoga and Vedanta.

Course Description

Unit-I

Swetaswataropnishad

Chapter II: Techniques and Importance of Dhyana yoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yoga siddhis, Importance of Yoga siddhis, Tattvajna;

Chapter VI: Nature of God, techniques for Realization, Attainment of liberation.

Unit-II

Yogakundali Upanishad

Methods of Pranayama Siddhi, Types of Pranayama, means Self -realization.

Yogarajopnishad

Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

Unit-III

Yogachudamadi Upanishad

The description of the six limbs of yoga, their results and sequence

Trishikhibrahmanopanishad

Description of Ashtangayoga, Karmayoga and Jnanayoga.

Unit-IV

Yogatattva Upanishad

Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

Dhyانبindoopanishad

Importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.

Unit-V

Nadabindoopanishad

Hansavidya - description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.

Suggested Readings:

1. 108 Upanishad- Sadhana khand- Pt. Shri Ram Sharma Acharya, Shanti Kunj, Haridwar
2. 108 Upanishad- Brahnavidya khand - Pt. Shri Ram Sharma Acharya, Shanti Kunj, Haridwar
3. 108 Upanishad- Jnana Khand - Pt. Shri Ram Sharma Acharya, Shanti Kunj, Haridwar

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DSET403 (B)

Yoga and Stress Management

Course Objective: To communicate the knowledge and concept of stress and its management through Yoga.

Course Level Learning Outcomes:

Upon successful completion of the course, the learner will be able to:

CO1	I understand the theories, concepts and importance of yoga in stress management.
CO2	Describe the management of stress through asana, pranayama and meditation and relaxation techniques etc.
CO3	Illustrate the role of stress in disease and its effect of stress on health & society.

CO4	Understand yogic concept of stress according yoga Vasistha, Bhagwat Geeta & Patanjali yoga darshan.
CO5	Understand the use of yoga techniques to manage stress.
CO6	Understand the use of Ashtanga Yoga to manage stress.
CO7	Understand the effect of stress on health, psychological health, physiological health, personality & society.

Course Description

Unit-I

Introduction to Stress

Definition and Types of Stress: Eustress, Distress, Stressors: Physical, Emotional, Environmental, Social, Symptoms and Effects of Stress: Physical, Psychological, Behavioral, Stress and Immune Function

Unit-II

Stress – Scientific and Yogic Perspective

Neurobiology of Stress: HPA Axis, Cortisol, Sympathetic-Adrenal System, Psychological Theories: Lazarus' Appraisal Theory, General Adaptation Syndrome (Selye), Concept of Adhija Vyadhi in Yoga and Ayurveda, Yogic Understanding: Kleshas, Antaraya, Chitta Vrittis, and Trigunas, Role of Mind in Health: Manomaya Kosha, Chittaprasadana
Stress in modern culture & society, psychological symptoms of stress

Unit-III

Stress and Lifestyle Disorders

Hypertension, Type 2 Diabetes, Obesity, Cardiovascular diseases, Depression and Anxiety, sleep disorders

Role of Diet, Sleep, and Daily Routine (Dinacharya) in Stress Prevention

Unit-IV

Effect of Stress on

Physiological Health, Psychological and Cognitive Health, Behavioral and Social, Long-Term Consequences of Chronic Stress, Yogic Interpretation of Stress Effects

Unit-V

Yogic Tools for Stress Management

Asanas: Calming and restorative postures (e.g., Shavasana, Vajrasana, Supta Baddha Konasana, Pranayama: Nadi Shodhana, Bhramari, Ujjayi, Sheetali, Sheetkari, Meditation: Antar Mouna, Yoga Nidra, Om Meditation, MSRT, Kriyas: Trataka, Kapalabhati (moderated), Mudras & Bandhas: Chin Mudra, Jnana Mudra, Hridaya Mudra

Competency in Yoga Techniques to Manage Stress

Management of Stress through Yama & Niyama, Management of Stress through Asana, Pranayama & Meditation, Management of Stress through Yoga Nidra and Relaxation Techniques, Management of Stress through IAYT

Suggested Readings:

- | | |
|--|------------------------|
| 1. Stress and its Management through Yoga | -Uduppa, K.N. |
| 2. Spiritualize to lead a Stress-Free Life | - Krishna Murthy, V.S. |
| 3. Yoga and Yogic Therapy | - Ram Harsh Singh |
| 4. Yoga Therapy | - Swami Kuvalyananda |
| 5. Yogic Management of Psychiatric Disorders | -Basvareddy I.V. |

Examination Scheme

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

YOG6.5DPR404 (DPF)/YOG6.R404 (R)/YOG6.5RCS404 (CS)

Dissertation/Project /Field study / Review /Case Study

Course Objective: The students will learn the methods of research problem analysis and preparation of content for report/dissertation writing and putting them into presentation.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

LO1	Learn to prepare varieties of diagrams and charts with interwoven pictures, photographs and flow charts. Give presentations at various conferences, meetings, and deliver lectures.
LO2	Learn to execute research projects by planning, collecting data, calculating the data and finally preparing a dissertation.

The student shall prepare a report of his/her research work carried out by him/her and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly. The student will select a topic of Dissertation/case study etc. in consultation with his/her supervisor/guide/mentor on any topic related to yoga.

Examination Scheme

The student shall prepare a report of his/her work carried out as mentioned below and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly.

Maximum Marks: 80 External and 20 Internal
Minimum Passing Marks: 36%

YOG6.5DCCP406

Combined Practical

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Lesson Plan Presentation Topic given by Faculty

Sukshma Vyayama

1. Gulpha Pada Prastha Pada Tala Shakti Vikasaka
2. Pada Mula Shakti Vikasaka
3. Pad Anguli ShaktimVikasaka
4. Prana Vayu Shakti Vikasaka
5. Shiro Shakti Vikasaka
6. Danta Shakti Vikasaka
7. Jihva Shakti Vikasaka
8. Akshi Shakti Vikasaka (Eye Strengthening)

Surya Namaskar: 12 and 14 Steps by S-Vyasa, Bengaluru

Asanas

1. Padmasana
2. Advasana
3. Virabhadrasana
4. Parsvakonasana
5. Shalabhasana
6. Naukasana
7. Matsyasana
8. Garudasana
9. Bakasana

Mudra

1. Prithvi Mudra
2. Apas Mudra
3. Agni Mudra

4. Vayu Mudra
5. Akasha Mudra

Meditation

1. MSRT (Mind Sound Resonance Technique)
2. PET (Pranic Energization Technique)

Chanting: Vyas Pushpanjali – SVYASA

1. Maha Mrityunjaya Mantra
2. Nirvana Shatkarma

Suggested Readings:

1. Integrated Approach of Yoga Therapy for Positive Health – Dr. R Nagarathna and Dr. H R Nagendra
2. Bramhachari, Swami Dharendra- Yogic Sukshma Vyayam
3. Swami, Satyananda- Asana, Pranayam, Bandha, Mudra
4. Misra, P.D.- Yoga: An Introduction
5. Gupta, Rameshwar Das – Yoga Rashmi
6. Bharadwaj, Ishwar-Yogasana
7. Iyenger, B.K.S.-Pranayama
8. Kavalyananda, Swami- Pran, Pranvidya
9. Tiwari, Om Prakash- Asanas: Why and How?

Teaching Learning Process

- Lectures
- Discussions
- Simulations
- Role Playing
- Participative Learning
- Interactive Sessions
- Seminars
- Research-based Learning/Dissertation: Project Work/Project Review
- Technology-embedded Learning

Blended Learning

Blended learning is an educational approach that combines online learning with traditional in-person instruction. According to the National Education Policy (NEP) 2020, this model offers flexibility, enabling students to learn at their own pace using digital tools, while still benefiting from face-to-face interactions. The NEP emphasizes the integration of digital resources to improve learning outcomes and promote inclusivity.

In line with the University Grants Commission (UGC) guidelines, blended learning is designed to accommodate diverse student needs and learning styles. It fosters a more learner-centered, flexible environment by combining synchronous (live) and asynchronous (self-paced) teaching methods. This approach is intended to enhance accessibility and the overall quality of education. Under UGC recommendations, up to 20% of a course can be delivered online, while the remaining 80% should be taught through traditional offline methods.

Assessment and Evaluation

- Continuous Comprehensive Evaluation (CCE) at regular after achievement of each Course-level learning outcome
- Formative Assessment based on activities of a learner throughout the programme instead of one-time assessment
- Oral Examinations to test presentation and communication skills

- Open Book Examination for better understanding and application of the knowledge acquired
- Group Examinations on Problem solving exercises
- Seminar Presentations
- Review of Literature
- Collaborative Assignments

Evaluation

Internal Assessment –	Midterm Examination	10%
	Term Paper	5%
	Students Participation	5%
External Assessment –		80%

Model Paper for 80 marks Theory Paper

M.Sc Yoga Semester I

Duration: 3 Hours
80

Maximum Marks:

YOG6.5DCCT102 – Historical Background of Yoga

Section – A

[1 x 10 =10]

- MCQ from unit 1
 -MCQ from unit 2
 -MCQ from unit 3
 -MCQ from unit 4.....
 -MCQ from unit 5.....
 -Fill in the Blanks from unit 1.....
 -Fill in the Blanks from unit 2.....
 -Fill in the Blanks from unit 3.....
 -Fill in the Blanks from unit 4

(j)Fill in the Blanks from unit 5.....

Section - B

[5 x 5=25]

2.from unit 1.....

OR

3.....from unit 1.....

4.from unit 2.....

OR

5.....from unit 2.....

6.....from unit 3.....

OR

7.....from unit 3.....

8.....from unit 4.....

OR

9.....from unit 4.....

10.....from unit 5.....

OR

11.....from unit 5.....

Section- C

[15 x 3=45]

12.from unit 1.....

13.from unit 2.....

14.....from unit 3.....

15. from unit 4.....

16. from unit 5.....

