



Maharaja Ganga Singh University



NEP and Learning Outcome-based Curriculum Framework (LOCF)

For

M.Sc. in Yoga Studies and Therapy Management



Department Of Yoga

2025-2027

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Background

Considering the curricular reforms as instrumental for desired learning outcomes, Maharaja Ganga Singh University made a rigorous attempt to revise the curriculum of 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 by the adoption of the "Comprehensive Roadmap for Implementation of NEP". 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.

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, 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 programmes; and formative assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each course. The University has also developed consensus on adoption of Blended Learning with 10% component of online teaching and 90% face to face classes for each programme.

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, Programme Outcomes, Programme 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, References and Appendices. The experts of various Boards of Studies and Faculties contributed to a large extent in giving the final shape to the revised curriculum of each programme.

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 so as to gradually include all relevant provisions of NEP-2020.

Programme Outcomes (PO)

On completing Masters in the Faculty of Science, the students shall be able to realize the following 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, defines 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 process or program 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 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 Outcomes (PSO)

On completing M.Sc. Yoga Programme, the students shall be able to understand the following:

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 class on general level. Eligible for the post of Yoga teacher or Yoga instructor.
PSO4	Spiritually becomes strong and solving problems of stress and strain leading to various diseases.
PSO5	Complete knowledge of Yoga on physical, mental intellectual, emotional & spiritual way. Students will learn Sadhna and yogic concepts in Upanishads.
PSO6	They will be able to get the 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 centres & 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 better understanding of ethical, social issues and human values.

Post Graduate Attributes

The Postgraduate attributes of our students shall be aligned with those of the University in terms of touching “the life of every student through inculcating virtues of empathy, ethics, efficiency, respect for diversity, prudence and creativity with compassion”. On completion of the course, the students are expected to be proficient in the fundamental, applied and modern areas of Yoga. They are expected to have acquired the skills of theoretical and practical aspects of different branches of yoga; and to be able to develop rational thinking skills, logical interpretation and analytical skills. Effective communication of scientific developments to the society at large is a very critical attribute expected from the students of this course. The attributes expected from the post-graduates of M.Sc. Yoga programme are:

PA1- Fundamental and advanced knowledge of different branches of yoga

PA2- Orientation and specialization in a specific branch of yoga and related fields

PA3- Proficiency in traditional as well as modern tools and techniques in the fields of Yoga

PA4- Awareness and sensitization about various societal problems related to Yoga

PA5- Effective skills of scientific communication, and knowledge about the recent developments within the society

PA6-Acquiring skills and ability to undertake research projects, writing, editing, and publication of research findings in reputed journals and magazines.

PA7-Proficiency in ICT technologies for personal, academic, and professional purposes

PA8-Demonstrate behavioral attributes for the enhancement of soft skills, instill skills and abilities to develop a positive approach socialistic approach and leadership qualities for a successful career and nurturing responsible human being.

Paper Code	Paper		L	T	P	Total Credits	Maximum Marks		Minimum Passing Marks
							Internal Marks	External Marks	
Semester-I									
Papers									
YOG6.5AECT101	Basics of Yoga	AEC	2	0	0	2	-	-	Non-CGPA S/NS*
YOG6.5DCCT102	Historical Background of Yoga	DCC-I	3	1	0	4	20	80	36%
YOG6.5DCCT103	Hatha Yoga: Principles & Practices	DCC-II	3	1	0	4	20	80	36%
YOG6.5DCCT104	Patanjali Yoga Sutra	DCC-III	3	1	0	4	20	80	36%
YOG6.5DCCT105	Human Anatomy & Physiology	DCC-IV	3	1	0	4	20	80	36%
YOG6.5DCCP106	Combined Practical	DCC-V	0	0	8	8	40	160	36%
Credits						26	Total	600	
Semester-II									
Papers									
YOG6.5VACT201	National and Human Values	VAC	2	0	0	2	-	-	Non-CGPA S/NS*
YOG6.5DCCT202	Diet & Dietary Management	DCC-VI	3	1	0	4	20	80	36 %
YOG6.5DCCT203	Basics of Naturopathy	DCC-VII	3	1	0	4	20	80	36 %
YOG6.5DCCT204	Yogic Concepts in Upanishads	DCC-VIII	3	1	0	4	20	80	36%
YOG6.5DCCT205	Teaching Methodology in Yoga	DCC-IX	3	1	0	4	20	80	36 %

YOG6.5DCCP206	Combined Practical	DCC-X	0	0	8	8	40	160	36%
Credits						26	Total	600	
Semester-III									
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	

Semester-IV									
Papers									
YOG6.5AECT401	General Health and Hygiene	AEC	2	0	0	2			Non-CGPA S/NS*
YOG6.5DCCT402	Research Methods and Statistics in Yoga Education	DCC-XIV	3	1	0	4	20	80	36%
YOG6.5DCCT403	Essence of Shrimad Bhagavad Gita	DCC-XV	3	1	0	4	20	80	36%
YOG6.5DSET404 (A) or YOG6.5DSET404 (B)	Yoga Upanishads or Yoga & Stress Management	DSE-III (A) or DSE-III (B)	3	1	0	4	20	80	36 %
YOG6.5DPR405 (DPF) or YOG6.R405 (R) or YOG6.5RCS405 (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 %
YOG6.5DCCP406	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
PO-1	X	X	X	X	X	X	X
PO-2	X	X	X	X	X	X	X
PO-3	X	X	X	X	X	X	X
PO-4	X	X	X	X	X	X	X
PO-5	X	X	X	X	X	X	X
PO-6	X	X	X	X	X	X	X
PO-7	X	X	X	X	X	X	X
PO-8	X	X	X	X	X	X	X
PO-9	X	X	X	X	X	X	X
PO-10	X	X	X	X	X	X	X
PO-11	X	X	X	X	X	X	X
PO-12	X	X	X	X	X	X	X
PO-13	X	X	X	X	X	X	X
PO-14	X	X	X	X	X	X	X
PO-15	X	X	X	X	X	X	X

II. Discipline Specific Core Courses (DCC):

PSO	DCC-1	DCC-2	DCC-3	DCC-4	DCC-5	DCC-6	DCC-7	DCC-8	DCC-9	DCC-10	DCC-11	DCC-12	DCC-13	DCC-14	DCC-15	DCC-16
PSO-1	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
PSO-3	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		X
PSO-5	X	X	X	X	X		X	X	X		X			X	X	
PSO-6	X	X	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

III. Discipline Specific Elective Courses (DSE):

PSO	DSE-I (A)	DSE-I (B)	DSE-II (A)	DSE-II (B)	DSE-III (A)	DSE-III (B)
PSO-1	X	X	X		X	X
PSO-2	X		X	X		X
PSO-3		X	X	X	X	X
PSO-4	X	X	X	X	X	
PSO-5	X	X		X	X	X
PSO-6	X		X	X		X
PSO-7	X	X	X		X	X

SEMESTER –I

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 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 get familiarized to:

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
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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, Kapalbhathi. Introduction of Patanjali ashtanga Yoga in a 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 pradiipika 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 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, Preksha-dhyana, 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 Vivekanad, Maharshi Raman, Shree Arvind, B.K.S. Iyengar, T. Krishnamacharya, Maharshi Mahesh Yogi, Swami Dharendra Brahamachari 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 Niranjananda - 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.

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 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

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 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 can Control 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

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 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	Appreciate the concepts of Circulatory System. They will gain knowledge of the mechanism of 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 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

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 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
2. Uddiyan Bandha
3. Moola Bandha

Mudras

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

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:

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

Course Outcomes:

1. On the completion of the course the students shall be able to:
2. Attain the civic skills enabling him/her to become a well-behaved citizen of the country.
3. 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, Honours 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 Honour, 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, Honours 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 Defence, 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, Team work.

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 citizen.

The role of media in value building.

Fundamental Duties.

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

Suggested Readings:

1. Hand Book 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. Chitakra: 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. Bandiste, 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 Budhananda (1983): How to Build Character A Primer, Ramakrishna Mission, New Delhi
14. A Cultural Heritage of India (4 Vols.), Bharatiya 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

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.

YOG6.5DCCT202

Diet & Dietary management

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

Course Level Learning Outcomes:

Upon successful completion of the course, students will get familiarized to:

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; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body;

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, Teen Aged- 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, Hyperacidity, 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 Truwell,A.S.Human Nutrition and Diets

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 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, method, 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, Kapalbhathi 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 curse- Henery Lindlhai
8. Practice of Nature curse – Henery Lindlhai
9. Practice Nature curse – Dr. k. Laxman Sharma
10. History and philosophy of- S. T. Singh.
11. My Nature Curse- M. K. Gandhi
12. nature curse 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 Lindlhair-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.

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 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 Brahmayidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate 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, Bhrigu Valli.

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

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

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 the practical class.
CO6	Learn the class 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: Pranipata; 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 techniques 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

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 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. Majrisana |

Surya Namaskar - Meaning, Techniques, Precautions and Benefits

Pranayama

- | | |
|---------------|-------------------|
| 1. Kapalbhati | 5. Chandra Bhedan |
| 2. Sheetali | 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 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 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

- To familiarize learners with the work-place culture and employability skills
- To equip learners with verbal and non-verbal communication skills which will help them to deliver audience-appropriate presentation using the strategies learnt
- To boost student's self-confidence through honing their interpersonal skills like team management skills, and leadership skills, time management skills, negotiation skills, problem solving skills and critical thinking skills.
- To develop and enhance the linguistic and communicative competence of the students
- To apply the skills of reading, writing, listening, and speaking
- To exposed the students to various forms of personal and professional communication
- 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

- Develop awareness of their professional and ethical responsibilities.
- Demonstrate verbal and non-verbal communication skills that will enable them to deliver presentations effectively.
- Demonstrate the ability of self-management with confidence by developing behavioural skills

and interpersonal skills.

- Communicate effectively with their peers/companions/others
- Enhance speaking, listening and writing skills
- 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 etiquettes
- Effective listening
- Social media Etiquette
- Video conferencing 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 Others 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
6. House. 2006.
7. 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.

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.

YOG6.5SDC301 (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 about computer languages
- CO4. To understand the basics of an operating system
- CO5. To be acquaint with word processor, 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 of 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 processor, spreadsheet, and presentation
- LO6. Understanding and ability to design algorithms
- LO7. Know about some unsolved problems of computer science

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

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.

YOG6.5SDC301 (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

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 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	Know about basic and complex functions such as learning, memory, 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 Sambhavana ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998

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 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 of 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. Text book 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

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

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, lakshyatrya, 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 Kuṇḍalinī

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

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 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.
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. जगदीश सहाय श्रीवास्वत अद्वैत वेदान्त की तार्किक भूमिका
2. C.D. Sharma- A critical Survey of Indian philosophy
3. J.S. Vinayak- Indian philosophy
4. H.P. Sinha- Indian Philosophy
5. डॉ. डी.एन. सिंह अद्वैत और विशिष्टाद्वैत वेदान्त
6. Bramhasutrabhasyam chapter 1,2,3,4
7. Shri Madnjagwat Geeta Bhashya – Acharya Sankar
8. Shri Madnjagwat Geeta- Ramsukh das Maharaj
9. Sankhaya Tatva kaumudi – vachaspati Mishra
10. Sankhyakarika- Ishwor Krishna Virchit. 5. H.P. Sinha- Outline of Indian Philosophy
11. N.K. Devraj – Indian Philosophy
12. C.D. Sharma – A critical survey of Indian Philosophy.

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 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, Swasthviritta 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

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 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. Garudasana | 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 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 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

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

- To explore the impact of mental health, physical activity, and social factors on well-being.
- 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., & Brahmam, 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](http://NHMNRHM)

- 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 competency 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.

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. सांख्यिकीकेमूलतत्त्व - 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.

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 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**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 Karma yoga, Bhakti yoga 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 (Satvik, Rajsik 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; Bhagvadgita with the commentary of Sankaracharya, Advita 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 Raghvendrananda; Universal Message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

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 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 kuṇḍalinī, nāḍīs, and samādhi.
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

Swetaswataropaniṣad

Chapter II: Techniques and Importance of Dhyana yoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna; **Chapter VI:** Nature of God, techniques for Realization, Attainment of liberation.

Unit-II

Yogakundali Upanishad

Methods of Pranayama Siddhi, Types of Pranayama, means of 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, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

Dhyanbindoopanishad

Importance of Dhyanayoga, 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

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 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	Understand the theories, concept and importance of yoga in the 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, bhagwad 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 of 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. |

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 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:

1. Learn to prepare varieties of diagrams and charts with interwoven pictures, photographs and flow charts. Give presentations in various conferences, meetings, and deliver lectures.
2. Learn to execute research project 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.

Scheme of examination

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 Shakti Vikasaka
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 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 on the basis of 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

Maximum Marks: 80

YOG6.5DCCT102 – Historical Background of Yoga

Section – A

[1 x 10 =10]

1. (a) MCQ from unit 1
- (b)MCQ from unit 2
- (c)MCQ from unit 3
- (d)MCQ from unit 4.....
- (e)MCQ from unit 5.....
- (f)Fill in the Blanks from unit 1.....
- (g)Fill in the Blanks from unit 2.....
- (h)Fill in the Blanks from unit 3.....
- (i)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.....