

ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
MANGALORE UNIVERSITY
(Accredited by NAAC Grade)



ಕ್ರಮಾಂಕ/No. : MU/ACC/CR.36/2023-24/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ

ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199

Office of the Registrar

Mangalagangothri - 574 199

ದಿನಾಂಕ/Date:14.08.2025

NOTIFICATION

Sub: Implementation of Indian Knowledge System [IKS] in Post Graduate programmes offering at Mangalore University.

Ref: Academic Council approval vide agenda

No.: ಎಸಿಸಿ:ಶೈ.ಮ.ಸಾ.ಸ.1:12 (2025-26) dtd 18.07.2025.

The contents relating to the courses having embedded with Indian Knowledge System [IKS] under various Post graduate programmes of Mangalore University has been approved by the Academic Council at its meeting held on 18.07.2025 is hereby notified.

Copy of the report shall be downloaded from the University Website (www.mangaloreuniversity.ac.in).


REGISTRAR
imp

To,

1. The Registrar (Evaluation), Mangalore University.
2. The Chairpersons of Post graduate Departments /Co-ordinators of Post Graduate programmes , Mangalore University, Mangalagangothri.
3. The Director, IQAC, Mangalore University, Mangalagangothri.
4. The Superintendent (ACC), O/o the Registrar, Mangalore University.
5. The Asst. Registrar (ACC), O/o the Registrar, Mangalore University.
6. The Director, DUIMS, Mangalore University – with a request to publish in the website.
7. Guard File.



MANGALORE UNIVERSITY

Report on

**Embedding of Indian Knowledge System (IKS)
in the University Curriculum**

Submitted to the Academic Council of Mangalore University

Mangalagangothri-574199
Karnataka, India

www.mangaloreuniversity.ac.in

Preamble

India possesses one of the most ancient and diverse intellectual traditions in the world, rooted in millennia of civilisational wisdom. The Indian Knowledge System (IKS) encompasses a wide spectrum of disciplines, including philosophy, sciences, mathematics, astronomy, medicine, agriculture, architecture, governance, arts, and linguistics, deeply interwoven with ethical and ecological values. These knowledge traditions not only contributed to global scientific and cultural advancements but also shaped India's distinctive worldview and societal practices.

In recent times, there has been a growing recognition of the importance of integrating IKS into mainstream academic frameworks. The National Education Policy (NEP) 2020 underscores the need to bring indigenous knowledge into the curriculum, aiming to create a more holistic, rooted, and inclusive model of education. Introducing IKS in university teaching is a step toward reclaiming our intellectual heritage, promoting interdisciplinary learning, and fostering critical engagement with traditional as well as contemporary knowledge systems.

This report seeks to outline a comprehensive approach to incorporating Indian Knowledge Systems into the Mangalore University curriculum. It identifies thematic areas of integration and pedagogical strategies. By embedding IKS into higher education, the University can cultivate deeper cultural awareness, encourage innovation inspired by traditional wisdom, and contribute to the global discourse on sustainable and inclusive development.

The initiative is not an act of retrospection alone, but a forward-looking endeavour to harmonise the richness of the past with the aspirations of the present. In doing so, it aims to empower students with a broader intellectual foundation that is both globally competent and locally relevant.

The University Grants Commission (UGC) in its letter No. F-1-9/2022/IKSInitiatives dated 14th December 2022 has suggested that the universities incorporate the IKS in the teaching and learning curricula. The initiatives implemented by Mangalore University in embedding the IKS into the learning curriculum are presented in this brief report.

The report is placed before the Academic Council for approval.



सचिव

Secretary

1696



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा विभाग, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
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F.1-9/2022(IKSInitiatives)

14th December, 2022

PUBLIC NOTICE

Subject: 'Guidelines for Training of Faculty on 'Indian Knowledge Systems (IKS)'

In pursuance of the National Education Policy (NEP-2020) which lays special emphasis on the promotion of Indian Languages, Arts and Culture, UGC has come up with the 'Guidelines for training of faculty on Indian Knowledge Systems (IKS)' to facilitate a seamless integration of Indian traditional knowledge with modern subjects.

The draft 'Guidelines for Training of Faculty on Indian Knowledge Systems (IKS)' are available on the UGC website www.ugc.ac.in. Feedback/suggestions are invited from the stakeholders and the same may be sent on the email: iks.ugc2022@gmail.com latest by 28th December, 2022.


(P.K. Thakur)

R/CDC/IOACDir/
Tog & placement cell

16/12/2022
16/12/2022

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Embedding Indian Knowledge System (IKS) in Higher Education Curriculum: Relevance and Benefits

Academic Enrichment and Interdisciplinary Learning

The integration of the Indian Knowledge System (IKS) into undergraduate and postgraduate education provides a transformative opportunity to enrich academic content, instil cultural rootedness, and foster innovative thinking. IKS represents a vast reservoir of indigenous knowledge developed over millennia across diverse fields, including mathematics, astronomy, medicine (Ayurveda), metallurgy, agriculture, architecture (Vāstu), linguistics, ecology, and philosophical systems. Incorporating IKS enhances academic depth by presenting students with alternative epistemologies and problem-solving approaches. It complements modern scientific thought with holistic, ecological, and integrative perspectives. For example, learning about ancient Indian mathematical techniques, such as those found in the Sulba Sutras, can augment abstract reasoning skills and historical awareness in mathematics education.

Sustainability and Local Relevance

IKS offers time-tested practices in environmental management, sustainable agriculture, and health sciences that are particularly relevant in the context of current global challenges, such as climate change and resource scarcity. Teaching these systems encourages the development of locally appropriate solutions and sustainability-oriented thinking.

Innovation and Research

Introducing IKS in higher education opens avenues for interdisciplinary research, innovation, and entrepreneurship. It promotes inquiry into traditional practices through scientific validation, leading to the development of new technologies, products, and services that draw inspiration from ancient wisdom.

Ethical and Value-Based Education

IKS encompasses moral and ethical dimensions that promote holistic development of personality. Indian philosophical traditions emphasise values such as harmony, self-discipline, and interconnectedness—qualities essential for responsible citizenship and leadership. Embedding IKS in undergraduate and postgraduate curricula is not merely a matter of heritage preservation; it is a dynamic, future-oriented educational strategy. By blending ancient insights with modern knowledge, universities can equip students with a unique intellectual toolkit rooted in India's civilisational strengths and geared towards global challenges.

Embedding Indian Knowledge System (IKS) in the Curriculum – Initiatives by Mangalore University

Mangalore University, located in a culturally vibrant region of coastal Karnataka, is uniquely positioned to integrate India's rich and diverse knowledge traditions into its academic framework. In alignment with the National Education Policy (NEP 2020), the University is committed to embedding elements of the Indian Knowledge System (IKS) into its undergraduate and postgraduate curriculum to promote holistic learning, cultural rootedness, and regional relevance.

A key focus is the inclusion of **Yogic Science**, not merely as a physical discipline, but as a comprehensive system of health, wellness, and spiritual development. Courses and electives on yoga philosophy, mindfulness practices, and traditional Indian health systems such as Ayurveda are being introduced to foster physical well-being, mental clarity, and ethical consciousness among students.

The region's vibrant performing arts tradition, particularly **Yakshagana**, is another pillar of IKS that the University seeks to preserve and promote. Yakshagana, with its blend of music, dance, drama, and storytelling rooted in mythology and folklore, offers deep insights into Indian aesthetics, literary traditions, and socio-cultural values. By introducing Yakshagana into the curriculum through performing arts, literature, and cultural studies programs, students gain hands-on exposure to living heritage.

Equally significant is the promotion of **Tulu and Kannada linguistic and literary heritage**. As custodians of these languages, Mangalore University emphasises the study of classical and folk literature, oral traditions, inscriptions, and grammar systems to preserve linguistic diversity and identity. The Department of Kannada and research initiatives in Tulu studies play a pivotal role in integrating language heritage into broader academic discourse.

Through these initiatives, Mangalore University envisions a dynamic curriculum that blends modern knowledge systems with India's time-tested traditions. This integration not only honors regional identity but also prepares students to engage with global challenges through culturally grounded, interdisciplinary perspectives.

**Certificate courses and post graduate programmes
offered by Mangalore University involving IKS
components**

IKS components in value added course on cultivation of edible mushrooms

Course offered by : Department of Biotechnology

MANGALORE UNIVERSITY

CULTIVATION OF EDIBLE MUSHROOMS (VALUE ADDED COURSE)

30 hrs

Course outcomes:

After successful completion of the course, students will be able to

- CO 1. Use the skills towards self-employment
- CO 2. Understand nutrient value of mushroom.
- CO 3. Know the morphology and types of Mushrooms
- CO 4. Use spawn production technique.
- CO 5. Identify edible and poisonous Mushrooms
- CO 6. Know the prospects and scope of mushroom cultivation in small scale industry
- CO 7. Understand the Diseases.
- CO 8. Adopt Post harvesting techniques of Mushrooms.

UNIT I

Introduction – History of mushroom cultivation, Classification and distribution of mushrooms, life cycle of mushrooms, Identification of poisonous mushrooms.

UNIT II

Spawn preparation - Isolation of pure culture; Nutrient media for pure culture; layout of spawn preparation room; raw material of spawn, preparation of mother spawn and multiplication.

UNIT III

Cultivation of mushrooms, layout of mushroom shed - small scale and large scale production unit. Types of raw material – preparation and sterilization; Mushroom bed preparation – maintenance of mushroom shed; harvesting method and preservation of mushrooms.

UNIT IV

Nutrient values of mushroom, short- and long-term storage of mushrooms; preparation of various dishes from mushrooms. Medicinal value of mushrooms, Pharmacological and economic values of mushrooms, Milky mushrooms, oyster mushrooms.

Timings: Saturday 2-5 pm

Reading Material:

Oei P. Small-scale mushroom cultivation, Agrodok-series No. 40, Digigrafti, Wageningen, Netherlands, 2005

Kashangura C. et al. Manual for development workers (mushroom cultivation), Biotechnology Trust of Zimbabwe, 2004

Hands-on Activity: Mushroom cultivation

IKS components in P G Diploma course

Course offered by : Department of Human Consciousness and Yogic Science

REGULATIONS GOVERNING “POST GRADUATE DIPLOMA COURSE IN YOGIC SCIENCE PROGRAMME”

- 1. Title:** The Programme shall be called “**Post Graduate Diploma Course in Yogic Science**”.
- 2. Eligibility for Admission:**
 - 2.1 Only those candidates who have passed any Bachelors Degree examination or an examination recognized by the University as equivalent are eligible for the Post Graduate Diploma course.
 - 2.2 Selection on the basis of merit and according to the Government’s reservation policy existing at that time.
- 3. Duration:** One year.
- 4. Medium of Instruction:** The medium of instruction and examination shall be in English.
- 5. Attendance:**
 - 5.1 A candidate shall be considered to have satisfied the requirement of attendance for the programme if he/she attends not less than 75% of the classes actually held in each subject / course.
 - 5.2 A candidate who does not satisfy the requirement of attendance shall not be permitted to take the examination and he/she shall repeat the programme in the subsequent year.
- 6. Hours of Instruction and Scheme of Examinations:** There shall be examination in the month of May/June.
The details of hour of instruction and the scheme of examination shall be as stated below.

Paper	Instruction (Hours per Week)	Instruction (Hours per Year)	Duration of examination (Hours)	Marks for Final Exam	Marks for Internal Exam	Total Marks
Paper I	4	90	3	70	30	100
Paper II	4	90	3	70	30	100
Paper III	4	90	3	70	30	100
Paper IV	4	90	3	70	30	100
Paper V	6	180	4	70	30	100
Paper VI	6	180	4	70	30	100
Total Marks						600

7. Internal Assessment:

- 7.1 The internal assessment marks are based on test and assignments.
- 7.2 Marks of the internal assessment must be published on the Notice Board of the concerned department for information of the student.
- 7.3 Marks scored in the internal assessment shall be indicated separately in the Marks card.
- 7.4 Internal assessment marks of a failed candidate shall be retained and carried forward to his/her subsequent examinations.
- 7.5 The internal assessment marks shall be communicated to the Registrar (Evaluation) at least 7 days before the commencement of the University Examination. The record of internal assessment shall be maintained in the department and Registrar (Evaluation) shall have access to such records.

8. Registration for Examinations: A candidate shall register for the University Examination at the stipulated date laid down by the University.

9. Minimum Percentage of Marks for Passing the Examination: No candidate shall be declared to have passed each examination unless he/she obtains not less than **35% marks** each in written and practical examination and **40% marks** in aggregate, in the final examination and internal assessment put together in each paper. A candidate who fails in any paper shall take the examination **in that paper** at any subsequent examination. There shall be no minimum marks for a pass in internal assessment.

10. Percentage of Marks for Declaring Class:

- 10.1 Class and distinction shall be declared at the end of each examination on the following basis.

Distinction: **70% and above**

First Class:	60% and above but less than 70%
Second Class:	50% and above but less than 60% Pass
Class:	40% and above but less than 50%

10.2 The marks are considered for ranking.

11. Rejection /Reappearance and Improvement:

- 11.1 A candidate may be permitted to reject the results of the whole examination, within 30 days after the publication his/her result or 10 days from the date of dispatch of his/her Marks cards by the Registrar (E), to the department whichever is later and reappear for improvement. Rejection of the result paper-wise/subject-wise shall not be permitted.
- 11.2 The rejection shall be exercised only once and the rejection once exercised cannot be revoked.
- 11.3 Application for rejection along with the payment of the prescribed fee shall be submitted through the department together with the original statement of marks.
- 11.4 A candidate who rejects the result is eligible for only the class, not for ranking.
- 11.5 The internal assessment marks secured by the candidate during the course period, who appears for improvement, shall be carried forward.

12. Penalty False and Incorrect Statement:

Where the candidate or his/her parent or guardian furnishes false or incorrect statement in an application or where the affidavit filled by him/her or the certificates furnished by him/her contains false or incorrect statements such an application shall be rejected and his/her admission shall stand cancelled.

13. Removal of Difficulties:

Any issue not specifically mentioned in these Regulations shall be decided by the Vice Chancellor in consultation with the appropriate bodies of the University.

(Assented by the Chancellor on 03.06.2019 as communicated in Government letter No.ED 05
UDS 2019 dated 15.06.2019)

IKS components in value added course on organic farming

Course offered by : Department of Biosciences

Value-added Course

Organic Farming (Practical Oriented)

After completion of the course, students will be able to:

CO1: Understand and appreciate organic farming and its importance in sustainability and entrepreneurship.

CO2: Grow vegetable crops (green and perennial) in limited space by employing the techniques of organic farming.

CO3: Gain confidence on how to prepare organic composts and biopesticides and market the products of organic farming.

Unit I

6 hrs

Basic understanding, Advantages – Economical, income generation, demand (local market and export), Nutritional, toxic-free, Environment-friendly. Space management; Sustainability, Entrepreneurship, Features of organic farm/garden.

Unit II

12 hrs

Preparation of soil with cow dung and compost; Selection of seeds; soil preservation, Preparation of pro-tray mixture, Soil preparation for earthen pots, sapling for organic farming (green vegetables, climbers, perennial vegetables, flowers, medicinal plants; seasonal plants; Multicrop system, Crop rotation, watering /irrigation method, Terrace farming – methods and advantages.

Measures to avoid insect pests (traditional/indigenous approaches); preparation of biopesticides.

Unit III

12 hrs

Organic manures: Preparation and usage of vermicompost, maggot compost, and pipe compost. Recycling of kitchen wastes; Packing and marketing of composts. Crop-residue management and green manuring. Post-harvest management, Marketing. Testing of organic vegetables.
Field visits to organic farm lands and waste management units.

References:

- Bansal M. (2017). Basics of organic farming, CBS Publishers & Distributors.
- Biswas R.K. (2014). Organic farming in India. New Delhi Publishers
- Dabbert, S., Haring, A. M., & Zanolli, R. (2004). Organic Farming: Policies And Prospects. Zed Books.
- Daniel J., Patil V. & Najan A. (2010). Handbook of Organic farming & compost technology. SBS Publishers & Distributors Pvt. Ltd.
- Joshi, M., Joshi, M., & Prabhakarasetty, T. K. (2006). Sustainability Through Organic Farming. Kalyani Publishers.
- Natarajan T. (2011). Organic farming for business. Swastik Publishers.
- Rakshit A. & Singh H.B. (2015), ABC of organic farming. Jain Brothers.
- Sharma A.K. (2013). Handbook of organic Farming. Agrobios.
- Shetty, P. K., Alvares, C., & Yadav, A. K. (2014). *Organic Farming And Sustainability (NIAS Books And Special Publications No. SP5-2014)*. NIAS.
- Somasundaram E., Nandhini D.U. & Meyyappan D. (2019). Principles Of Organic Farming. New India Publishing Agency.
- Vithatrao S.T. (2004). Vermiculture & organic farming, Daya Publishing House.

IKS components in P G Programme

Course offered by: Department of Human Consciousness and Yogic Science

Post Graduate Programme (M Sc.) in Yogic Sciences

Yoga is a unique contribution to the world from our ancient culture. It is a Universal and evolutionary science which deals with philosophical as well as practical aspects of life. Yogic Science teaches to lead a tensionless life with respect to body, mind and soul trinity, taking into cognisance the environment around. In modern days the techniques of Yogic Science are extremely useful for intellectual and blissful life.

The world community is looking towards India for an Application of yoga and yogic practices to holistic health of mankind. Several hundred traditionally trained teachers serve the population around the world. Unfortunately, among them many fake yogis through improper methods have brought disrepute to this ancient science. At this juncture it is necessary to evolve good yoga teachers, providing yoga therapy and conducting research to develop Yogic science. It is against this background the UGC has financed the setting up of the Department of Human Consciousness and Yogic Sciences and to offer unique two years master degree programme in Yogic Sciences. A full-fledged teaching and research centre will provide an opportunity to scholars to work in this area of nation's rich heritage. Mangalore University and the Department of Human Consciousness & Yogic Sciences is unique being first in the country to offer two years master degree (M.Sc.) programme in Yogic Sciences under the Faculty of Science and Technology.

Yoga was one of the most important subjects of study in our ancient schools of Course. But at present yoga is yet to develop fully as a subject of study in the modern university system. Yogic science occupies a special significance in the present day life which is associated with full of stress and strain causing a number of psychosomatic diseases. Realising the importance of yoga in the present day life, Mangalore University established "Dharmanidhi Yogapeetha" in 1983 by the donations of the temple trustees of the then Dakshina Kannada District with the objective of establishing three fold activities in the field of yoga, namely: teaching, therapy and research; and to spread the value based knowledge of yogic science. M.Sc. Yogic Science programme has been started for the first time in the country with an objective to train the young students in this important area.

The programme will provide new avenues to the students to learn, practice and to propagate the techniques of this ancient science.

Programme Objectives:

- Three fold activities in the field of yoga, namely: teaching, therapy and research.
- To spread the value based knowledge of yogic science.
- Research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- To evolve researchers in yogic science.
- To evolve trained teachers in yogic science.
- To train the individuals in the traditional knowledge of India in the Post Graduate level.
- To study the preventive, promotive and curative aspects of yogic practices.

Programme Outcome:

- The Post Graduates will be having knowledge of yogic science with study of the classical texts along with knowledge of modern anatomy, physiology and biochemistry.
- They can conduct research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- They can become experienced yoga teachers, yoga therapists and yoga practitioners.
- They will be able to use yogic techniques from Astanga yoga, Hathayoga, Ghatayoga and such for treatment of various diseases. They will have the knowledge of food and lifestyle, mind body management techniques.
- They can become teacher and lecturer after the completion of the programme.
- They can go for permanent lectureship after UGC – NET.

Job opportunities as –

- Lecturers / Assistant Professors
- Yoga Therapist, Yoga Therapy consultant, Yoga Instructor, Yoga Trainer.

Employment Areas –

- Educational Institutes
- Corporate sectors
- Yoga Centers
- Hospitals
- Community Health Clubs
- Resorts.

COURSE PATTERN

Sem	Hard Core			Soft Core			Open Elective			Project Work	Total
	No. of Paper	Crts	Total Crds	No. of Paper	Crts	Total Crts	No. of Paper	Crts	Total Crts	Crts	Total Crts
I	6	4	24	-	-	-	-	-	-	-	24
II	4	4	16	2	3	6	1	3	3	-	25
III	2	4	8	4	3	12	1	3	3	-	23
IV	-	-	-	5	3	15	-	-	-	5	20
Total			48			33			6	5	92

Summary of Credits

Regulation Provision	Hard Core	Soft Core	Open Elective Credits	Total Credits
As per the Regulation	50 – 65%	30 – 45%	06	84 – 92
Credits	48 (52.17%)	33 (35.87%)	06	92

Internal Assessment Marks

- **Criteria for Internal Assessment (30 marks) for Theory paper:**

Internal Tests	- 20 Marks
Assignment / Seminar	- 05 Marks
Attendance	- 05 Marks
➤ 75% - 85%	- 02 Marks
➤ 85% - 90%	- 03 Marks
➤ 90% - 95%	- 04 Marks
➤ 95% - 100%	- 05 Marks

- **Criteria for Internal Assessment for (30 marks) Practical Paper:**

Internal Tests – 20 Marks	
Maintenance of records – 05 Marks	
Attendance – 05 Marks	
➤ 75% - 85%	- 02 Marks
➤ 85% - 90%	- 03 Marks
➤ 90% - 95%	- 04 Marks
➤ 95% - 100%	- 05 Marks

- **Criteria for Internal Assessment(30 marks) for Internship:**

Internal Test– 30 Marks

- **Criteria for Internal Assessment(30 marks) for Project Work / Dissertation:**

Internal Test– 30 Marks

Guidelines for Practical Examination

Two examiners (one internal and one external) have to examine the students based on the following criteria. The average marks of the two examiners or with consensus have to be recorded. Examination should consist of the following.

1. Writing

Two practicals (decided by the internal & external examiner) has to be explained. Duration for writing will be ½ an hour and maximum marks will be 20% with 2 practicals carrying equal % of marks, 2 practicals of marks 7 each, total 2X7=14 marks. (e.g., for yoga practicals, Out of the 7 marks - 3 marks for procedure, 2 marks for benefits and 2 marks for classical references. For instrumental experiments, Out of the 7 marks – 4 for theory/principles, 3 marks for procedure)

2. Practicals

For Yoga practicals:

Maximum marks for practices will be 60%. Students have to perform practices as decided by the internal and external examiners.

For e.g.: For one practice, either 7 marks or 14 marks

In case of KRIYA,

- Out of 7 / 14 marks: One / two marks for preparation, 4/ 8 marks for procedure and 2 / 4 marks for perfection.

In case of ASANA,

- Out of 7 / 14 marks: 2 / 4 marks for Svasochvasa, 3/ 6 Marks for Vinyasa, one / two marks for Sthiti and one / two marks for Drsti.

In case of BANDHA,

- Out of 7 / 14 marks: One / two marks for preparation, 4/ 8 marks for procedure and 2 / 4 marks for perfection.

In case of MUDRA,

- Out of 7 / 14 marks: One / two marks for preparation, 4/ 8 marks for procedure and 2 / 4 marks for perfection.

In case of PRANAYAMA,

- Out of 7 / 14 marks: One / two marks for preparation, 4/ 8 marks for procedure and 2 / 4 marks for perfection.

In case of MEDITATION,

- Out of 7 / 14 marks: One / two marks for preparation, 4/ 8 marks for procedure and 2 / 4 marks for perfection.

For Instrumental Experiments:

- Out of 7 / 14 marks: one / two marks for preparation, 4 / 8marks for experimental procedure and 2 / 4 marks for result.

3. Viva:

Maximum marks for viva will be 10%. Questions are to be asked related to the meaning of the practice, practicing procedure, benefits and classical references of the any yogic practices or instrumental experiments from the particular paper.

4. Record:

Maximum marks for record will be 10%. Marks have to be given, examining the syllabus coverage, neatness and overall writing.

Guidelines for the assessment of Internship

- 5 months internship (one month at the end of I semester, two months at the end of II semester, one month at the end of the III semester and one month during IV semester) has to be evaluated as below :
 - Submission of report in time – 12 Marks (3 each for four semesters)
 - Attendance/confidential report provided by the place of internship–12 Marks (3 each for four semesters)
 - Report Evaluation – 30 Marks
 - Presentation– 10 Marks
 - Viva – 6 Marks

Guidelines for the assessment of Project Work / Dissertation

- Report Evaluation – 35 Marks
- Written examination (Project report in brief) - 10 Marks
- Presentation – 15 Marks
- Viva voce - 10 Marks

I SEMESTER

YSH101	FOUNDATION OF YOGIC SCIENCE-I
YSH102	FOUNDATION OF YOGIC SCIENCE-II
YSH103	BASICS RELEVANT TO YOGIC SCIENCE-I
YSH104	HUMAN BIOLOGY – I
YSP105	PRACTICAL – I: KRIYAS AND ASANAS
YSP106	PRACTICAL – II: ASANAS

- ONE MONTH INTERNSHIP.

II SEMESTER

YSH201	FOUNDATION OF YOGIC SCIENCE-III
YSH202	BASICS RELEVANT TO YOGIC SCIENCE – II
YSH203	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I
YSH204	HUMAN BIOLOGY – II
YSP205	PRACTICAL – III: KRIYAS AND ASANAS
YSP206	PRACTICAL – IV: ASANAS.
YSE207	OPEN ELETIVE PAPER:YOGA FOR PERSONAL HEALTH
YSE208	OPEN ELECTIVE PAPER:YOGA FOR PERSONALITY DEVELOPMENT

- TWO MONTHS INTERNSHIP.

SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH301A	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS302A	BASICPRINCIPLES OF YOGA THERAPY
YSS303A	MODERN APPROACH OF HEALTH SYSTEM
YSS304A	YOGA THERAPY PRACTICES
YSP305A	PRACTICAL – V: BANDHAS AND MUDRAS
YSP306A	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE307	OPEN ELETIVE PAPER: SCIENTIFIC APPROACH OF YOGA
YSE308	OPEN ELECTIVE PAPER:YOGA FOR STRESS MANAGEMENT

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS401A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS402A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS403A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - III
YSP404A	PRACTICAL – VII: ADVANCED PRACTICES
YSP405A	PRACTICAL - VIII:INTERNSHIP
YSP406A	PROJECT WORK / DISSERTATION

SPECIALISATION B: YOGA SPIRITUALITY

III SEMESTER

YSH301B	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS302B	BASICS OF YOGA AND SPIRITUALITY -I
YSS303B	BASICS OF YOGA AND SPIRITUALITY - II
YSS304B	YOGA AND SPIRITUALITY FOR HEALTH
YSP305B	PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS
YSP306B	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE307	OPEN ELETIVE PAPER: SCIENTIFIC APPROACH OF YOGA
YSE308	OPEN ELECTIVE PAPER:YOGA FOR STRESS MANAGEMENT

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS401B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS402B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS403B	APPLIED SPIRITUALITY
YSS404B	PRACTICAL- X: ADVANCED STUDY OF PRANAYAMA &MEDITATION
YSS405B	PRACTICAL - VIII: INTERNSHIP
YSP406B	PROJECT WORK / DISSERTATION

M.Sc. YOGIC SCIENCE

SYLLABUS FOR CBCS SCHEME

I SEMESTER

YSH101 FOUNDATION OF YOGIC SCIENCE-I

Course Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

Course Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.

I Introduction to Yoga Sutra

15 Hrs

- 1) Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of cittavrttis.
- 2) Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi; Ishwarapranidhana – a means to attain Samadhi, Definition & quality of Ishwara.
- 3) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.
- 4) Samapatti, Sukshma-vishayatva, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

II Kriya Yoga

15 Hrs

- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
- 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsyā and Drasta.

- 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
- 4) Vivekakhyathi, Astanga yoga – Bahiranga yoga

III Samyama and its applications

15 Hrs

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhutaruta, Parachittajnana, Antardhana.
- 3) Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- 4) Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

IV Kaivalya in Patanjala Yoga Sutra

15 Hrs

- 1) Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.
- 2) Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- 3) Quality of everknown of purusha, Non-self illumination of Buddhi and its function.
- 4) Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya – According to PatanjalaYogasutra – Chapter IV.

Reference Books:

1. Swami Vivekananda. (1982). *Raja Yoga*. Culcutta: Advaita Ashrama Delhi Entally Road Culcutta 700014.
2. Hariharananda Aranya. (2014). *Yoga Philosophy of Patanjali with Bhasvati* (4 ed.). Culcutta: Calcutta University Press, Culcutta 700014.
3. I.K. Taimni. (1972). *The Science of Yoga*. Wheaton, IL: Quest Books, U.S306 W. Geneva Road Wheaton, IL 60187.
4. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press Gorakhpur 273005.
6. Swami Adidevananda. (2014). *ಪಾತಂಜಲಯೋಗದರ್ಶನ: Patanjala Yoga Darshana (Kannada)*. Mysore: Shri ramkrishna Ashram Mysore 570020.
7. Swami Prabhavananda. (2008). *Patanjali Yoga Sutras*. Chennai: Sri Ramakrishna Math Chennai, Chennai, Tamil Nadu 600028.
8. Swami Satyananda Saraswati. (2016). *Four Chapters on Freedom: Commentary On The Yoga Sutras of Sage Patanjali*. Munger: Yoga Publications Trust, Munger, Bihar 811201, India.

Course Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Hathayoga.
- Detailed study of Hathapradipika.
- Study of asanas, kriyas, pranayamas, bandhas, mudras and samadhi.

Course Outcome:

The student will have:

- The knowledge of requirements for the practise of hathayoga, asanas.
- The knowledge of practise of Pranayamas and the kriyas.
- The theoretical knowledge of practice of selected mudras and bandhas.
- The theoretical knowledge of concentration methods, their application, attaining of samadhi.

I Introduction to Hatha yoga, Asanas

15 Hrs

- 1) Relationship of Hathayoga and Rajayoga, Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy.
- 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
- 3) Asana, Methods of Hathayoga Practice.
- 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

II Pranayamas, Kriyas

15 Hrs

- 1) Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.
- 2) Yukta and Ayukta Pranayama, Satkriyas, Gajakarani.
- 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmani.
- 4) Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.

III Kundalini, Mudras and Bandhas

15 Hrs

- 1) Kundalini's base for all Yoga.
- 2) Results of KundaliniPrabodha, Synonyms for Sushumna

- 3) Mudras and Bandhas-classification, benefits and methods of practice.
- 4) Nadanusandhana, Kandaswarupa.

IV Methods of Samadhi Practice in Hatha yoga

15 Hrs

- 1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Amaroli.
- 2) Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.
- 3) Shambhavimudra, Unmani, Khechari, Nadanusandhana, Characteristics of Nada, Pratyahara.
- 4) Different types of Nada, Condition of Yogi in UnmaniAvastha, Realisation.

Reference Books

1. Parmhansa Swami Annat Bharati. (2017). *Hatha Yoga Pradipika*. Varanasi:Chaukhambha K37/117, Gopal Mandir Lane Golghar, Maidagin Varanasi-221001.
2. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
3. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 ed.).Munger: Bihar School Of Yoga,Munger, Bihar 811201 India.
4. Swami Muktibodhananda. (2012). *Hatha Yoga Pradipika: Light on Hatha Yoga*.Munger:Yoga Publications Trust, Munger, Bihar811201 India.
5. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.).Munger: Bihar School of YogaMunger, Bihar811201 India.

YSH103 BASICS RELEVANT TO YOGIC SCIENCE-I

Course Objectives:

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To study basics of Sanskrit.
- To get the knowledge of different schools of yoga.

Course Outcome:

The student will have:

- The knowledge of the basics of Sanskrit.
- The capacity to understand the classical texts.
- The knowledge of yogic concepts in Bhagavad-Gita.
- The knowledge of different schools of yoga.

I Basics of Sanskrit - I

15 Hrs

- 1) Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- 2) Sanskrit words – classification of Sanskrit words, Subantas-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.
- 3) Declaration of the following words in cases – Rama, Hari, Guru, Lata, Mati, Dhenu, Phala, Vari, Gau, Asmad, Yushmad, Tad, Kim.
- 4) Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin – Bhu, Khad, Vad, Dhyai, Path, Sev, Kshi, Pracch, Tus, Kath, Chint, Kr.

II Basics of Sanskrit - II

15 Hrs

- 1) Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- 2) Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras. Sandhis – Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, Schutva
- 3) Nipatas – Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal.
- 4) Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

III. Origin and Historical study of Yoga

15 Hrs

- 1) Yoga-Meaning, Definition, Aim, Objectives, Concepts, Misconcepts.
- 2) Origin and Historical development of yoga and yogic texts up to Patanjali
- 3) Historical development of yoga in the period of Patanjali period.
- 4) Historical development of yoga in Post Patanjali period.

IV Schools of Yoga

15 Hrs

- 1) Rajayoga , Hathayoga
- 2) Jnanayoga, Karmayoga
- 3) Mantrayoga, Bhaktiyoga
- 4) Kundalini Yoga - System of Nadies, Chakras, Prana,Upaprana, Marmasthanas.

Reference Books:

1. Chandramouli S. Naikar. (1997). *Ghatayoga*. Delhi: Medha Publisher, Naveen Shahdara , Delhi 110032.
2. H. Kumar Kaul. (1994). *Aspects of Yoga*. Delhi: B.R. Publishing Corporation New Delhi, Delhi, 110002 India.
3. L. Anantarama Sastri. (1993). *Sabda manjari*. Palakkad: R.S. Vadhyar & Sons Palakkad, Kerala 678003.
4. Pt. Gomti Prasad Shastri Mishra. (2012). *Laghu Siddhanta Kaumudi* (2012 ed.). Varanasi: Chaukhambha surbharati Prakashan Varanasi, Uttar Pradesh 221001.
5. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
6. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
7. Shakti Parwah Kaur Khalsa. (1996). *Kundalini Yoga: The Flow of Eternal Power*. New York: Penguin USA, 1745 Broadway, New York, NY 10019, United States.
8. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger: Bihar School of Yoga Munger, Bihar 811201.
9. Swami Tapasyananda. (2003). *Four Yogas of Swami Vivekananda*. Kolkatta: Advaita Ashrama, Kolkata, West Bengal 700014 India.
10. TKV. Desikacharya. (1998). *NATHAMUNI'S YOGA RAHASYA*. Chennai: Krishnamacharya Yoga Mandiram Chennai, Tamil Nadu 600028.
11. Vidyasagar K L V Sastri, & Pt. L. Anantarama Sastri. (2001). *Dhatu Manjari*. Palakkad: R S Vadhyar and Sons Palakkad, Kerala 678003.

YSH104 HUMAN BIOLOGY – I

Course Objectives:

To study

- Anatomy and physiology of the musculoskeletal system.
- The blood, immune system and cardiovascular system.
- The respiratory system.
- Anatomy and physiology of digestive system.

Course Outcome:

The student will understand:

- Anatomy and physiology of human musculoskeletal system, immune system, cardiovascular system, respiratory, excretory and digestive systems.

- Anatomy and physiology of human body in relation to different yogic practices.
- The yogic practices in a better way.

I Anatomy & Physiology of Musculo-Skeletal System 15 Hrs

- 1) Muscle – Classification – Histology – Properties of each type –Distribution.
- 2) Mechanism of muscle contraction (Brief) – Neuromuscular transmission (brief), ligaments, tendons.
- 3) Skeleton-Bones-types, Structure & function, Spinal column.
- 4) Joints – Types, Structure, Function.

II Anatomy & Physiology of Blood, Immune System & Cardiovascular System 15 Hrs

- 1) Composition of blood corpuscles – R.B.C., W.B.C., Platelets.
Plasma, Haemoglobin, Coagulation of blood and anticoagulants.
Blood groups and its importance.
- 2) Lymphatic system, Immunity – types & mechanism.
- 3) Cardiovascular System-Anatomy of Heart, Innervation of heart – Properties of cardiac muscle.
- 4) Control of cardiac cycle and circulation, Cardiac output, Blood pressure, Training on Blood Pressure measuring.

III Anatomy & Physiology of Respiratory System and Excretory System 15 Hrs

- 1) Respiratory system – Anatomy Gross & Histological, Mechanism of breathing, Exchange of gases.
- 2) Pulmonary function tests – lung volumes, Control of Respiration.
- 3) Excretory System - Anatomy – Gross & Histological, Functions of glomerules and renal tubules – Micturition and composition of urine.
- 4) Structure and functions of skin, Regulation of body temperature.

IV Anatomy & Physiology of Digestive System 15 Hrs

- 1) Digestive System, Anatomy – Gross & Histological.
- 2) Mechanical digestion
- 3) Role of secretion of Saliva, Gastric Juice, Pancreatic juice, Bile, Intestinal Secretion
- 5) Absorption of nutrients, formation of faeces.

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications Delhi - 110065.
2. Ann B. McNaught, & Robin Callander. (1991). *Illustrated Physiology* (5 ed.). (B R Mackenna, Ed.) London: Churchill Livingstone United Kingdom.

3. Anne Waugh, & Allison Grant. (2006). *Ross and Wilson Anatomy and Physiology in Health and Illness* (10 ed.). London: Churchill Livingstone, Theobalds Road London WC1X 8RW, United Kingdom.
4. Chatterjee CC. (2020). *C C Chatterjees Human Physiology Vol 1* (13 ed.). New Delhi: CBS Publishers & Distributors Pvt Ltd, New Delhi-110002India.
5. Evelyn Pearce. (1993). *Anatomy and Physiology for Nurses* (16 ed.). New Delhi: Jaypee Brothers New Delhi110002Delhi.
6. Gerard J. Tortora, & Bryan H. Derrickson. (2017). *Tortora's Principles of Anatomy and Physiology* (15 ed.). New Jersey: John Wiley & SonsNJ 07030, United States.
7. John E. Hall. (2015). *Guyton and Hall Textbook of Medical Physiology (Guyton Physiology)* (13 ed.). Philadelphia: SaundersPA 19106-3399.
8. K. Sembulingam, & Prema Sembulingam. (2016). *Essentials of Medical Physiology* (7 ed.). Delhi:Jaypee Brothers Medical Publishers110002Delhi.

YSH105 PRACTICAL – I: KRIYAS AND ASANAS

Course Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Course Outcome:

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

- Perform the kriyas and asanas systematically.
- Describe and demonstrate the procedures of the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I	Selected Kriyas	24Hrs
	1) Jalaneti, Kapalabhathi	
	2) Agnisara, Trataka	
	3) Sutraneti	
	4) Gajakarani	
II	Asanas	24Hrs
	1) Svastikasana, Tadasana 1&2	
	2) Vaidika Suryanamaskara – 9 Vinyasa	
	3) Siddhasana, Padmasana	
	4) Baddha Padmasana, Pashasana	
III	Asanas	24Hrs
	1) Shalabhasana, Bhikasana	
	2) Dhanurasana, Parshvasahita Dhanurasana	
	3) Ustrasana, Vajra & Suptavajrasana	
	4) Pavanamuktasana, Bhujangasana	
IV	Asanas	24Hrs
	1) Urdhwa Padmasana	
	2) Pindasana	
	3) Matsyasana, Uttanapadasana	
	4) Shavasana I.	

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. Rockport MA:ElementRockport MA P. O. BOX 830 21 BROADWAY; ROCKPORT,; 01966; MA;USA.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). London:ThorsonsLondon Bridge Street, London, 32 London Bridge St, London SE1 9SG, United Kingdom.
3. Dharendra Brahmachari. (1970). *Yogasana Vijnana*. Mumbai:Asia Publishing HouseMumbai City MH 400038 IN.
4. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication574279 Mangalore.
5. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press GorakhpurUttar Pradesh 273001.
6. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi:Picador New Delhi, Delhi 110001 India.
7. Shri O P Tiwari. (2005). *Asana Why and How*. Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
8. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403
9. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
10. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.).Munger: Yoga Publications Trust, Munger, Bihar, India.
11. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*.Munger:Bihar School Of Yoga Bihar 811201.
12. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger:Yoga Pubns Trust,Munger, Bihar, 811201India..
13. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga Mysore UniversityKarnataka 570009.

YSH106 PRACTICAL – II: ASANAS

Course Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Course Outcome:

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

- To perform the asanas systematically.
- Describe and demonstrate the procedures of the asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and self-improvement of health and concentration.

I Asanas 24Hrs

- 1) Surya namaskara – 12 vinyasa
- 2) Padangusthasana, Padahasthasana
- 3) Utthita Trikonasana, Parivrtta Trikonasana
- 4) Utthita Parshvakonasana, Prasarithapadottanasana

II Asanas 24Hrs

- 1) Parshvottanasana, Utthita Padangusthasana
- 2) Ardhabaddhapadmottanasana, Veerabhadrasana
- 3) Paschimottanasana, Purvottanasana
- 4) Ardhabaddhapadmapaschimottanasana, Janushirshasana

III Asanas 24Hrs

- 1) Tiryanmukhaikapadapaschimottanasana, Marichasana 1 & 2
- 2) Navasana, Bhujapedasana
- 3) Kurmasana, Setubandhasana
- 4) Viparitakarani, Salamba Sarvangasana, Halasana, Shavasana II

IV Insrumental experiments 24 Hrs

- 1) Height, Weight
- 2) B.M.I
- 3) B.P reading
- 4) Temperature

Reference Books

1. B.K.S. Iyengar. (2006). Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority (6 ed.). London: Thorsons London Bridge Street, London, 32 London Bridge St, London SE1 9SG, United Kingdom.
2. DharendraBrahmachari. (1970). YogasanaVijnana. Mumbai: Asia Publishing House Mumbai City MH 400038 IN.
3. Krishna Bhat, K. (2006). The Power of Yoga (1 ed.). Mangalore: Suyoga PublicationMangalore-574279.
4. PattabhiJois. (2010). Yoga Mala (2 ed.). Delhi: Picador New Delhi, Delhi 110001 India.
5. Shri O P Tiwari. (2005). Asana Why and How. Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
6. Swami Digambaraji. (1998). Hathapradipika (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403
7. Swami Digambarji, &Dr M L Gharote. (1997). GherandaSamhita. Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
8. Swami SatyanandaSaraswati. (2004). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya (3 ed.).Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
9. Swami SatyanandaSaraswati. (2013). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga Bihar811201.
10. Swami SatyanandaSaraswati. (2002). Surya Namaskara: A Technique of Solar Vitalization (2 ed.). Munger: Yoga Pubns Trust, Munger, Bihar, 811201India.
11. TirumalaiKrishnamacharya. (1972). Yogasanagalu (3 ed.).Mysore:Prasaranga Mysore University570009 Mysore.

- **ONE MONTH INTERNSHIP.**

II SEMESTER

YSH201 FOUNDATION OF YOGIC SCIENCE-III

Course Objectives:

To make the students to have knowledge of –

- Fundamental classical texts of yoga.
- Detailed study of GherandaSamhita and SivayogaDipika.
- Development of Sivayoga.
- Study of different yogic practices.

Course Outcome:

- The student will have the knowledge of GherandaSamhita and SivayogaDipika.
- The student will have the theoretical knowledge of different limbs of yoga according to Ghatayoga.
- Knowledge of classification of yoga. Evolution theory, bahyayoga.
- Knowledge of place of practice, means to control citta and other relevant points.
- Improvement of character, development of sincerity.

I Ghatayoga and its applications - I 15 Hrs

- 1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
- 2) Satkriyas – Classification, Practising methods and benefits.
- 3) Asana– Classification, Practising methods and benefits.
- 4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.

II Ghatayoga and its applications - II 15 Hrs

- 1) Pratyahara– Classification, Practising methods and benefits.
- 2) Pranayama– Classification, Practising methods and benefits.
- 3) Meditation– Classification, Practising methods and benefits.
- 4) A comparative study of Hathayoga and Ghata yoga.

III Methods of Samadhi Practice in Siva yoga -I 15 Hrs

- 1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga.
- 2) Comparison between Rajayoga and Shivayoga.
- 3) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa.
- 4) Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.

IV Methods of Samadhi Practice in Siva yoga -II

15 Hrs

- 1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri.
- 2) Nadi, Pranava, Bandha, Duration of Pranayama, and Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.
- 3) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi.
- 4) Benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

Reference Books

1. Swami Vivekananda. (1982). Raja Yoga. Culcutta: Advaita Ashrama Delhi Entally Road Culcatta 700014.
2. Sadasiva Brahmendra Saraswathi. (1978). *Shiva Yoga Deepika*. Pondichery: Anand Ashram Series, 605104,, Chinna Mudaliyar Chavady Pondichery.
3. Swami Adidevananda. (2014). ಪಾತಂಜಲಯೋಗದರ್ಶನ: *Patanjal Yoga Darshan (Kannada)*. Mysore: Shri Ramkrishna Ashram Mysore, Karnataka 570002.
4. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
5. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
6. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger: Bihar School of Yoga Bihar, Bihar 811201 India.

YSH202 BASICS RELEVANT TO YOGIC SCIENCE – II

Course Objectives:

To acquaint the student in fundamentals of

- Dietetics and nutrition.
- Swara yoga and Yoga Rahasya.
- Concept of health and Philosophy of yogic science.

Course Outcome:

- Application of diet in yoga therapy.
- Therapeutical concept in the selected traditional texts.
- Application of yoga therapy.

I	Fundamentals of Dietics and Nutrition – Modern Concept	15 Hrs
1)	Nutrition, Nutrients – Macro and Micro nutrients Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides	
2)	Proteins – Importance of proteins in diet, Essential and non essential amino Acids; Lipids – essential fatty acids, Lipid profile.	
3)	Vitamins – Fat soluble and Water soluble vitamins – Physiological role, Deficiency signs, sources, requirement.	
4)	Minerals – Calcium, Iron and other trace elements in nutrition. Balanced diet, Energy requirement	
II	Ancient Concept of Food	15 Hrs
1)	Food and Triguna	
2)	Food and Tridosa	
3)	Yogic Diet – Pathya and Apathya	
4)	Sadrasa, Pancamahabhuta and Food.	
III	Swara Yoga and Yoga Rahasya	15 Hrs
1)	Swara yoga in brief, Sound and Form of Swara	
2)	TattwaVichara, Swara Yoga Practice	
3)	Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.	
4)	Special indications of yoga practice to cure the diseases.	
IV	Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama	15 Hrs
1)	Health Definitions-according to Indian system and Modern system	

- 2) Physical Health, Mental health.
- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra and Pranayama

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications Delhi - 110065.
2. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass, Jawahar Nagar, Delhi, 110007 Delhi.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication Mangalore-574279.
4. Muktibodhananda Swami. (1999). *Swara Yoga*. Munger: Bihar School of Yoga Bihar, Bihar 811201 India.
5. Radhakrishnan, P. (1995). *The Bhagavadgita*. New York: Aquarian, NY 10022, United States.
6. Satyanarayana U. (2008). *Essentials of Biochemistry* (2 ed.). Delhi: Books & Allied Ltd New Delhi - 110 002.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
8. Swami Digambarji, & M L Gharote. (1997). *Gheranda Samhita*. Lonavla: Kaivalyadhama Lonavla, Maharashtra 410403.
9. TKV. Desikacharya. (1998). *Nathamuni's Yoga Rahasya*. Chennai: Krishnamacharya Yoga Mandiram, Chennai, Tamil Nadu 600028.

YSH203 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Course Objectives:

- Historical development of Yoga and Yogic science.
- Chronological development of Yogic science.
- Fundamentals of Yoga.
- Knowledge of energy and Nadis.
- Fundamentals of various therapy techniques.

Course Outcome:

- Health and therapy concepts of Indian system.
- Basic concept of Yoga therapy.
- Knowledge of various therapeutical method of yoga.

I Basic Yogic concepts in Bhagavadgita

15 Hrs

- 1) Sankhya yoga according to Chapter II
- 2) Karma yoga according to Chapter II&III
- 3) Dhyana yoga according to Chapter VI
- 4) Trigunas and nature of Prakriti according to Chapter XIV

II Evolution theory of Yoga

15 Hrs

- 1) Sankhyayoga – Introduction, three fold afflictions, means to overcome afflictions.
- 2) 25 entities according to Sankhya, means of knowledge, Satkaryavada, Similarities and dissimilarities of vyakta and avyakta, Triguna, Subtle body.
- 3) Evolution theory of Yoga.
- 4) Isvara, Citta, Buddhi&Manas in Yoga.

III Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques

15 Hrs

- 1) Introduction to Naturopathy, Accupressure, Accupuncture, Pranic Healing, Reckhi.
- 2) Meditational Techniques-Vipasana, Preksha, Transcendental
- 3) Introduction to Yoga traditions – Krishnamacharya, Kaivalyadhama, Bihar school of Yoga, Divine life Society, Iyengar Yoga, Sudarshanakriya yoga.
- 4) Meditational Techniques: Saguna- with statue, light (lamp) etc. and Nirguna -without object – Svasa, Pranava, Soham etc.

IV Yoga Teaching Methodology

15 Hrs

- 1) Traditional and Modern concepts of teaching

- 2) Different types of teaching methods
- 3) Micro & Macro Teaching methods
- 4) Relevance of Yogic Science in Education to develop - Morality, Behaviour, Personality etc.

Reference Books

1. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass 110007 Jawahar Nagar, Delhi.
2. Isvara Krsna. (1995). *Samkhya Karika*. (Swami Virupakshananda, Ed.) Kolkatta: Advaita Ashrama Kolkatta, West Bengal 700014.
3. Iswara Krishna. (2007). *Sankhya Karika And The Bhashya; Or Commentary Of Gaudapada*. Montana: Kessinger Pub Co Montana, 59937, United States.
4. J.C. Aggarwal. (2010). *Principles, Methods and Techniques of Teaching* (2 ed.). Chennai: Vikas Publication House Pvt Ltd Chennai, Tamil Nadu 600034.
5. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, Mangalore-574279.
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7. Richard J. Gerrig, & Philip G. Zimbardo. (2009). *Psychology and Life* (19 ed.). Hudson : Pearson New Jersey, 221 River St, Hoboken, NJ 07030, United States.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadishwarkrishnavirchit)*. Delhi: Motilal Banarsidass Jawahar Nagar, Delhi Delhi, 110007.
9. Stagner, R., & Solley, C. (1970). *Basic Psychology*. New York: McGraw-Hill New York, 2 Pennsylvania Plaza #20, New York, NY 10121, United States.
10. Surendranath Dasgupta. (2002). *Yoga as Philosophy and Religion*. New York: Dover Publications Inc Mineola, NY 11301 .
11. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
12. Swami Jnanananda. (1938). *The Philosophy of Yoga*. Jaipur: Bachubhai Rawat Jaipur, Rajasthan 302004.
13. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought*. Rishikesh: Divine Life Society, Rishikesh, Uttarakhand Uttarakhand 249192 India.

YSH204 HUMAN BIOLOGY – II

Course Objectives:

- To study anatomy and physiology of Central Nervous system.
- To know the anatomy and physiology of Special senses.
- Endocrine and Reproductive system.
- Knowledge of Biochemistry

Course Outcome:

The student will understand:

- Anatomy and physiology of Central Nervous system, Special senses, Endocrine and Reproductive system.

- Biochemistry with respect to Enzymes, Metabolism, water balance, electrolyte and Acid-Base balance.
- Anatomy and physiology of human body in relation to different yogic practices.

I Anatomy and Physiology of Central Nervous System 15 Hrs

- 1) Anatomy – Gross – Cerebrum, Cerebellum, Spinal cord.
- 2) Histology – Nerve – structure and properties of neurons – Nerve – Action Potential – Generation – Propagation – Factors influencing, classification of neurons and nerve fibers, Receptors and reflex arc.
- 3) Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum.
- 4) Autonomic nervous system – Sympathetic and Parasympathetic.

II Anatomy and Physiology of Special senses 15 Hrs

- 1) Eyes –Anatomy, Histology of retina, corneal function.
- 2) Physiology of vision & accommodation.
- 3) Sense of smell – nasal mucosa; Tongue, taste buds.
- 4) Ear – Mechanism of hearing and function of semicircular canal.

III Anatomy and Physiology of Endocrine System& Reproductive System 15 Hrs

- 1) Gross anatomy of Thyroid, Parathyroid, Adrenal, Pituitary, Pancreas. Hormones of pituitary gland – its action and effect of hypo & hyper activity on the body.
- 2) Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Role of insulin in glucose metabolism. Hormones of supra-renal glands and their action and effect of hypo & hyper activity on the body.
- 3) Anatomy – Gross of Male reproductive system Spermatogenesis.
- 4) Anatomy – Gross of Female reproductive system, ovarian hormones; Menstruation, Pregnancy, Parturition, Lactation.

IV Biochemistry 15 Hrs

- 1) Enzymes - Definitions, specificity, inhibitors and activators, Properties of enzymes.
- 2) Metabolism - Digestion of carbohydrates, proteins and fats.
- 3) Metabolism – Absorption of carbohydrates, proteins and fats.
- 4) Water balance mechanism, Electrolyte and Acid-Base balance.

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications 4805/24, Bharat Ram Road, Darya Ganj, New Delhi, Delhi 110002.

2. Anne Waugh, & Allison Grant. (2006). *Ross and Wilson Anatomy and Physiology in Health and Illness* (10 ed.). London: Churchill Livingstone, Lacon House 84 Theobalds Road London WC1X 8RW United Kingdom.
3. Chatterjee Cc. (2020). *C C Chatterjees Human Physiology Vol I* (13 ed.). New Delhi: CBS Publishers & Distributors Pvt Ltd, New Delhi, Delhi 110002 India.
4. Evelyn Pearce. (1993). *Anatomy and Physiology for nurses* (16 ed.). New Delhi: Jaypee Brothers, New Delhi, Delhi 110002.
5. Gerard J. Tortora, & Bryan H. Derrickson. (2017). *Tortora's Principles of Anatomy and Physiology* (15 ed.). New Jersey: John Wiley & Sons, 111 River St, Hoboken, NJ 07030, United States.
6. John E. Hall. (2015). *Guyton and Hall Textbook of Medical Physiology (Guyton Physiology)* (13 ed.). Philadelphia: Saunders, The Curtis Center, Independence Square West, Philadelphia, PA 19106-3399.
7. K. Sembulingam, & Prema Sembulingam. (2016). *Essentials of Medical Physiology* (7 ed.). Delhi: Jaypee Brothers Medical Publishers, New Delhi, Delhi 110002.
8. Nitin Ashok John. (2019). *CC Chatterjee's Human Physiology, Volume 2*: (13 ed.). New Delhi: CBS Publishers & Distributors Pvt Ltd, New Delhi, Delhi 110002 India India.

YSP205 PRACTICAL – III: KRIYAS AND ASANAS

Course Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Course Outcome:

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

- Perform the Kriyas and Asanas systematically.
- Describe and demonstrate the procedures of selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I Selected Kriyas 24 Hrs

- 1) Vastradhauti
- 2) Shankhaprakshalana.
- 3) Nauli
- 4) Kapalabhati - variations

II Asanas 24 Hrs

- 1) Kukkutasana, Marichasana 3
- 2) Marichasana 4, Jatharaparivartana
- 3) Upavishtakonasana, Baddhakonasana
- 4) Suptapadangusthasana, Suptaparshvasahita

III Asanas

24 Hrs

- 1) Ubhayapadangushtasana,Urdhwamukha Paschimottanasana
- 2) Bharadwajasana,Ardhamatsyendrasana
- 3) Simhasana, Akarna dhanurasana
- 4) Paryankasana,Shirshasana

Reference Books:

1. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). Thorsons, London SE1 9GF, United Kingdom.
2. Dharendra Brahmachari. (1970). *Yogasana Vijnana*. Delhi :Asia Publishing House, E-113, Lajpat Nagar, Delhi - 110024.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication,Mangalore-574279.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador New Delhi,Delhi 110001India.
5. Shri O P Tiwari. (2005). *Asana Why and How*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
6. Srivatsa Ramaswami. (2005). *The Complete Book of Vinyasa Yoga*.Massachusetts: Da Capo Press,Massachusetts, 53 State St, Boston, MA 02109, United States.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
8. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*.Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
11. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
12. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga, Mysore University, Karnataka 570009.

YSP206 PRACTICAL – IV: ASANAS.

Course Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Course Outcome:

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

- To perform the asanas systematically.
- To describe and demonstrate the procedures of the Asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and improvement of health and concentration.

I	Asanas	24 Hrs
	1) Yaugika Suryanamaskara – 17 Vinyasa	
	2) Utkatasana, Natarajasana, Vatayanasana	
	3) Parighasana, Yogamudra, Garbhapindasana	
	4) Kraunchasana, Mayurasana, Laghuvajrasana	
II	Asanas	24 Hrs
	1) Kapotasana, Paschimottanasana – III, Nakrasana	
	2) Matsyendrasana, Vishwamitrasana, Gomukhasana	
	3) Parvatasana, Chakrasana, Garudasana	
	4) Ekapadashirshasana, Dwipadashirshasana, Yoganidrasana, Suptakonasana	
III	Instruments	24 Hrs
	1) Spirometer	
	2) Blood grouping	
	3) Blood counting	

Reference Books

1. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). Thorsons, London SE1 9GF, United Kingdom.
2. Dharendra Brahmachari. (1970). *Yogasana Vijnana*. Delhi :Asia Publishing House, E-113, Lajpat Nagar, Delhi - 110024.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication,Mangalore-574279.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador New Delhi,Delhi 110001India.
5. Shri O P Tiwari. (2005). *Asana Why and How*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
6. Srivatsa Ramaswami. (2005). *The Complete Book of Vinyasa Yoga*.Massachusetts: Da Capo Press,Massachusetts, 53 State St, Boston, MA 02109, United States.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
8. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*.Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
11. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
12. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga, Mysore University, Karnataka 570009.

• TWO MONTHS INTERNSHIP.

YSE207 YOGA FOR PERSONAL HEALTH.

Course Objectives:

- To know the use of Yoga for health.
- To know the meaning and historical development of Yoga.
- Knowledge of different schools of Yoga.
- Concept of food and health.

Course Outcome:

The student will be able to

- Describe Yoga with meaning, historical development and such points.
- Understand of Ashtanga Yoga.
- Explain different schools of Yoga and their application for personal health.
- Understanding and application of food for health.

I Origin and Historical study of Yoga 15 Hrs

- 1) Yoga-Meaning, Definition, Aim, Concepts, Misconcepts.
- 2) Origin and Historical development of yoga and yogic texts up to Patanjali
- 3) Historical development of yoga in the period of Patanjali and Post Patanjali.
- 4) Astanga yoga

II Concept of Food and Health 15 Hrs

1. Nutrition –Macro nutrients in diet – Carbohydrate, Protein, Fat
2. Nutrition –Micro nutrients in diet - Vitamins, Minerals
3. Concept of MitaharaandPathyapathya, Concept of Food and Triguna
4. Health – Definitions according Indian System and Modern System.

III. Schools of Yoga 15 Hrs

- 1) Hathayoga
- 2) Karmayoga
- 3) Jnanayoga
- 4) Bhaktiyoga

Practicals:

- 1) Svastikasana
- 2) Vajrasana
- 3) SuptaVajrasana
- 4) Tadasana I
- 5) Trikonasana

- 6) Parsvakonasana
- 7) Purvottanasana
- 8) Pavanamuktasana
- 9) Bhujangasana
- 10) Viparitakarani + Uttanapadasana
- 11) Ujjai Pranayama
- 12) Savasana

Reference Books:

1. Swami Vivekananda. (1982). Raja Yoga. Culcutta:Advaita Ashrama Delhi Entally Road Culcatta 700014.
2. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications,1002, Faiz Rd, Block T, Nai Walan, Karol Bagh, New Delhi, Delhi 110005.
3. B.K.S. Iyengar. (2005). *Light on Pranayama*.New York: Element, New York,NY 10018, United States.
4. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.).New York: Thorsons,2934 1/2 Beverly Glen CircleSuite 507Bel Air, CA 90077.
5. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass, Delhi, 110007 New Delhi.
6. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication,574279 Mangalore.
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8. Shri O P Tiwari. (2005). *Asana Why and How*. Kaivalyadhama,Lonavla, Maharashtra 410403.
9. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
10. Swami Digambarji, & M L Gharote. (1997). *Gheranda Samhita*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.

YSE208 YOGA FOR PERSONALITY DEVELOPMENT

Course objectives:

- To understand the scope of personality and its development
- To understand the Indian perspectives of personality
- To learn about principles and practices of yoga for holistic development of personality.

Course outcome:

- Comprehension of personality both in Indian and western approaches.
- Comprehension of Yoga principles and practices
- Comprehension of Yoga principles and practices for holistic development of personality.

I Basics of Personality

15 Hours

1. Introduction, Meaning and definitions of personality.

2. Concepts of Personality– Characteristics, determents, misconceptions need and significance of personality development
3. Dimensions of personality Physical, Emotional, Intellectual and Social dimensions
4. Indian Approach to Personality Development, Pancha Kosha, and Trigunas.

II Yogic Approach to Personality Development 15 Hours

1. Meaning and definitions of Yoga, Aim, objectives and misconceptions about Yoga, Principles of Yoga.
2. Brief history and development of Yoga, Schools of Yoga.
3. Yogic view of personality based on PathanjalaYogasutra - Cittavrtti, Kleshas, Prana, Ashtanga yoga.
4. Assessment of psychosomatic distress according to Yoga - Cittabhumika, Cittavikshepa.

III Yogic practices for Development of Personality 15 Hours

1. Preparation for Yoga practice – Time, Food, Lifestyle.
2. Role of Yogic practices for holistic personality development.
3. Practice of Asanas: Svastikasana, Vajrasana, Suptavajrasana, Tadasana I, Trikonasana, Parsvakonasana, Purvottanasana, Pavanamuktasana, Bhujangasana, Viparitakarani + Uttanapada.
4. Practice of Pranayama, Meditation, and Relaxation: Ujjayi, Anuloma-viloma, Bhramari, Soham, Shavasana I & II.

Reference Books:

1. Bhatia, Hans Raj (2005). General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. 3.
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J. (2006). Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd.
3. Swami Vivekananda. (1982). Raja Yoga. Culcutta: Advaita Ashrama Delhi Entally Road Culcatta 700014.
4. B.K.S. Iyengar. (2006). Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority (6 ed.) New York: Thorsons, 2934 1/2 Beverly Glen Circle Suite 507 Bel Air, CA 90077.
5. Chandradhar Sharma. (2016). A Critical Survey of Indian Philosophy (14 ed.). Delhi: Motilal Banarsidass, Delhi, 110007 New Delhi.
6. Hariharananda Aranya. (2014). Yoga Philosophy of Patanjali with Bhasvati (4 ed.) Kolkatta: Calcutta University Press, Kolkatta, West Bengal 700019.
7. Krishna Bhat, K. (2006). The Power of Yoga (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.

8. Swami Adidevananda. (2014). ಪಾತಂಜಲಯೋಗದರ್ಶನ: Patanjali Yoga Darshan (Kannada). Shri Ramkrishna Ashram Mysore, Karnataka 570002.
9. Swami Kuvalayananda, & Dr S L Vinekar. (1963). Yogic Therapy Its Basic Principles and Methods. Delhi: Central Health, Govt of India, Nirman Bhavan, New Delhi 110011.
10. Swami Digambaraji. (1998). Hathapradipika (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.

SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH301A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Course Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishta.
- Understanding of Yoga therapy concepts in certain classical texts.

Course Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Yogic concepts in the selected Upanishads and their practical usage.
- Explain Yogic methods in Yoga Vasishta and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I Basics of Jnanayoga

15 Hrs

- 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatushtaya, Subject matter, Qualification for study of Jnana Yoga.
- 2) Guru, Adhyasa, Samastiand Vyasti aspects of Adhyasa.
- 3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory
- 4) Steps to realization, Samadhi and its obstacles.

II Yogic methods in Upanishats

15 Hrs

- 1) Nadabinduupanishat
- 2) Dhyanabinduupanishat
- 3) Kathopanishat

- 4) Shwethshwataupaishat

III Yogic methods in Yogavasistha

15 Hrs

- 1) Citta, its qualities, Cittavikaras, Cittacikitsa.
- 2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta.
- 3) Yoga and its explanation, Jnana, Indriya and Vairagya.
- 4) Jnana, Suk Yogopadesa, Nirvana, Visranti.

IV Yoga therapy concepts in classical texts

15 Hrs

- 1) Patanjala yoga sutra
- 2) Hathayogapradipika
- 3) Gheranda Samhita
- 4) Shivayogadipika

Reference Books:

1. Ann Swanson. (2019). *Science of Yoga: Understand the Anatomy and Physiology to Perfect your Practice*. Noida: DK England, UP 201 301, India.
2. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). New Delhi: Motilal Banarsidass, New Delhi, 110007 India.
3. Ravi Prakash Arya. (2005). *Yoga-Vasistha of Valmiki (4 Volumes)* (2005 ed.). New Delhi : Parimal Publication Pvt. Ltd, Shakti Nagar, Delhi, 110007.
4. Ganesha Shastri Joshi, & Anand Ashram Edition. (1982). *The Ten Upanishads*. Pondichery: Anand Ashram, 605104, Chinna Mudaliyar Chavady Pondichery.
5. K L Joshi. (2016). *112 Upanisad [Vol.1-2]*. Delhi: Chaukambha Sanskrit Pratishthan, New Delhi, Delhi 110002.
6. Nikhilananda, S. (2008). *Vedantasara of Sadananda Yogindra*. Delhi: Bharatiya Kala Prakashan, Delhi, 110035.
7. Pandit A. Mahadeva Sastri. (1983). *Yoga Upanisads*. Chennai: The Adyar Library and Research Centre, Chennai, Tamil Nadu 600090.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadishwarkrishnavirchit)*. New Delhi: Motilal Banarsidass, New Delhi, 110007 India.
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10. Swami Nikhilananda. (1931). *Vedantasara of Sadananda*. Mayavati: Advaita ashram, Almora, Himalayas, Uttarakhand 262524.
11. Swami Venkatesananda. (2010). *The Supreme Yoga: Yoga Vasistha* (4 ed.). New Delhi: Motilal Banarsidass Publishers New Delhi, 110007 India.
12. Valmiki. (2006). *The Yogavasistha*. (Vasudeva Laxmana Sharma Pansikar, Ed.) New Delhi: Motilal Banarsidass Publishers New Delhi, 110007 India.

YSS302A BASICPRINCIPLES OF YOGA THERAPY

Course Objectives:

To make the student to understand:

- Basic principles of Yoga therapy.
- Food system and health management.
- Daily routine and seasonal routines.

Course Outcome:

The student will be able to:

- Explain and utilize the basic principles of Yoga therapy appropriate to the need of individual patient.
- Explain the qualities and usage of the selected items in Yoga therapy.
- Use proper life style/ life style modifications in Yoga therapy.
- Understand and use Kriyas, Asanas, Pranayamas and Mudra for preventive, promotive and curative goal in Yoga therapy.

I Basic Principles 15 Hrs

- 1) Sadvimsatitvatva theory
- 2) Panchakosha theory
- 3) Tridosha theory
- 4) Application of the three theories.

II Food System and Health Management 15 Hrs

Dietetics with relationship of Rasa, Guna, Virya, Vipakaand uses of the following:

- 1) Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- 2) Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- 3) Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha.
- 4) Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

III Principles of Yoga Therapy 15 Hrs

- 1) Principles of Yoga therapy related to Indian System of Medicine – Tridosha,

- Dhatu, Mala, Sadrasa.
- 2) Dinacarya, Sadvrtta, Abhyanga, Vyayama.
 - 3) Rtucarya, Rtusandhi
 - 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

Reference Books

1. A.G. Mohan. (2004). *Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness*. Boston: Shambhala, Boston, Massachusetts, United States, Brookline, MA 02445, United States.
2. Bhagwan Dash, & R.K. Sharma. (2009). *Caraka Samhita: Text With English Translation & Critical Exposition Based on Cakrapani Datta's Ayurveda Dipika (7 Volume Set)*. Varanasi: Chowkhamba Sanskrit Series, Varanasi, Uttar Pradesh 221001.
3. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi: Chaukhamba Publications, New Delhi, Delhi 110002.
4. G. D Wasley. (1973). *Clinical laboratory techniques*. Balkema: Baillière Tindall, Balkema, A.A.. P.O. Box 1675.
5. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
6. Mark Stephens. (2017). *Yoga Therapy: Foundations, Methods, and Practices for Common Ailments*. Berkeley: North Atlantic Books, Berkeley, Berkeley, CA 94704, United States .
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Kaivalyadhama, Lonavla, Maharashtra 410403.
8. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
9. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School Of Yoga, Bihar 811201 India.
10. V.B. Athavale. (2005). *Basic Principles of Ayurveda*. New Delhi: Chaukhamba Sanskrit Pratishthan Oriental Publishers & Distributors, New Delhi, Delhi 110002.

YSS303A MODERN APPROACH OF HEALTH SYSTEM

Course Objectives:

To make the students to know:

- Taking case history of the patient.
- Examination of a patient and review of system.
- Etiology, symptoms, complications and treatment of the diseases according to modern approach.

Course Outcome:

After the course student will be able to:

- Establish effective communication with the patient.
- Take the case history of the patient and record it with all relevant points.
- To carry out the general examinations of the patient and record them.
- Describe the selected diseases and their treatment according to the Modern approach

I Examination of a Patient and Review of Systems

15 Hrs

- 1) Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep
- 2) Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data
- 3) General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions where relevant.
- 4) Review of - Gastrointestinal system, cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases

II. Modern Approach – Etiology, Symptoms, Complications, Treatment with Features and management.

15 Hrs

- 1) Hypertension, Cardiac Disorders.
- 2) Diabetes Mellitus, Obesity
- 3) Br.Asthma, Constipation
- 4) Arthritis, Peptic Ulcer

III. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management.

15 Hrs

- 1) Backache, Spondylitis and Spondylosis
- 2) Depression, Anxiety, Insomnia
- 3) Menstrual disorders
- 4) Thyroid problems, Sexual disorders.

Reference Books

1. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.
2. G. D Wasley. (1973). *Clinical laboratory techniques*. Balkema: Baillière Tindall, Balkema, A.A.. P.O. Box 1675. NL-3000.
3. Harsh Mohan. (2018). *Textbook of Pathology*. New Delhi: Jaypee Brothers Medical Publishers, New Delhi, Delhi 110002 New Delhi.

4. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
5. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). New Delhi : New Age Books, Delhi, 110002 India.
6. Maxine Papadakis, Stephen McPhee, & Michael Rabow. (2019). *Current Medical Diagnosis and Treatment* (59 ed.). New York : McGraw-Hill Education / Medical, New York, NY 10121 New York.
7. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.). Nottingham: Saunders Ltd, Nottingham NG5 7JD, United Kingdom.
8. Munjal Y. P. (2015). *API Textbook of Medicine (Volume I & II)*. New Delhi : Jaypee Brothers Medical Publishers, Delhi, 110002 India.
9. Rahul Tanwani. (2016). *The Skills of History Taking* (2 ed.). New Delhi : Jaypee Brothers Medical Publishers, Delhi, 110002 India.
10. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods*. Delhi : Central Health, Govt of India, Nirman Bhavan, New Delhi-110011.
11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Swami Kuvalyananda. (2005). *Pranayama* (3 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
13. Udupa, K. N. (2007). *Stress and its Management by Yoga*. New Delhi: Motilal Banarsidass Publishers, Delhi, 110007 India.

YSS304A YOGA THERAPY PRACTICES

Course Objectives:

To make the students to:

- Know the effect of Yogic practices on different system of the body.
- Know etiology and symptoms of diseases according to Indian and Yogic approach.
- To study the complication and treatment of the disease according to Yogic approach.

Course Outcome:

The student will be able to:

- Describe the effect of different limbs of Yoga on different systems and use them in yoga therapy.
- Describe the selected diseases and their treatment according to the Indian and Yogic approach.
- Examine the patient, record the case history and diagnose the problem.
- Provide Yoga therapy to the person/patient.

I Effect of yogic practices on following systems

15 Hrs

- 1) Musculoskeletal system, Nervous system
- 2) Endocrine system, Reproductive system
- 3) Digestive system, Excretory system
- 4) Respiratory system, Circulatory system

**II. Indian and Yogic approach of the following diseases with treatment and management
15 Hrs**

- 1) Diabetes Mellitus, Br.Asthma
- 2) Hypertension, Cardiac Disorder
- 3) Backache, Arthritis.
- 4) Obesity, Peptic Ulcer

**III. Indian and Yogic approach of the following diseases with treatment and management
15 Hrs**

- 1) Depression, Anxiety, Insomnia
- 2) Gastritis, Constipation
- 3) Menstrual disorders.
- 4) Thyroid problems, Sexual disorders.

Reference Books

1. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.
2. J. Maheshwari, & Vikram A. Mhaskar. (2018). *Essential Orthopaedics (Including Clinical Methods)* (6 ed.). New Delhi: Jaypee Brothers Medical Publishers, New Delhi, 110002 India.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
4. Louis Soloman, David Warwick, & Selvadurai Nayagam. (2010). *Apley's System of Orthopaedics and Fractures* (9 ed.). London : Hodder Arnold, London, London EC4Y 0DZ, United Kingdom.
5. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). New Delhi : New Age Books, Delhi, 110002 India.
6. Maxine Papadakis, Stephen McPhee, & Michael Rabow. (2019). *Current Medical Diagnosis and Treatment* (59 ed.). New York : McGraw-Hill Education / Medical, New York, NY 10121 New York.
7. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.). Nottingham: Saunders Ltd, Nottingham NG5 7JD, United Kingdom.
8. Munjal Y. P. (2015). *API Textbook of Medicine (Volume I & II)*. New Delhi : Jaypee Brothers Medical Publishers, Delhi, India.
9. Rahul Tanwani. (2016). *The Skills of History Taking* (2 ed.). New Delhi : Jaypee Brothers Medical Publishers, Delhi, 110002 India.
10. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods*. Delhi : Central Health, Govt of India, Nirman Bhavan, New Delhi-110011.
11. Swami Kuvalyananda. (2005). *Pranayama* (3 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Udupa, K. N. (2007). *Stress and its Management by Yoga*. New Delhi: Motilal Banarsidass Publishers, Delhi, 110007 India.
13. Walker. (2014). *Davidson's Principles and Practice of Medicine* (22 ed.). Kidlington: Elsevier Health, Kidlington OX5 1GB, United Kingdom.

YSP305A PRACTICAL – V: BANDHAS AND MUDRAS

Course Objectives:

To make the student to

- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.

Course Outcome:

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

- Perform the Bandhas and Mudras systematically.
- Describe and demonstrate the procedures of the selected Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

I	Bandhas	24 Hrs
	1) MulaBandha	
	2) UddiyanaBandha	
	3) JalandharaBandha	
	4) JihvaBandha	
II	Mudras	24 Hrs
	1) Mahamudra	
	2) Viparitakarani	
	3) Shanmukhimudra	
	4) Tadagi mudra and kaki mudra	
III	Mudras and Bandhas	24 Hrs
	1) Mahabandha,Mahavedha	
	2) Bhunjangini,Ashwini	
	3) Yonimudra	
	4) Mandukimudra	
IV	Instruments	24 Hrs
	1) Training of ECG	
	2) Exercise ECG	

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York: Element, New York, NY 10018, United States.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). New York: Thorsons, London SE1 9SG, United Kingdom New York.
3. H R Nagendra. (2018). *Pranayama The Art and Science* (1 ed.). Bangalore: Swami Vivekananda Yoga Prakashana, 19, Bagappa Rd, Gavipuram Extension, Kempegowda Nagar, Bengaluru, Karnataka 560019.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador Delhi 110001 India.
5. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
6. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
7. Swami Gitananda Giri. (2007). *Mudras*. (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery: Meenakshi Devi Bhavanani, Satya Press, 603013 Pondichery.
8. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Bihar, 811201 India.

YSP306A PRACTICAL – VI: PRANAYAMA & MEDITATION

Course Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutic application of Pranayama and Meditation.

Course Outcome:

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

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I	Pranayama	24 Hrs
	1) Recaka Kumbhaka	
	2) Puraka Kumbhaka	
	3) Ujjayi	
	4) Nadisuddhi	
II	Pranayama	24Hrs

- 1) Suryabhedana
- 2) Candrabhedana
- 3) Sitali

III Pranayama 24Hrs

- 1) Bhastrika
- 2) Bhramari
- 3) Sitkari

IV Meditation 24Hrs

- 1) Pranava
- 2) Soham
- 3) Akashadharana, Vayavidharana
- 4) Yoganidra

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York: Element, New York, NY 10018, United States.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). New York: Thorsons, London SE1 9SG, United Kingdom New York.
3. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador Delhi 110001 India.
4. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
5. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
6. Swami Gitananda Giri. (2007). *Mudras*. (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery: Meenakshi Devi Bhavanani, Satya Press, 603013 Pondichery.
7. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods*. Delhi: Central Health, Govt of India, Nirman Bhavan, New Delhi-10011.
8. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Bihar, 811201 India. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Bihar, 811201

- ONE MONTH INTERNSHIP.

YSE307 SCIENTIFIC APPROACH OF YOGA

Course Objectives:

To make the students to understand

- Basic of Yoga therapy.
- Principles of Yoga therapy.
- Daily routine, seasonal routine.
- Preventive, promotive and curative aspects of Yoga therapy.
- Effects of Yogic practices on different systems of the Human body.

Course Outcome:

After the course, the student will be able to:

- Describe Sadvimsathittva theory, Pancakosa theory, Tridosha theory and application of these theories in Yoga therapy.
- Describe the principles of daily routine, seasonal routine and their importance in Yoga therapy.
- Describe effect of Yogic practices on selected systems of the human body.
- Describe the use of lifestyle, Kriyas, Asanas, Pranayamas, Mudra and Meditation for preventive, promotive and curative aspects of Yoga therapy.

I.	Basis of Yoga Therapy	15 Hrs
	1. Pancakosa theory	
	2. Tridosha theory	
	3. Sadvimsathittva theory	
	4. Application of the three theories.	
II	Principles of Yoga Therapy	15 Hrs
	1) Dinacarya, Sadvrta.	
	2) Abhyanga, Vyayama	
	3) Rutacarya	
	4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.	
III.	Effect of Yogic practices on the following systems	15 Hrs
	1) Digestive system	
	2) Circulatory system	
	3) Nervous system	
	4) Respiratory system	

Reference Books:

1. B.K.S. Iyengar. (2005). *Light On Pranayama*. New York:Element, NY 10018, United States New York.

2. B.K.S. Iyengar. (2006). *Light On Yoga: The Classic Guide To Yoga By The World's Foremost Authority* (6 Ed.). Thorsons, London SE1 9SG, United Kingdom.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 Ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 Ed.). New Delhi: Picador India, 707, 7th Floor, Kailash Building 26, K.G. Marg,, New Delhi, Delhi 110001.
5. Saraswati, S. (2002). *Yoga Darshan: Vision Of The Yoga Upanishads*. Munger: Yoga Pubns Trust, Munger, Bihar 811201.
6. Shri O P Tiwari. (2005). *Asana Why And How*. Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 Ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
8. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.

YSE308 **YOGA FOR STRESS MANAGEMENT**

Course Objectives

- To gain knowledge on stress and its concepts
- To gain knowledge on Stress induced disorders
- To gain knowledge of positive mental health
- To gain knowledge on principles and practices of Yoga for stress management

Course Outcome

- Comprehension of stress and its concepts
- Comprehension of fundamental understanding of Yoga and its concepts
- Comprehension of the principles and practices of Yoga through Stress management
- Comprehension of Preventive, promotive and curative effects of Yoga on stress induced disorders

UNIT I: Modern Concepts of Stress

15Hrs

- 1) Introduction to Stress, meaning and definition, fundamental understanding of stress, Symptoms and self-observable signs
- 2) General Adaptation Syndrome theory, Stages of alarm, resistance and exhaustion. Physiology of Stress and its response.
- 3) Effects of Stress –Physical, Psychological and physiological effects.

- 4) Stress induced disorders-Gastrointestinal problems, GERD and IBS, General anxiety disorders, Headaches, Depression, Obesity, Hypertension and Diabetes.

UNIT II: Yoga and Stress

15 Hrs

- 1) Introduction to Yoga, Meaning and definitions, concepts and mis concepts
- 2) Ashtanga Yoga – Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana and Dhayna.
- 3) Hatha Yoga Principles and practices.
- 4) Concept of Stress in Yoga, Chitta Vikshepa and its impacts, principles and practices of positive mental health in Yoga.

UNIT III: Stress management through Yoga

15Hrs

- 1) Effects of Yogic Practices on Stress.
- 2) Food and Life style and its application in the stress management.
- 3) Preventive, promotive and curative effects of Yoga on stress induced disorders
- 4) Yoga module for Stress management

Reference Books:

1. Hans Selye (1984) The stress of life, The McGraw Hill Companies Inc,
2. Taimni I K (1961), The Science of Yoga, The Yoga-Sutras of Patanjali, The Theosophical Publishing House Adyar, Chennai, India
3. Swami Satyananda Saraswati (1976), Yoga Nidra, Yoga Publications Trust, Munger, Bihar
4. Swami Muktibodhananda (1985) Hatha Yoga Pradipika, Yoga Publications Trust, Munger, Bihar, India pp-66
5. Gore M.M. (2005) Anatomy and Physiology of Yogic Practices; New Age Publications, New Delhi, 4th Edition
6. Udupa K N (1996) *Stress and its management by Yoga*, Bungalow Road, Jawahar Nagar, Delhi, Motilal Banarsidass Publications.
7. Krishna Bhat Dr (2006) *The Power of Yoga*, Kallenkra Hills, p.o. Karopady, D.K. Karnataka Suyoga publications.
8. Bhogal, R.S, (2011) *Yoga and Modern Psychology*, Lonavala, Kaivalyadhama, S.M.Y.M. Samiti Publications
9. Karmananda S (2008) *Yogic Management of Common Diseases*, Munger, Bihar, India, Yoga Publications Trust
10. Kuvalayananda S, (1983) *Pranāyāma*, Lonavala, Kaivalyadhama S.M.Y.M Samiti, Publications.

IV SEMESTER

YSS401A SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

Course Objectives:

To make the students to understand:

- Research process.
- Research studies in Yoga.
- Use of statistics in research.
- Procedure for publication.

Course Outcome:

The student will be able to:

- Describe the research process to conduct studies in Yogic sciences.
- Describe the processing operations.
- Describe and use the selected statistical tests for research in Yogic science.
- Describe and use appropriately the procedure for publications.

I Research Process 15 Hrs

- 1) Research process, Research problem
- 2) Types of Research, Different types of research studies in Yoga.
- 3) Methods of Sampling, Data collection methods
- 4) Literature survey in Yoga

II Research Methodology 15 Hrs

- 1) Hypothesis, Characteristics of good hypothesis
- 2) Null hypothesis, Level of significance, Errors
- 3) Statistics in Research
- 4) Measures of Central tendency, Measures of Dispersion

III Scientific studies in Yoga 15 Hrs

- 1) Research Analysis
- 2) Processing operations
- 3) Nature of a research paper in Yoga
- 4) Statistical tests: t-test, ANOVA.

Reference Books

1. Goode, W., & Hatt Paul K. (1952). *Methods in Social Research*. New York :Mcgraw-Hill Book Company, Blacklick, OH 43004, United States.

2. Kerlinger, F., & Lee, H. (1999). *Foundations of Behavioral Research* (4 ed.). New Delhi : S.Chand (G/L) & Company Ltd, Ground floor, B-1, D-1, Mohan Co-operative Industrial Estate (MCIE), Mathura Road, New Delhi -110044.
3. Kothari, C. R. (2004). *Research Methodology : Methods & Techniques*.Bengaluru: New Age International (P) Ltd, Bengaluru, Karnataka 560026.
4. Mohsin, S. (1984). *Research Methods in Behavioral Sciences*.New Delhi: Orient Longman Ltd., New Delhi-110006.
5. SMYM Samithi, K. (2020). Research Articles. *Yoga Mimamsa*.Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
6. Wasley, G. (1973). *Clinical laboratory techniques*.New york: Churchil Livingstone, Harcourt Brace and Company.

YSS402A SCIENTIFIC STUDIES IN YOGIC SCIENCE-II

45 Hrs

Course Objectives:

To make the students:

- To understand the current scenario of research in Yogic science.
- To critically analyze the research studies.
- Present and discuss the research studies.

Course Outcome:

After the course the student will be able to:

- Understand the current scenario of research in Yogic science.
- Describe the methodology of research in the selected works.
- Get the idea to carry out the research studies in Yogic science.
- Design the proto type research in Yogic science.

Analysis of 10 Research works in Yoga

(Decided by the DOS)

Presentation and Discussion

YSS403A SCIENTIFIC STUDIES IN YOGIC SCIENCE - III

45 Hrs

Course Objectives:

To make the student acquainted with:

- Understanding of etiology, symptom, complication and treatment.
- Case taking and recording.
- Interpretation of clinical data.

Course Outcome:

The student will be able to:

- Describe the selected disease.

- Describe the case taking and examination of the patient having the given disease.
- Explain designing of the Yoga therapy to the patient.
- Describe and demonstrate the handling of patient in Yoga therapy.

Presentation and Discussion of Yoga modules.

(Decided by the DOS)

YSS404A PRACTICAL – VII : ADVANCED PRACTICES

Course Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Course Outcome:

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

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I	Pranayama(Advanced)	24 Hrs
	1) Ujjayi	
	2) Suryabhedana	
	3) Candrabhedana	
	4) Nadisuddhi	
II	Pranayama(Advanced)	24 Hrs
	1). Bhastrika	
	2) Bhramari	
	3) Sitali	
	4) Sitkari	
III	Meditation (Advanced)	24 Hrs
	1) Pranava	
	2) Soham	

- 3) Sthuladhyana
- 4) Sukshmadhyana

Reference Books

1. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
2. Digambarji, S., & Jha, P. (1998). *Hathpradipika*. Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
3. Iyengar, B.K.S. (2013). *Light on Pranayama*. New Delhi: Harper Collins, New Delhi - 201307.
4. Iyengar, B.K.S. (2006). *Light on Yoga*. London: Thorsons, London SE1 9SG, United Kingdom, London.
5. Pattabhi Jois, K. (2019). *Yoga Mala*. New York: Macmillan, New York, United States.
6. Nagendra, H. (2018). *Pranayama - The Art and Science*. (1 ed.). Bangalore: Swami Vivekananda Yoga Prakashana, Bangalore - 560105.
7. Sarasvathi, S. (2004). *Yoga and Kriya: A Systematic Course in the Ancient Tantric Techniques*. Bangalore : Nesma Books India, India 560027..
8. Saraswati Swami Satyananda. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Munger - 811201.

YSS405A PRACTICAL - VIII: INTERNSHIP

Course Objectives:

To prepare the students

- To give a student the opportunity for career exploration and development, and to learn new skills.
- To provide unique opportunities for Course outside of academic settings
- Able to independently approach the public and disseminate about Yoga and Yoga therapy.
- To have on-field experience of Yoga therapy, Health camps, community based Yoga teaching.
- To give enhanced experience of handling patients to the students.

Course Outcome:

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

- Have the experience of Yoga therapy/ interacting with the patient/ public, community camps (Health)
- Have practical knowledge to design Yoga therapy.

Criteria for Internship:

- Recognising Yoga Institution / Yoga Center (Decided by the DOS)
- Deputing the students to Yoga Institution / Yoga Center (through lot system) after confirmation from Yoga Institution / Yoga Center.
- One month internship by students in allotted Yoga Institution / Yoga Center.

- Yoga Institution / Yoga Center has to send the attendance and internship completion letter at the end of the internship.
- Students has to submit the internship report immediately after the completion of the intership.
- 5 months internship (one month at the end of I semester, two months at the end of II semester, one monh at the end of the III semester and one month during IV semester) has to be evaluated as below:
 - Submission of report in time – 12 Marks (3 each for four semesters)
 - Attendance/confidential report provided by the place of internship–12 Marks (3 each for four semesters)
 - Report Evaluation – 30 Marks
 - Presentation – 10 Marks
 - Viva – 6 Marks

YSP406A PROJECT WORK / DISSERTATION

Course Objectives:

To make the students:

- Able to independently approach the public and disseminate about Yoga and Yoga therapy.
- To have on field experience of Yoga therapy.
- To give enhanced experience of handling patients to the students.
- To get the experience of conducting a proto type research study.

Course Outcome:

After the course, the student will

- Spread value based knowledge of Yogic science among public.
- Have the experience of Yoga therapy/ interacting with the patient/ public.
- Have practical knowledge to design Yoga therapy.
- Carrying out the project study and to prepare the project report.
- Get the idea to carry out the research studies in Yogic science.
- Design the proto type research in Yogic science.

Project Work has to be evaluated as below:

- Report Evaluation – 35 Marks
- Written examination (Project report in brief) - 10 Marks
- Presentation – 15 Marks
- Viva voce - 10 Marks

SPECIALISATION: YOGA SPIRITUALITY
III SEMESTER

YSH301B BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Course Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishta.
- Understanding of Yoga therapy concepts in certain classical texts.

Course Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Practice of Yoga in the selected Upanishads and its practical usage.
- Explain Yogic methods in Yoga Vasishta and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I Basics of Jnanayoga

15 Hrs

- 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatushtaya, Subject matter, Qualification for study of Jnana Yoga.
- 2) Guru, Adhyasa, SamastiandVyasti aspects of Adhyasa.
- 3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory
- 4) Steps to realization, Samadhi and its obstacles.

II Yogic methods in Upanishats

15 Hrs

- 1) Nadabindupanishat
- 2) Dhyanabindhupanishat
- 3) Kathopanishat
- 4) Shwethshwataupaupanishat

III Yogic methods in Yogavasistha

15 Hrs

- 1) Citta, its qualities, Cittavikaras, Cittacikitsa.

- 2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta.
- 3) Yoga and its explanation, Jnana, Indriya and Vairagya.
- 4) Jnana, Suk Yogopadesa, Nirvana, Visranti.

IV Yoga therapy concepts in classical texts

15 Hrs

- 1) Patanjala yoga sutra
- 2) Hathayogapradipika
- 3) Gheranda Samhita
- 4) Shivayogadipika

Reference Books

1. Chaitanya, K. (1986). *Gita for Modern Man*. New Delhi : Clarion Books, New Delhi-110003.
2. Dasgupta, S. (2007). *Yoga as Philosophy and Religion*. New Delhi; Motilal Banarasisdass Publishers Ltd., Delhi-110007.
3. Dwivedi, A. (1979). *Essentials of Hinduism, Jainism and Buddhism*. Scholarly Pubns
4. Ghore, M. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). Mumbai: New Age Books, Mumbai, Maharashtra 400013Mumbai.
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YSS302B BASICS OF YOGA AND SPIRITUALITY –I

Course Objectives:

To make the student to be acquainted with

- About spirituality.
- Methods of spirituality.
- Principles of spiritual practices.
- Yogic practices for spirituality.

Course Outcome:

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

- Describe spirituality and qualities of an aspirant.
- Explain methods of spirituality in the selected texts.
- Explain the preparation and other requirements for the practice.
- Understand and explain the Yogic practices in the selected texts.

1. **Introduction** **15 Hrs**
 - 1) Spirituality- Meaning and Aim
 - 2) Spirituality- Obstacles and Solution
 - 3) Spirituality-Fundamentals and Qualities of a Sadhaka
 - 4) Modern Sciences and Spirituality

2. **Basic methods of Spirituality** **15 Hrs**
 - 1) Primary, Medium, Advanced methods in Patanjala Yoga Sutra
 - 2) Primary, Medium, Advanced methods in Hathayogapradipika
 - 3) Primary, Medium, Advanced methods inSivayogadipika
 - 4) Primary, Medium, Advanced methods in GherandaSamhita and Hatharathnavali.

3. **Principles of Spiritual practice** **15 Hrs**
 - 1) Preparation, Place, Time
 - 2) Food and Lifestyle.
 - 3) Yogic practices for spirituality as explained inBhagavadgita.
 - 4) Yogic practices for spirituality as explained in 10 upanisats

Reference Books

1. Aranya, H. (2012). *Yoga Philosophy of Patanjali with Bhasvati* (3 ed.). Kolkatta : Calcutta University Press, West Bengal 700019.
2. *Dashopanishad with English Translation*. (n.d.).Delhi: Motilal Banarasidass, New Delhi-110007.
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YSS303B BASICS OF YOGA AND SPIRITUALITY – II

Course Objectives:

To make the student to have the knowledge of –

- Basic theories for spirituality.
- Different meditation techniques.
- Traditional methods and practice of spirituality.

Course Outcome:

The student will be able to-

- Describe the basic theories and their application for the practice.
- Describe different meditation techniques according to the selected texts and schools of Yoga.
- Describe meditation in other religions (Buddhist, Jain, Muslim, Christian).
- Explain the method of teaching and practice of spirituality.

1. **Basic Theories and Spirituality** **15 Hrs**
 - 1) Triguna theory
 - 2) Panchakosa theory
 - 3) 26 Tatva theory
 - 4) Tridosa theory
2. **Meditation techniques in Upanishats and Schools of Yoga** **15 Hrs**
 - 1) In Yogopanisat, Dhyānabindupanisat, Pranāvopanisat and Yogopanisat
 - 2) According to Rajayoga and Hathayoga
 - 3) According to Bhaktiyoga, Mantrayoga and Kundalini Yoga
 - 4) According to Buddhist, Jain, Muslim and Christian principles
3. **Traditional method for spirituality** **15 Hrs**
 - 1) Teacher & Student relationship
 - 2) Teaching method and Quality
 - 3) Course method
 - 4) Practice.

Reference Books

1. Aranya, H. (2012). *Yoga Philosophy of Patanjali with Bhasvati* (3 ed.). Kolkatta : Calcutta University Press Kolkatta, West Bengal 700019.
2. *Dashopanishad with English Translation*. (n.d.). Delhi : Motilal Banarasidass, New Delhi-110007.

3. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
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YSS304B YOGA AND SPIRITUALITY FOR HEALTH

Course Objectives:

- Use of different meditation techniques and other Yogic practices for health.
- Use of lifestyle for health.
- Food system for spiritual practice and its importance for health.

Course Outcome:

- Explain and use the Yogic practices for health and to treat an individual.
- Explain and use effectively life style for spiritual development and good health.
- Explain the qualities and usage of selected items and apply them in spiritual practice and for health.

I. Health management and Development

15 Hrs

- 1) Physical health
- 2) Mental health
- 3) Social health
- 4) Spiritual health

II. Lifestyle

15 Hrs

- 1) Brahmacharya
- 2) Sauca
- 3) Bath, Oil massage
- 4) Fasting.

III. Food System

15 Hrs

- 1) Preparation of food
- 2) Quality and usages of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Karkati, Rambha, Balaramba, Mulak, Vartaki, Kalashaka. Himalocika, Navanita, Ghrta, Kshira
- 3) Quality and usages of Sita, Ikshwam, Gudam, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Nimba, Maricha, Brahmi, Bhumyamalaki
- 4) Quality and usages of Amalaka, Bhranga, Jeeraka, Dhanyaka, Sita, Lashuna, Shirisha, Kutaja, Vayuvidanga, Haridra, Methika, Patra, Ushira, Jivanthi, Vasthumulaya, Punarnava, Tulasi, Amrta, Sigrū.

Reference Books

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YSP305BPRACTICAL IX–BANDHAS&MUDRAS AND ADVANCEDASANAS

Course Objectives:

To make the student to

- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.
- Know advanced Aasana Practices.

Course Outcome:

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

- Perform the Bandhas and Mudras systematically.
- Perform the advanced Asanas.
- Describe and demonstrate the procedures of the selected Asanas, Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

I	Bandhas & Mudras	24Hrs
	1. MulaBandha,UddiyanaBandha	
	2. JalandharaBandha, Jihvabandha	
	3. Mahamudra, Viparitakarani	
	4. Shanmukhimudra, Tadagimudra, Kaki mudra	
II.	Asanas	24Hrs
	1. Matsyendrasana,Yoganidrasana.	
	2. Viswamitrasana, Gomukhasana.	
	3. Vatayanasana, Vrscikasana.	
	4. Hanumanasana,Samakonasana.	
III.	Asanas	24Hrs
	1. Mayurasana, Chakrasana.	
	2. Natarajasana, Parivrtta Trikonasana	
	3. Mulabandhasana, Sarvangasana.	
	4. Matsyasana, Sirsasana	

Reference Books

1. Bhat, K. (2006). *The Power of Yoga*. Mangalore: Suyoga Publications Mangalore, Kallenkara Hills, 574279 Mangalore.
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YSP306B PRACTICAL – VI: PRANAYAMA & MEDITATION

Course Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Course Outcome:

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

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I Pranayama

24 Hrs

- 1) Recaka Kumbhaka
- 2) Puraka Kumbhaka
- 3) Ujjayi
- 4) Nadisuddhi

II	Pranayama	24 Hrs
	1) Suryabhedana	
	2) Candrabhedana	
	3) Sitali	
III	Pranayama	24 Hrs
	1) Bhastrika	
	2) Bhramari	
	3) Sitkari	
IV	Meditation	24 Hrs
	1) Pranava	
	2) Soham	
	3) Akashadharana, Vayavidharana	
	4) Yoganidra	

Reference Books

1. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
2. Digambarji, S., & Jha, P. (1998). *Hathpradipika*. Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
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• ONE MONTH INTERNSHIP

IV SEMESTER

YSS401B SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

Course Objectives:

To make the students to understand:

- Research process.
- Research studies in Yoga.
- Use of statistics in research.
- Procedure for publication.

Course Outcome:

The student will be able to:

- Describe the research process to conduct studies in Yogic sciences.
- Describe the processing operations.
- Describe and use the selected statistical tests for research in Yogic science.
- Describe and use appropriately the procedure for publications.

I	Research Process	15 Hrs
	1) Research process, Research problem	
	2) Types of Research, Different types of research studies in Yoga.	
	3) Methods of Sampling, Data collection methods	
	4) Literature survey in Yoga	
II	Research Methodology	15 Hrs
	1) Hypothesis, Characteristics of good hypothesis	
	2) Null hypothesis, Level of significance, Errors	
	3) Statistics in Research	
	4) Measures of Central tendency, Measures of Dispersion	
III	Scientific studies in Yoga	15 Hrs
	1) Research Analysis	
	2) Processing operations	
	3) Nature of a research paper in Yoga	
	4) Statistical tests: t-test, ANOVA.	

Reference Books

1. Chava Frankfort-Nachmias, David Nachmias, & Jack DeWaard. (2014). *Research Methods in the Social Sciences* (8 ed.). Chennai : Worth Publishers, Chennai, Tamil Nadu 600096.
2. Fred N. Kerlinger. (1973). *Foundations of Behavioural Research: Educational, Psychological and Sociological Enquiry* (2 ed.). Belmont CA: Wadsworth Publishing Company, Belmont CA 94002 USA.
3. G. D Wasley. (1973). *Clinical laboratory techniques*.Balkema: Baillière Tindall, Balkema, A.A.. P.O. Box 1675.
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5. Kothari, C., & Garg, G. (2019). *Research Methodology : Methods and Techniques* (4 ed.). New Delhi : New Age International (P) Ltd Publishers, 110002New Delhi.
6. Louis Soloman, David Warwick, & Selvadurai Nayagam. (2010). *Apley's System of Orthopaedics and Fractures* (9 ed.). London : Hodder Arnold, England.
7. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.).Philadelphia: Saunders Ltd, PA 19106-3399,Philadelphia.
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11. Wayne C. Booth, Gregory G. Colomb, Joseph M. Williams, Joseph Bizup, & William T. FitzGerald. (2016). *The Craft of Research* (4 ed.).Chicago: University of Chicago Press,Chicago, IL 60637 U.S.A.
12. William J. Goode, & P.K. Hatt. (1952). *Methods in Social Research*.London : McGraw-Hill Inc.,US .

YSS402B SCIENTIFIC STUDIES IN YOGIC SCIENCE – II

Course Objectives:

.To make the students:

- To understand the current scenario of research in Yogic science.
- To critically analyze the research studies.
- Present and discuss the research studies.

Course Outcome:

After the course the student will be able to:

- Understand the current scenario of research in Yogic science.
- Describe the methodology of research in the selected works.
- Get the idea to carry out the research studies in Yogic science.
- Design the proto type research in Yogic science.

Analysis of 10 Research works in Yoga

(Decided by the DOS)

Presentation and Discussion

YSS403B APPLIED SPIRITUALITY

Course Objectives:

- To know the principles of management of health through spiritual practice and during the practice.
- Personality development through spiritual practice.
- Naturopathy in spirituality.
- Human consciousness development through spirituality.
- Human resource development through spirituality.
- Spiritual practices and attending of higher states of concentration.

Course Outcome:

The student will be able to

- Explain and use spiritual practices for health.
- Explain personality development and use of spiritual practice for personality development according to the individual requirement.
- Explain the fundamentals of naturopathy and use of naturopathic techniques for spirituality and health.
- Explain human consciousness development and use of spiritual practices for human consciousness development.
- Explain and apply spirituality for human development and for enhancement of capabilities.
- Explain higher states of concentration.

I. General Health Management&Personality Development 15 Hrs

- 1) Physical Health, Mental Health
- 2) Social Health, Spiritual Health
- 3) Emotion, Clarity in expression
- 4) Development in Structure, Mood andBehaviour

II. Human Consciousness &Human Resource Development 15 Hrs

- 1) Development in Conscious, Subconscious, Super conscious
- 2) Body, Mind, Intellectual level, Development in Memory and Intuition
- 3) Development in Attitude and Aptitude, Decision making and thinking approach
- 4) Leadership, working capacity and organizing

III. Spirituality and Samadhi 15 Hrs

- 1) Isvarapranidhana
- 2) Samprajnatha and Asamprajnata Samadhi
- 3) Dharmamegha Samadhi

Reference Books

1. Dange, S. (1992). *Divine hymns and ancient thought*. New Delhi : Navrang Publishers, Delhi, R B-6, Inderpuri, New Delhi, Delhi 110012 India.
 2. Deussen, Paul, & Geden, A. (2010). *The Philosophy of the Upanishads*. New York : Cosimo Classics , St New York, NY American - MapQuest, NY 10107, New York.
 3. Dittakavi Subrahmanya Sarma. (1971). *Essence of Hinduism*. Mumbai : Bharatiya Vidya Bhavan, 505, Sane Guruji Marg, Near Gora Gandhi Compound, Dadal Estate, Bane Compound, Tardeo, Mumbai, Maharashtra 400034.
 4. Dr. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi :Chaukhambha Publications, Delhi, 110002 India.
 5. Gopi Krishna. (2011). *Kundalini: Path to Higher Consciousness*. New Delhi : Orient Paperbacks, New Delhi, Delhi 110002.
 6. John B. Campbell Calvin S. Hall, & Gardner Lindzey. (2007). *Theories of Personality* (4 ed.). Delhi : Wiley, Noida – 201301.
 7. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). Delhi : New Age Books, New Delhi, Delhi 110002.
 8. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.). Philadelphia : Saunders Ltd, Philadelphia, PA 19106-3399.
 9. Shinzen Young. (2018). *The Science of Enlightenment: How Meditation Works*. Colorado: Sounds True, Louisville, Colorado, Louisville, CO 80027, United States .
 10. Stagner, R., & Solley, C. (1970). *Basic Psychology*. New York : McGraw-Hill, Marjje Sullivan, PreK-12. Central New York.
 11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
 12. Swami Mukundananda. (2011). *Essence of Hinduism*. New Delhi : Radha Govind Dham Publication Unit, New Delhi, 110008.
 13. Udupa, K.N. (2007). *Stress and its Management by Yoga*. New Delhi : Motilal Banarsidass Publishers, Delhi, 110007.
 14. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai : Yoga Institute, Mumbai, Maharashtra 400055.
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1. Dange, S. (1992). *Divine hymns and ancient thought*. New Delhi : Navrang Publishers, Delhi, R B-6, Inderpuri, New Delhi, Delhi 110012 India.
 2. Deussen, Paul, & Geden, A. (2010). *The Philosophy of the Upanishads*. New York : Cosimo Classics , St New York, NY American - MapQuest, NY 10107, New York.
 3. Dittakavi Subrahmanya Sarma. (1971). *Essence of Hinduism*. Mumbai : Bharatiya Vidya Bhavan, 505, Sane Guruji Marg, Near Gora Gandhi Compound, Dadal Estate, Bane Compound, Tardeo, Mumbai, Maharashtra 400034.
 4. Dr. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*. New Delhi :Chaukhambha Publications, Delhi, 110002 India.
 5. Gopi Krishna. (2011). *Kundalini: Path to Higher Consciousness*. New Delhi : Orient Paperbacks, New Delhi, Delhi 110002.
 6. John B. Campbell Calvin S. Hall, & Gardner Lindzey. (2007). *Theories of Personality* (4 ed.). Delhi : Wiley, Noida – 201301.
 7. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). Delhi : New Age Books, New Delhi, Delhi 110002.

8. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult*(23 ed.).Philadelphia : Saunders Ltd, Philadelphia, PA 19106-3399.
9. Shinzen Young. (2018). *The Science of Enlightenment: How Meditation Works*.Colorado: Sounds True, Louisville, Colorado, Louisville, CO 80027, United States .
10. Stagner, R., & Solley, C. (1970). *Basic Psychology*.New York : McGraw-Hill,Marjie Sullivan, PreK-12. Central New York.
11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.).Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Swami Mukundananda. (2011). *Essence of Hinduism*.New Delhi : Radha Govind Dham Publication Unit, New Delhi,110008.
13. Udupa, K.N. (2007). *Stress and its Management by Yoga*.New Delhi : Motilal Banarsidass Publishers,Delhi, 110007.
14. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai : Yoga Institute, Mumbai, Maharashtra 400055.

YSP404BPRACTICAL-X: ADVANCED STUDY OF PRANAYAMA&MEDITATION

Course Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Course Outcome:

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

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Practice according to the method, ratio specified in the classical texts and traditional practice.
- Self-improvement of health and concentration.

I.	Pranayama (Advanced)	24Hrs
	1) Ujjayee, Nadishuddhi	
	2) Suryabhedana, Chandrabhedana	
	3) Bhastrika, Bhramari	
	4) Sitali,Sitkari	
II	Meditational Techniques	24Hrs
	1) Pranava dhyana	
	2) Soham	
	3) Sthuladhyana	

4) Sukshmadhyana

III. Cittavisranti Techniques& Advanced practices

24Hrs

1) Shavasana

2) Yoganidra

3) Samavrtti – Visamavrtti pranayama

4) Tejojdhyaana

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York : Element.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). New York : Thorsons, London SE1 9SG, United Kingdom.
3. H R Nagendra. (2018). *Pranayama The Art and Science* (1 ed.). Bangalore : Swami Vivekananda Yoga Prakashana, 128, 4th Block, 7th Main Rd, Jayanagar, Bengaluru, Karnataka 560011.
4. H. R. Nagendra. (2004). *Yoga for Promotion of Positive Health* (2 ed.). Bangalore : Swami Vivekananda Yoga Prakashana, 128, 4th Block, 7th Main Rd, Jayanagar, Bengaluru, Karnataka 560011.
5. Krishna Bhat, K. (2006). *The Power of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
6. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press Gorakhpur, Uttar Pradesh 273001.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala : Kaivalyadhama, Lonavla, Maharashtra 410403.
8. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala : Kaivalyadhama, Lonavla, Maharashtra 410403.
9. Swami Gitananda Giri. (2007). *Mudras*. (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery : Meenakshi Devi Bhavanani, Satya Press, Pondichery, 603013.
10. Swami Satyanand Saraswati. (2002). *Yoga Nidra* (6 ed.). Munger :Yoga Publications Trust, Munger, Bihar 811201.
11. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger : Yoga Publications Trust, Munger, Bihar, 811201 India.
12. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger : Bihar School of Yoga, Munger, Bihar 811201.

YSS405B PRACTICAL - VIII: INTERNSHIP

Course Objectives:

To prepare the students

- To give a student the opportunity for career exploration and development, and to learn new skills.
- *To provide unique opportunities for Course outside of academic settings*
- Able to independently approach the public and disseminate about Yoga and Yoga therapy.
- To have on-field experience of Yoga therapy, Health camps, community based Yoga teaching.
- To give enhanced experience of handling patients to the students.

Course Outcome:

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

- Have the experience of Yoga therapy/ interacting with the patient/ public, community camps (Health)
- Have practical knowledge to design Yoga therapy.

Criteria for Internship:

- Recognising Yoga Institution / Yoga Center(Decided by the DOS)
- Deputing the students to Yoga Institution / Yoga Center (through lot system) after confirmation from Yoga Institution / Yoga Center.
- One month internship by students in allotted Yoga Institution / Yoga Center.
- Yoga Institution / Yoga Center has to send the attendance and internship completion letter at the end of the internship.
- Students has to submit the internship report immediately after the completion of the intership.

- 5 months internship (one month at the end of I semester, two months at the end of II semester, one month at the end of the III semester and one month during IV semester) has to be evaluated as below :
- Submission of report in time – 12 Marks (3 each for four semesters)
- Attendance/confidential report provided by the place of internship–12 Marks (3 each for four semesters)
- Report Evaluation – 30 Marks
- Presentation – 10 Marks
- Viva – 6 Marks

YSP406BPROJECT WORK/ DISSERTATION

Course Objectives:

To make the students:

- Able to independently approach the public and disseminate about Yoga and Yoga therapy.
- To have on field experience of Yoga therapy.
- To give enhanced experience of handling patients to the students.
- To get the experience of conducting a proto type research study.

Course Outcome:

After the course, the student will

- Spread value based knowledge of Yogic science among public.
- Have the experience of Yoga therapy/ interacting with the patient/ public.
- Have practical knowledge to design Yoga therapy.
- Carrying out the prototype research study and to prepare the report.

Project Work has to be evaluated as below:

- Report Evaluation – 35 Marks
- Written examination (Project report in brief) - 10 Marks
- Presentation – 15 Marks
- Viva voce - 10 Marks

CBCS (All theory Papers) MODEL QUESTION PAPER

Time: 3hours

Max Marks: 70

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I. Answer the following Questions in one word/one sentence each/ fill in the blanks

1X10=10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

II. Write short notes to any SIX of the following

5X6=30

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

III. Explain any THREE of the following

10X3=30

- 1.
- 2.
- 3.
- 4.
- 5.

IKS components in Post Graduate (M Sc.) programme in Biotechnology

AGRIBIOTECHNOLOGY Hours: 52

Course outcomes:

After successful completion of the course, students will be able to:

- CO 1. Compare the plant genome with chloroplast and mitochondrial genomes, to demonstrate the application of plant breeding methods, to differentiate the mechanism involved in different biological process.
- CO 2. Demonstrate different techniques involved in the plant tissue culture for the propagation of plants and germplasm preservation.
- CO 3. Utilise plant tissue culture methods for the production of commercially important secondary metabolites.
- CO 4. Demonstrate the genetic manipulation of plants for the production of elite plants with superior traits such as insect resistance, improved nutrient content etc.
- CO 5. Learn protection and registration of new plant varieties and plant germplasm conservation, General agreement on trade and tariff, use of traditional knowledge digital library i.e ayurvedic and unani medicinal plants, Farmers rights and plant breeders rights

UNIT I (13 hrs)

Plant genome structure, gene families in plants, organization of chloroplast genome, mitochondrial genome and their interaction with nuclear genome, RNA editing in plant mitochondria. Mitochondrial DNA and Cytoplasmic male sterility. Plant breeding mechanism: types and applications. Plant genomics, molecular markers aided plant breeding. Biological oxidation: Electron transport chain, chemiosmotic hypothesis, ATP synthesis, oxidative phosphorylation, substrate level phosphorylation, uncouplers and inhibitors of respiration. Photosynthesis, regulation, Calvin cycle, C₃-C₄ plants

UNIT II (13 hrs)

Regulation of gene expression in plant development: Germination, apical meristem, floral development, leaf development, seed development and seed storage proteins. Plant hormones (auxins, cytokinins and gibberellins, IBA, NAA, 2-4-D, TDZ). Plant tissue culture, history, laboratory design, aseptic conditions, methodology, media, Various in vitro techniques: callus cultures, meristem cultures, anther culture, embryo culture, micropropagation, protoplast culture, somaclonal variation, synthetic seeds; cryopreservation. Cell suspension cultures and bioreactor technology, plant biosynthesis and production, regulation, commercial importance of secondary metabolites by tissue culture. Plant-derived vaccines, plantibodies and pharmacognosy. Gene rearrangement. Tissue culture in Industrial Biotechnology including gene transfer methods.

UNIT III (13 hrs)

Development of transgenic plants for virus, bacteria, fungi, insect resistance. Transgenic crops for improved quality (Bt cotton, Bt brinjal, golden rice), herbicide tolerant, stress resistant plants, RNAi and antisense RNA technology, delay of softening and ripening of fleshy fruits by antisense RNA, ACC

gene synthesis in tomato, banana and watermelon, terminator seed technology, GM foods and human health. Plant microbe interactions: Rhizosphere, mycorrhizas, rhizobia, diazotrophs and endophytes. Plant pathogen interactions. Biopesticides

- *Bacillus thuringiensis*, *Bacillus popilliae*, *Trichoderma*, Baculoviruses., Biofertilizers - *Rhizobium*, *Azotobacter*, *Azospirillum*, Cyanobacteria, *Mycorrhiza*, phosphate solubilizers, *Frankia*., Plant Growth Promoting Rhizobacter. Molecular diagnosis of plant diseases and biological control.

UNIT IV (13 hrs)

CBD, GAAT, TRIPs, Plant variety protection, International Union for the Protection of new Varieties of Plants (UPOV), plant protection act, registration of new varieties, rights and obligations, farmer's rights; traditional ecological knowledge. Traditional knowledge digital library (TKDL). Plant germplasm conservation, characterization and documentation. Seed certification (laws, regulations and standards), seed patent law, Patent-related litigations and controversies (neem, basmati rice, turmeric).

References

1. Biotechnology in Agriculture and Forestry. Bajaj, Y.P.S., Springer, 2007.
2. Biotechnology of Higher Plants. Russell, G.E. Intercept Pub., 1988
3. Plant Cell and Tissue Culture. A Lab manual. Reinert, J.& Yeoman, M.M., Springer, 1982
4. Plant Biotechnology. Mantell, S.H. & Smith, H. Cambridge University Press, 1983
5. Introduction to Plant Biotechnology. Chawla, H.S. Science Publ. Inc., 2002

Students Projects with IKS Components

List of Students Projects with IKS component during 2020-21

SI. No.	Name of the Student	Register No.	Title of the Project	Name of the Guide
Human Consciousness & Yogic Sciences				
1.	Ms. Arundathi Udayakumar	193151331	Impact of Yoga Intervention of Sleeplessness and Sleep Quality in Police Officials	Dr. K. Krishna Sharma
2.	Ms. Ashika K.D.	193151332	Effect of Yoga on Improving General Health of College Students	
3.	Mr. Gopalkrishna Somappa Nayaka	193151333	A Study on the Effect of yoga Therapy on Concentration	
4.	Ms. Harshita B.S.	193151334	Impact of Yoga on Musculoskeletal Discomfort and overall General Health in Police Officials.	
5.	Mr. Karna K.P.	193151335	Effect of Yoga on Overweight Lectures in Degree College	
6.	Mr. Kishore Suvarna B.	193151336	Effect of Yoga Therapy on the General Health of the Employees of New Mangalore Port Trust (NMPT)	
7.	Ms. Kshama Hegde	193151337	A Study on the Effect of Yoga Therapy on General Health	
8.	Mr. Manjunath Annigeri	193151338	The Effect of Yoga on Cricket Players in the Age Group Years 16 to 19 Years at Zuese Cricket Academy	
9.	Ms. Dingzhi Wang	193151339	Effect of Yoga Therapy on memory Improvement	
10.	Mr. Praveen Nandeshwaragouda Patil	193151340	The Effect of Yoga Therapy on Enhancement of Quality of Life Among the People with menstrual Disorder	
11.	Mr. Sandeep Rajak	193151341	A Study on the Effect of Yoga on General Health and Wellbeing of Higher Secondary Students during Covid 19 Pandemic	
12.	Ms. Sandhya L.	193151342	A Study on the effect of Yoga Therapy on Underweight	
13.	Ms. Sanya U.	193151343	A Study on the Effect of Yoga on Stress and Burnout in Police Constables	
14.	Ms. Shrilaxmi Hegde	193151344	Study on the Effect of Yoga Therapy on Wellbeing of KSRP family	
15.	Ms. Suma A.K.	193151345	Effect of Yoga on General Health Improvement in Hostel Girls	
16.	Mr. Sunil D.P.	193151346	Effect of Yoga Therapy on the General Wellbeing of the Employees of New Mangaloer Port Trust (NMPT)	
17.	Ms. Suraksha B.	193151347	Efficacy of Yogic Practices on People Working in Digital Marketing Agencies	

18.	Ms. Swathi B.	193151348	Efficacy of Yoga on Enhancement of General Health of College Students	
19.	Mr. Umesha P.	193151349	Effect of Yoga on Concentration	
Kannada				
20.	Ashok T.	193791502	‘Hasalaru’ samudaayada baduku mattu samskruti – ondu adhyayana	Dr. Abhaya Kumar K.
21.	Ashwini	193791503	Koroppolamma – Koragataniya ondu adhyayana	Dr. Abhaya Kumar K.
22.	Charan Raj K.	193791504	‘Korati Daiva’ ondu vivaranaatmaka adhyayana	Dr. Somanna
23.	Divyashree	193791506	Prof. K. Jinnappa Gowdara janapada krutigalalli abhivyaktagonda tulunaadina samskrutika ananyate	Dr. Nagappa Gowda R.
24.	Durga Shree B.	193791507	“Karavali okkaligaru-saamskrutika adhyayana”	Dr. Somanna
25.	Mayura Naiga	193791509	“Bottikere Purushottama Punjara yakshagana prasangagala vishleshane”	Dr. Nagappa Gowda R.
26.	Nithya B.	193791510	Grameena patrikodyamada svaroopu mattu mahatva suddhi bidugade anulakshisi	Dr. Dhananjaya
27.	Prithvi Raj B.	193791511	Kannada saahityakke Mangalore Vishvavidyaanilayada prasaaraangada koduge	Dr. Dhananjaya
28.	Roopa B. K.	193791514	Dr. P. Dayananda Pai mattu Shri P. Sathish Pai Yakshagana adhyayana Kendra: samagra nota	Dr. Dhananjaya
29.	Spurthi B. T.	193791515	Mangalore vishwavidyaanilayada kanakadaasa adhyayana peetha mattu kanaka daas samshodhana Kendra ondu adhyayana	Dr. Somanna
30.	Tulasi	193791516	Nelliteerthada saamskruthika adhyayana	Dr. Nagappa Gowda R.
Applied Botany				
31.	Akash Raj Amshudhar H. R.	193072701 193072703	Evaluation of Acute Oral Toxicity exposure to the Chloroform leaf Extracts of Syzyglum kanarens (TALBOT) RAIZADA	Prof. Raju Krishna Chalannavar
32.	Akshatha H.K. Pallavi T. H.	193072702 193072723	Evaluation of Acute Oral Toxicity in Methanolic Extract of Labelia nicotianifolia Roth ex Schult. Leaf in Wistar Rats	Prof. Raju Krishna Chalannavar
33.	Archana M. B. Nidhila A.	193072704 193072722	A Study on Anthracnose Disease of Cow pea (Vigna unguiculata) and it’s management	Prof. Raju Krishna Chalannavar
34.	Aswathi Chandran A. Dhanyashree	193072705 193072713	Study on Phytochemicals and Antibacterial activity of the leaf extract of Calycopteris floribundo Lam	Prof. Krishnakumar G.
35.	Athira T. Kavya Mohan T.C.	193072706 193072717	A survey on the disease management of fruit rot of Areca catechu L. in Kasaragod district of Kerala	Dr. A. Ramesh
36.	Bhavya D. Nayak	193072708	A Study on phytochemical and antimicrobial activity of leaf extract of Strychnos nux vomico Linn.	Prof. Krishnakumar G.
37.	Bhoomika B.G.	193072709 193072719	A Review and Survey of Fungal Diseases in Paddy, Oryza sativa. L	Dr. A. Ramesh

	Megha Madhavan			
38.	Chaithra P. Veena	193072710 193072737	Study of phytochemical analysis on Melastoma malabathricum L. and it's effects on seed germination	Prof. Raju Krishna Chalannavar
39.	Dakshayini	193072711	Phytochemical screening of Salanum melongnena L. var Mattu gulla	Prof. Raju Krishna Chalannavar
40.	Deepa M. Manjushree K.	193072712 193072718	Phytochemical screening of Batrachospermum sp. And Nitella sp	Prof. Krishnakumar G.
41.	Divyashree D. Maroli	193072714	A Study on phytochemical and antimicrobial activity of leaf extract of Strychnos nux vomica Linn.	Prof. Krishnakumar G.
42.	Drishya A. Shwetha C.H.	193072715 193072733	A Review and Survey on Major Fungal Diseases in Black Pepper (Piper nigrum L.) in Coastal Region of Karnataka	Dr. A. Ramesh
43.	Muralikrishna K. Shruthy Sadasivan	193072721 193072732	A study on Effect of Salinity stress on Germination and different Growth parameters in seeds of Coriandrum sativum L.	Dr. A. Ramesh
44.	Prathiksha E.B.	193072724	Phytochemical screening of Solanum melongena L. var.Mattu gulla	Prof. Raju Krishna Chalannavar
45.	Rinsha A.A. Shraddha Shetty H.	193072728 193072731	Phytochemical Analysis of Leaf Extract of macaranga peltata	Prof. Raju Krishna Chalannavar
46.	Sandhya A. Soubhagyalaxmi	193072729 193072734	Study on phytochemicals and antibacterial activity of leaf extract of Alstonia scholaris	Prof. Krishnakumar G.
Applied Chemistry				
47.	Nikshitha M.	193095410	Carrageenan Based Hydrogels as Adsorbent Materials for Water Purification	Prof. B.Vishalakshi.
48.	Nishmitha N.	193095411	Gum Acacia Based Hydrogels as Adsorbent Material for Water Purification	B.Vishalakshi.
49.	Nishwitha	193095412	Karaya Gum Based Hydrogels as Adsorbent Materials for Water Purification	B.Vishalakshi.
50.	Shashank S.	193095423	Banana Flower Based Hydrogel for Dye Adsorbent Study	Ms. Shruthi S.
51.	Shourya N. C.	193095424	Justicia wynaadensis Leaves Based on Hydrogel for Dye Adsorption Study	Ms. S. S.
52.	Shreyas	193095425	Arrowroot Powder Based Hydrogel for Dye Adsorbent Study	Ms. Shruthi S
53.	Shushmitha N. T.	193095426	Colacasia esculenta based Hydrogel for Adsorption Study	Ms. Shruthi S
54.	Smitha R. Sooryavamshi	193095427	Aloe vera Gum Based Hydrogel for Dye Adsorption Study	Ms. Shruthi S

Applied Zoology				
55.	Aswathi B.	193833502	Indian Indigenous Plants in mitigating Diabetes Mellitus	Dr. Shamprasad V. R.
56.	Bhargav Bhusan Saikia	193833504	Effect of Cow Urine on Growth and Development of <i>Drosophila melanogaster</i>	Dr. Sreepada K. S.
57.	Dhanyashree	193833510	Evaluation of Acid Treatments in Selected Yellow Clam and Crab meat to Decrease the Concentration of Heavy Metals	Dr. Sumangala Rao
58.	Harshitha K.	193833513	Analysis of insecticidal properties of Mushroom Using <i>Drosophila Melanogaster</i> as a Model System	Dr. Shamprasad V. R.
59.	Jishna P.	193833516	Reducing Heavy Metal Accumulation in <i>Meretrix casta</i> and <i>Portunus sanguinolentus</i> Using Different Milk Products	Dr. Sumangala Rao
60.	Krishnapriya T. V.	193833520	A Study on The Comparative Analysis of Vermicompost of Animal Waste by <i>Endrillus eugeniae</i>	Mr. Narasimhaiah N.
61.	Manvitha K.	193833522	A study on skincolour association and variation of <i>slc24a5</i> gene in kharvi population	M. S. Mustak
62.	Praveena T.	193833529	Study on Reduction of Heavy Metal Concentration by Applying Marinating Mixtures in Eustuarian Crab and Yellow Clam	Dr. Sumangala Rao
Biochemistry (PG Centre)				
63.	Afra M. H.	193812801	“A Study on phytochemical analysis, anti-oxidant and anti-microbial activity of areal part of ‘ <i>Ocimum americanum</i> ’”	Dr. Chandrashekar G. Joshi
	Priyanth Y. K.	193812807		
64.	Dileep S. D.	193812802	“Green synthesis of silver and gold nanoparticles using leaf extract of <i>Strobilanthes kunthiana</i> and its antimicrobial activity”	Mr. Rajkumar S. Meti
	Hithaishi C. B.	193812804		
65.	Divya M. P.	193812803	“A Study on Phytochemicals analysis, Anti-oxidant activity and synthesis of silver nanoparticles from “ <i>Laurus nobilis</i> ” Leaf extract”	Dr. A. H. Sneha Rani
66.	Pooja K. M.	193812806	“A Study on documentation characterization, quantitative estimation of protein, phytochemical screening and antioxidant of mushrooms <i>pleurotus flabellatus</i> and <i>Pycnoporous cannabarinus</i> ”	Prof. K. S. Chandrashekar aiah
67.	Raksha K. C.	193812808	Characterization of protein/peptides from different variety mushrooms of western gates	Prof. K. S. Chandrashekar aiah
68.	Ranjitha N.	193812809	“Phytochemical analysis and Evaluation of Antioxidant and Anti-inflammatory function by inhibiting sPLA2 inhibition by leaves of <i>Solanum torvum</i> ”	Dr. K. K. Dharmappa
69.	Sachin Gowda G. R.	193812810	“A Study o Phytochemical analysis, Anti-oxidant activity and synthesis of silver	Dr. A. H. Sneha Rani

			Nanoparticles from “Cymbopogon citratus” leaf extract”	
70.	Soundarya D. G.	193812811	Green synthesis of silver and gold nanoparticles using leaf extract of <i>Strobilanthes kunthiana</i> and its antimicrobial activity	Mr. Rajkumar S. Meti
71.	Supriya B. S.	193812812	Phytochemical analysis and Evaluation of Anti-oxidant and Anti-Inflammatory function by inhibiting sPLA2 Inhibition by leaves of <i>Euphorbia</i>	Dr. K. K. Dharmappa
Biochemistry				
72.	Darshan K. S.	193092802	Green Synthesis of Silver Nanoparticles from <i>Leucas aspera</i> stem extract and evaluation its Anti-oxidant Activity	Dr. Avinash Kudva K.
73.	Dhanyashree B. T.	193092803	Phytochemical investigation and antioxidant activity of <i>Senna alata</i> leaf	Ms. Ruqsar
74.	Divya Ramakrishna Devadiga	193092805	Phytochemical Investigation and Antioxidant activity of <i>Andrographis paniculata</i> leaf extract	Dr. Avinash Kudva K.
75.	J. Deepthi Bhat	193092807	Green Synthesis of Copper Nanoparticles and its characterization using <i>Psidium guajava</i> leaf extract	Dr. Anitha Nagaraju
76.	Jayashree K.	193092808	Biosynthesis of Zinc Nanoparticles using <i>Macaranga peltata</i> leaf extract	Dr. Anitha Nagaraju
77.	Kavyashree B. S.	193092809	Extraction, purification, characterization of bromelain enzyme from <i>Ananas comosus</i>	Dr. Anitha Nagaraju
78.	Krithika Vasanth Naik	193092810	Phytochemical analysis and Molecular Docking of <i>Calotropis procera</i> Leaf	Dr. Anitha Nagaraju
79.	Lavanya	193092811	Estimation and Purification of Urease from <i>Pisum sativum</i> seeds	Dr. Anitha Nagaraju
80.	Mamatha Y. R.	193092812	Synthesis and characterization of bio plastic from <i>Citrus sinensis</i> and <i>Cocos nucifera</i>	Dr. Anitha Nagaraju
81.	Nagarathna Manjunath Poojari	193092813	Phytochemical Investigation and Antioxidant activity of <i>Sida Rhombifolia</i> leaf extract	Dr. Anitha Nagaraju
82.	Nidhi S. Shetty	193092814	Green Synthesis of Zinc Oxide nanoparticles using leaf extract of <i>Salacia oblonga</i> , characterization and cytotoxicity study	Mr. Wilson Joel Rodrigues
83.	Poornima V. Uchil	193092816	In vitro antidiabetic properties of <i>Calotropis gigantea</i>	Mr. Wilson Joel Rodrigues
84.	Prajith G. Rai	193092817	Green synthesis of silver nanoparticles from <i>Centella asiatica</i> and their anti-oxidant, anti-diabetic activity	Mr. Wilson Joel Rodrigues
85.	Premalatha P. J.	193092820	Extraction and partial purification of Peroxidase from <i>Ipomoea batatas</i> peel	Mr. Wilson Joel Rodrigues
86.	Rakshitha A. R.	193092821	Biosynthesis of Copper Oxide Nanoparticles using Aqueous Extract of <i>Areca catechu</i> and Evaluation of its Antioxidant and Photocatalytic Activity	Ms. Anusha

87.	Rakshitha H. R.	193092822	Extraction Partial Purification and Characterization of Polyphenol Oxidase from Peel and Pulp of Solanum lycopersicum	Ms. Anusha
88.	Santhosh Kumar K. N.	193092824	Green synthesis and characterization of silver nanoparticles using leaf extract of Coleus amboinicus and evaluation of their phytochemical activity	Ms. Anusha
89.	Shobhitha K.	193092825	Extraction, Characterization and Activity of Protease from leaves and latex of Carica papaya	Ms. Anusha
90.	Shreya D Souza	193092826	Synthesis and Characterization of Bioplastic from Areca catechu and Ipolea atatus-a comparative study	Ms. Anusha
91.	Shruthi K. N.	193092828	Phytochemical investigation and antioxidant activity of Convolvulus pluricaulis leaf	Ms. Ruqsar
92.	Suchetha K. S.	193092829	Effect of Curcumin on the deposition of Extracellular matrix in Bleomycin induced Pulmonary fibrosis mice model	Ms. Ruqsar
93.	Sumayya K. K.	193092830	Evaluation of protein expression levels of acetyl p53 and curcumin intervention in γ -irradiated A549 cells	Ms. Ruqsar
94.	Viraj V. Bangera	193092831	Phytochemical Investigation and Antioxidant activities of Eichhornia crassipes leaves	Dr. Avinash Kudva K.
Biosciences				
95.	Abhisheka G.	193084601	Studies on the biochemical, functional and antioxidant attributes of leaves of Canavalia of the west coast of Karnataka	Prof. K. R. Sridhar
96.	Hani K.	193084605	Screening of phytochemicals, isolation and identification of endophytic fungi from Terminalia catappa L.	Prof. Chandra M.
97.	Harshitha K.	193084606	Phytochemical analysis of desmodium branchypodum and isolation of endophytic fungi from Desmodium branchypodum	Prof. Chandra M.
98.	Haseena M. E.	193084607	Bioactive analysis of selected medicinal plants	Dr. Laveena K. B.
99.	Jithesh G. H.	193084608	Studies on the biochemical and antioxidant attributes of Xylaria of west coast of Karnataka	Prof. K. R. Sridhar
100.	Purushothama K.	193084610	Production and quality assessment of organic compost from millipedes	Dr. Sharathchandra K.
101.	Roopashree S.	193084611	Review on medicinal uses of ginger (Zingiber officinale)	Prof. Chandrakala Shenoy K.
102.	Shraddha Shetty	193084612	Analysis of Antacids against natural remedies	Dr. Laveena K. B.
103.	Shwetha P. K.	193084613	Distribution pattern of endophytic fungi in Morinda citrifolia L. form west coast of Karnataka	Dr. Sharathchandra K.
104.	Spandana P.	193084614	Phytochemistry and medicinal/beneficial uses of Hibiscus Rosa sinensis- an updated review	Prof. Chandrakala Shenoy K.

105.	Thanveera A. C.	193084617	Medicinal properties of Lantana camara Linn – a review	Prof. Chandrakala Shenoy K.
Biotechnology				
106.	Akshay Kumar	193083603	Green synthesis of silver nanoparticles using Teuconia stans leaf extract and its potential application	Dr. Dakshayini K.
107.	Kavya	193083612	A study on antibacterial and larvicidal potential of wild and mallicka mango peel.	Dr. Avila D'Souza
108.	Nrutya Koppalaramane	193083616	Monoaminergic signaling and docking studies on serotonin receptor using madecassic acid of Centella asiatica.	Dr. Monika Sadananda
109.	Prakruthi H.D.	193083618	Effect of fermentation on physical and biochemical properties of phytochemicals in Physalis minima.	Dr. Naveen Chandra D.
110.	Prasad K.	193083619	Effect of fermentation on chemical, physical and biological property of phytochemicals on Biophytum sensitivium.	Dr. Naveen Chandra D.
111.	Preetha A.S.	193083620	A study on antioxidant potential & phytochemical analysis of wild and mallicka mango peel extracts.	Dr. Aliva D'Souza
112.	Shachi Adiga J.	193083622	Green synthesis of silver nanoparticles from Synedrella nodiflora leaf extract	Dr. Dakshayini K.
113.	Sonia Sushmitha Cordeiro	193083624	Phytochemical analysis, total phenolic content and antibacterial activity of seed extract of Persea Americana.	Dr. Pallavi B.
114.	Soumya S. Halladamal	193083625	Biogenesis of silver nanoparticles from Passiflora edulis and study of its antidiabetic and anticancer activities.	Dr. Joy H. Hosken
115.	Sudev P.	193083626	Effect of fermentation on chemical physical and biological property of phytochemicals in Boerhaavia diffusa.	Dr. Naveen Chandra D.
116.	Sujith A. M.	193083627	Adsorption of methylene blue by silver nanoparticles synthesized from Urena lobata leaf extract.	Dr. Dakshayini K.
Chemistry				
117.	Albi Jack Anaswara T.	193262001 193262003	Green synthesis of Ag NPs using Palm Fruit Juice as reducing agent and its application in colorimetric sensing of Hg (II) ions	Ms. Nagma Banu H.A.
Microbiology				
118.	Aambal Pradeep M. C.	193312501	Green Synthesis of Copper Nanoparticles from Azadirachta indica and their Antimicrobial Properties	Dr. B. S. Srinath
119.	Akshay V. P.	193312502	Antifungal Activity of Medicinal Plant Extract on few Human Dermatophytic fungi	Dr. A. K. Vinu
120.	Anusha M. R.	193312503	Biosynthesis and Characterization of Silver Nanoparticles from Leaf Extract of M	Dr. I. K. Manjula

			guttiferae (Nageshwar) and their Anti-bacterial activity	
121.	Divya K.	193312508	Green Synthesis of Iron oxide Nanoparticles from <i>Ocimum tenuiflorum</i> plant and their Biomedical Applications	Dr. B. S. Srinath
122.	Madhavan Namboothiri V.	193312509	Biosynthesis and characterization of Silver Nanoparticles from leaf of <i>Micania micrantha</i> and its Antibacterial Activity	Dr. I. K. Manjula
123.	Prashantha	193312510	Biosynthesis and characterization of Silver Nanoparticles from Tuber of <i>Ipomea batatas</i> (Sweet Potato) and Their Antibacterial Activity	Dr. I. K. Manjula
124.	Rajesh R.	193312511	Sunlight Driven Synthesis of Silver Nanoparticle Using <i>Tagetes erecta</i> and Their Antibacterial Potential	Dr. I. K. Manjula
125.	Sharanya M. G.	193312515	A study on effect of Probiotic Fermentation on Antinutritional Factors in <i>Tamarindus indica</i> Seeds	Dr. B. S. Gunashree

List of Students Projects with IKS component during 2021-22

SI. No.	Name of the Student	Register No.	Title of the Project	Name of the Guide
Human Consciousness & Yogic Sciences				
126.	Mr. Abhishek P. Sanmani	201791407101	A Study on the Effect of Yoga Therapy on Occupation Stress in Karnataka State Reserve Police Personnel	Dr. Thirumaleshwara Prasada H.
127.	Mr. Aneesh	201791407102	Academic Anxiety among the students practicing Yoga and Non Yoga Control Group	Dr. Rashmitha
128.	Ms. Arpitha M.	201791407103	Comparison of the Respiratory Functions among the Yoga Practitioners and Healthy Control Group	Mr. Vinayaka Krishna
129.	Ms. Chandana V.	201791407104	To Evaluate Sleep Awareness and Sleep Quality Among Secondary School Students	Dr. K. Krishna Sharma
130.	Mr. Chinmay Vishwanatha Bhat	201791407105	A Study on the effect of Yoga on Stress in General Well-Being	Dr. K. Krishna Sharma
131.	Mr. Karthika B.	201791407107	Comparison of Spinal Flexibility among the Students practicing yoga and non-yoga control group	Mr. Vinayaka Krishna
132.	Ms. Kavitha V.	201791407108	A Study on the Effect of Yoga Therapy on Stress and Test Anxiety Among Secondary School Students	Dr. Udayakumara K.
133.	Mr. Manjunath	201791407109	Impact of Yoga Therapy Practices on Hypertension among KSRP Police	Dr. K. Krishna Sharma
134.	Ms. Mathangee V.	201791407110	Comparison of Pulmonary Function among Yoga Practitioners Vs. Non-Yoga Healthy Controls	Mr. Vinayaka Krishna
135.	Ms. Meghashree	201791407111	Effect of Advanced Pranayama on Lung Function of Yoga Practitioners	Dr. Rashmitha
136.	Mr. Pravin Keshav Karkera	201791407112	The Effect of Yoga on Total Blood Count of HIV Infected Boys	Dr. Udayakumara K.
137.	Mr. Sachin Monthero M.	201791407113	Assessment of Yoga as an Adjunct Therapy on Anxiety Level among Alcoholic Withdrawal Patients.	Dr. Thirumaleshwara Prasada H.
138.	Ms. Shilpa Saraswathi	201791407114	Effect of Yoga Therapy on Quality of Life related to Menstrual Problem	Dr. Udayakumara K.
139.	Ms. Shruthi K.	201791407115	Effect of Yoga Therapy on Premenstrual Syndrome Among Post Graduate Girls	Dr. Thirumaleshwara Prasada H.
140.	Mrs. Shweta Kulkarni	201791407116	A Study on the Effect of Yoga Therapy on Sleep Quality in Menopause	Dr. Thirumaleshwara Prasada H.
141.	Mr. Sujith S. C.	201791407117	Comparison of Spinal Flexibility among the Post Graduation students by	Dr. Udayakumara K.

			Practicing Yoga and non-yoga Control Group	
142.	Mrs. Sunitha B. S.	201791407118	Effect of Yoga Practice on psycho-physiological aspects of students as per curriculum of various academic degree programs: A Comparative Observational Study	Dr. K. Krishna Sharma
143.	Mrs. Thanuja	201791407119	Effect of Yoga on Liver Function in De Addictive Patients	Dr. K. Krishna Sharma
144.	Mr. Vijeth P.	201791407120	Insomnia Among the Post-Graduation Students Practicing Yoga and Non-Yoga Control Group	Dr. Rashmitha
145.	Mr. Yakshith J. Shetty	201791407121	The Effect of Yoga Therapy on Total Blood Count of HIV Infected Girls	Mr. Vinayaka Krishna
146.	Mr. Yatheesha S.	201791407122	Effect of Yoga Intervention on Sleep Quality in General People	Dr. Rashmitha
History (PG Centre)				
147.	Anusha T. S.	203681348101	Special Rituals of Kodagu: A Study	Dr. Chndraiah
148.	Asha B. R.	203681348102	A Study of Cultural History of Tulunad	Mrs. Harshitha B. L.
149.	Ashwitha D. S.	203681348103	A Cultural Study of Hadi Community of Periyapatnam Taluk	Dr. Rudrakumar
150.	Chaithra T. K.	203681348104	Food and drinks in Kodagu is a study	Dr. Arunakumar H. R.
151.	Keerthi H. P.	203681348107	Specialities of Black Pepper in Kodagu Cultivation	Mrs. Harshitha B. L.
152.	Lavanya K. S.	203681348108	Cultural History of Kodlipet Hobli	Dr. Chandraiah
153.	Megha N. S.	203681348109	A Cultural Study of Vaishnava Kshetra Melukote	Dr. Arunakumar H. R.
154.	Navya H. N.	203681348110	A cultural study of sakaleshpura	Dr. Chandraiah
155.	Nisha V. R.	203681348111	The museums of Kodagu are a study	Dr. Arunakumar H. R.
156.	Pooja S. Y.	203681348112	A cultural study of Halumata community in Kodagu	Dr. Rudrakumar
157.	Ramya M. R.	23681348113	Okkaliga community of Mysore district	Mrs. Harshitha B. L.
158.	Ranjitha B. C.	203681348114	A cultural study of Mogera community in Kodagu	Dr. Chandraiah
159.	Rathna M. R.	203681348115	A cultural study about Shanivarasante Hobli	Mrs. Harshitha B. L.
History				
160.	Ashwini M.	201741348101	“A study of the tribal Koraga community of Dakshina Kannada”	Prof. B. Udaya
161.	K. G. Bopanna	201741348103	“Pattole Palame A Source of Kodava Cultural History”	Prof. B. Udaya
162.	Mahesh Shetty	201741348104	“Hebri is a historical and cultural study”	Prof. B. Udaya

163.	Mariyammath Zekiya	201741348105	“A study in social, economic and historical perspective of Bari community”	Prof. K. M. Lokesh
164.	Navya S.	201741348106	“A Historical and Cultural Study of Puthuru Province”	Prof. K. M. Lokesh
165.	Prashanth S.	201741348107	“Art and Speech Architecture of Hoysala Temples in Hassan District – A Study”	Prof. K. M. Lokesh
166.	Ravi	201741348108	“A study of historical and natural attractions of Chikmagalur district”	Prof. K. M. Lokesh
167.	Reshma A. L.	201741348109	“A study of places to visit in Kodagu”	Dr. Triveni
168.	Sharath Kumar M. B.	201741348110	“A Study of Ajilas”	Dr. Triveni
169.	Suneetha P.	201741348111	“Famous Temples in Dakshina Kannada District”	Dr. Triveni
Kannada (PG Centre)				
170.	Bhoomika K. M.	203681349103	A cultural study of semi-speaking Gowda community in Kodagu	Ms. Arpitha M.
171.	Maina H. A.	203681349104	A Cultural Study of Kunda Village	Mr. Srinivas K. S.
172.	Mubashira S. E.	203681349107	Cultural Study of Kodava Mapille Community	Dr. Ramesh B. R.
173.	Shaila H. A.	203681349110	Adivasi Kembatti of Kodagu Cultural Studies	Ms. Arpitha M.
Kannada				
174.	Madhukumar	201711349105	Agriculture related practices of Kundapura region	Dr. Somanna
175.	Shilpa M. G.	201711349111	Folkloristic study of Puerperal care	Dr. Nagappa Gowda R.
176.	Vedavathi	201711349113	Significance of yoga in daily life	Dr. Dhananjaya
Applied Botany				
177.	Aashitha Ankitha B.	201621436101 201621436105	Study on phytochemicals, antioxidant and antimicrobial activity from Syzygium aqueum (L) leaf extracts	Dr. Raju Krishna Chalannavar
178.	Rakshita Panikker S. M. Sneha K.	201621436122 201621436133	An ethnobotanical survey of plants used by the Koraga community in Kasaragod District of Kerala, India	Dr. Krishnakumar G.
179.	Shravya O. S. Vidya P.	201621436129 201621436137	Evaluation of phytochemicals, antimicrobial and antioxidant activity from leaf extract of Centrathurum punctatum cass	Dr. Raju Krishna Chalannavar
180.	Shreeranjana Sharma N.	201621436131	Endophytic fungi isolated from Manilkara zapota Linn. A promising source of potential bioactive metabolites	Dr. Raju Krishna Chalannavar
181.	Shripoorna	201621436132 201621436135	Chemical composition and biological activity of Gymnostachyum febrifugum Benth	Dr. Raju Krishna Chalannavar

	Vedanthi Muthamma			
182.	Sowmya Vinayashree K.	201621436134 201621436138	Evaluation of phytochemicals, anti-oxidant and anti-microbial analysis from the leaf extract of <i>Strobilanthes mullayanagiriensis</i>	Dr. Krishnakumar G.
Applied Zoology				
183.	Akshitha	201631464101	Evaluation of efficiency of <i>Usheerasva</i> on temperature induced stress in <i>Drosophila melanogaster</i>	Sreepada K. S.
184.	Anupama K. G.	201631464104	Population Density of Different species of Mosquitoes in Cow shed	Mustak M. S.
185.	Spoorthi	201631464135	Evaluation of efficiency of <i>Ashwagandha arista</i> on temperature induced stress in <i>Drosophila melanogaster</i>	Sreepada K. S.
Biochemistry (PG Centre)				
186.	Archana D. P.	203301383104	Determination of antioxidant anti-inflammatory activity of <i>Averrhoa bilimbi</i> by inhibition of secretory phospholipase A2	Dr. K. K. Dharmappa
187.	Bhoomika S. S.	203301383108	“A Study on Phytochemical screening and Anti-Oxidant power activity, Antimicrobial activity of “ <i>Ocimum Americanum</i> ”	Prof. K. S. Chandrashekaraiiah
188.	Keerthan N.	203301383112	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory function by inhibiting <i>Spla2</i> inhibition by methanolic extract of wild edible fruit <i>Garcinia indica</i>	Dr. K. K. Dharmappa
189.	Nanda Kishore K. V.	203301383115	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory Function by inhibiting <i>Spla2</i> Inhibition by methanolic extract of fruit <i>Cordia myxa</i>	Dr. K. K. Dharmappa
190.	Parikshith	203301383118	Green synthesis of zinc, silver and gold nanoparticles using aqueous leaf extract of <i>Stylosanthes scabra</i> : antimicrobial and antioxidant activities	Mr. Rajkumar S. Meti
191.	Pavithra B. R.	203301383119	Human secretory phospholipase A2 (SPLA2-IIA) inhibition by methanolic extract of <i>Ixora coccinea</i> (Fruit) and Determination of anti-oxidants properties	Dr. K. K. Dharmappa
192.	Pushpavathi H. R. Rashmitha M. S.	203301383120 203301383123	“A study on Phytochemical Screening, Anti-oxidant and Anti-microbial activity of <i>Cordia dichotoma</i> ”	Prof. K. S. Chandrashekaraiiah

193.	Rakshitha H. S. Ramya M.	203301383121 203301383122	Study of anti-inflammatory activity of methanolic extracts of wild edible fruit <i>Opuntia dillenii</i> inhibits human secretory phospholipase A2	Dr. K. K. Dharmappa
194.	Varsha K. B.	203301383128	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory activity of wild edible fruit <i>Garcinia cambogia</i> by inhibiting sPLA2-IIA	Dr. K. K. Dharmappa
195.	Yashaswini H. L.	203301383129	“A study on Phytochemical screening and Anti-oxidant power activity, Antimicrobial activity of <i>Indigofera Tinctoria</i> ”	Prof. K. S. Chandrashekaraiiah
Biochemistry				
196.	Amritesh S.	203591383102	Evaluation of the antidiabetic activity of <i>Alpinia galangal</i> leaf extracts using <i>Drosophila</i> as a model system	Dr. Avinash Kudva K.
197.	Amshumala B. L.	203591383103	Comparative study of antioxidant as well as antibacterial potential of <i>Pterocarpus marsupium</i> Robx plant and its endophytic fungus <i>Aspergillus</i>	Dr. Chandrashekhar G. Joshi
198.	Anusha P.	203591383105	Synthesis of Silver Nanoparticles from Papaya peel and its Antibacterial properties against Human Pathogens	Dr. Anitha Nagaraju
199.	Ashwitha Montherio M.	203591383108	In vitro study on antidiabetic potential of flax seed (<i>Linum usitatissimum</i>) and sesame seed (<i>Sesamum indicum</i>) extract via inhibition of α -amylase and α -glucosidase activity	Ms. Anusha
200.	Dhanyashree A.	203591383109	Study on phytochemical screening, antioxidant assay, cytotoxic evaluation and wound healing property of <i>Chromolaena odorata</i> leaf extract	Ms. Anusha
201.	Megha B.	203591383112	Antioxidant potential of sesame (<i>Sesamum indicum</i>) and flax seed (<i>Linum usitatissimum</i>) and Assessment of genoprotective role of sesame seed extract against H_2O_2 induced genotoxicity in cultured human lymphocyte	Ms. Anusha
202.	Rachitha	203591383114	Neuroprotective role of <i>Bacopa monnieri</i> in Rotenone-induced Parkinson's disease model	Dr. Chandrashekhar G. Joshi
203.	Rashmitha	203591383116	Evaluation of phytochemical profiles, in vitro antioxidant and anti-inflammatory activities of <i>Terminalia catappa</i>	Dr. Avinash Kudva K.
204.	Rashmitha	203591383117	Evaluation of the antidiabetic activity of <i>Bacopa monnieri</i> leaf extract using <i>Drosophila</i> as a Model Organism	Dr. Avinash Kudva K.

205.	Sandeepa K. N.	203591383118	Cytotoxic evaluation and efficacy of <i>Premna serratifolia</i> L. extract as an insect repellent against <i>Drosophila melanogaster</i>	Dr. Avinash Kudva K.
206.	Sinchana A.	203591383121	Neuroprotective effect of <i>Centella asiatica</i> in Parkinson's disease model	Dr. Niveditha N. B.
207.	Surakshitha	203591383124	Anti-oxidant and Anti-inflammatory activity of <i>Andrographis paniculata</i>	Mr. Wilson Joel Rodrigues
208.	Swathi B. Shetty	203591383125	Evaluation of protein denaturation inhibition, antioxidant activity and phytochemical screening of <i>Mammea suriga</i>	Mr. Wilson Joel Rodrigues
209.	Vikitha	203591383132	Study of in-vitro biological activity of <i>Pterocarpus marsupium roxburgh</i> leaf extract	Dr. Chandrashekhar G. Joshi
Biosciences				
210.	Akshay V.	201611384102	Nutraceutical properties, haemolytic activity and acute toxicity study in zebrafish of unconventional legume, <i>Canavalia rosea</i> of coastal sand dunes of India	Dr. Laveena K. B.
211.	Anusha S.	201611384104	A potent pharmacological macrofungus: <i>Ganoderma</i>	Dr. Laveena K. B.
212.	Apeksha Suvarna M.	201611384105	Pharmacognostic phytochemical and antioxidant properties of the <i>Strobilanthes kunthiana</i>	Prof. Chandra M.
213.	Karthik C. H.	201611384115	Identification of fungal pathogens isolated from <i>coccinia grandis</i> and antifungal activity of <i>Holarrhena pubescens</i> (L.)	Prof. Chandra M.
214.	Prashanth Rocky Fernandes	201611384121	Medicinal plants in and around Mangalagangothri, Konaje and Pillikula Nisargadhama	Prof. Chandrakala Shenoy K.
Biotechnology				
215.	Anusha V. K.	201611385105	Effect of widely used folk medicine <i>Plectranthus amboinicus</i> on B-lymphoma progression	Dr. Divya Lakshmanan
216.	Anvitha	201611385107	In vitro evaluation of phytochemical, antioxidant and antivenom activity of leaf extract of <i>Calotropis gisantea</i>	Mr. Prashant Nayak
217.	Prajna S.	201611385123	In vitro assessment of antioxidant and antibacterial potential of leaf extract of <i>Sauropus androgynus</i>	Mr. Prashant Nayak
218.	Shrinidhi Bhat	201611385129	A study on pharmacological activities of aerial extract of <i>Boerhavia diffusa</i>	Dr. Naveen Chandra D.
Environmental Science				
219.	Harshitha P. S.	201611438109	Mitotic Inhibition by Periwinkle (<i>Catharanthus roseus</i>) Extract	Mrs. Sushmitha

220.	Prameela	201611438113	Study on Antibacterial Activity of Mushrooms	Dr. G. M. Mahadevaswamy
Microbiology (PG Centre)				
221.	Amala Vipin	203111400101	Antimicrobial Potential of Different Extracts of Mimosa pudica plants	Dr. B. S. Gunashree
222.	Mokshitha K. V.	203111400116	Antioxidant and Antimicrobial Potential of Raw and Fermented Sesame Seed	Dr. B. S. Gunashree
223.	Srujana P. L.	203111400126	Avocado Seed Extract: An Alternate Treatment for Skin Infections in Human and Domestic Animals	Dr. B. S. Gunashree
224.	Greeshma Gangamma K. K.	203111400110	Comparative Study of Lantana Species by Phytochemical Analysis and Antimicrobial Activity	Ms. Rakshitha M. P.
225.	Hima P. H.	203111400111	Study on Phytochemical analysis, Antimicrobial and Biofertilizer Activity of Azolla	Ms. Rakshitha M. P.

List of Students Projects with IKS component during 2022-23

Sl. No.	Name of the Student	Register No.	Title of the Project	Name of the Guide
Human Consciousness & Yogic Sciences				
226.	Chinnappa Lakshman Gundad	P05AZ21S0098	Effect of Yoga Therapy on Flexibility, Balance, Mobility and Quality of Sleep in Elderly Subjects	Dr. K. Krishna Sharma
227.	Deekshith	P05AZ21S0110	Effect of Chandrayana Vrata on Pulmaonary Functions	
228.	K. R. Lokesh	P05AZ21S0120	Effect of Yoga Therapy on Hypertension Depression and Quality of Sleep on the Elderly Subjects	
229.	Kavana P.	P05AZ21S0124	Impact of Yoga Therapy on Psycho-Motor Activity and Physical Balance in Intellectually Disabled Subjects	
230.	Nagashayana Padakannaya M.	P05AZ21S0127	A Study to Analyse the Influence of Intensive Physical Activity and Deep Relaxation on Swara Changes	
231.	Narasimhalu	P05AZ21S0136	Effect of Yoga Therapy on Selected Psychological Variables among Male Patients with Insomea and Alcohol Addiction	
232.	Padmarekha Kamalakara Bhatta	P05AZ21S0138	Impact of Yoga Therapy on Lumbar Flexibility and Selective Attention in Intellectually Disabled Subjects	
233.	Payaswini B. S.	P05AZ21S0142	Effects of Yoga Therapy on Depression in Alcoholic Dependents	
234.	Praveenkumar	P05AZ21S0162	Variation in Blood Pressure BMI and Blood Sugar Levels with Yoga Intervention	
235.	Rachana	P05AZ21S0169	Assessment of the Impact of Yoga on Academic Stress and Working Memory in First Year Degree students of B.B.A.	
236.	Ramesh Narasimha Gouda	P05AZ21S0180	Effect of Yoga Therapy on Pulmonary Function and Quality of Sleep in the Elderly Subject	
237.	Sandhya Shridhar Bhat	P05AZ21S0407	Effect of Yogic Practices along with Chandrayana Vrata on Sleep Quality	
238.	Swasthik N. Acharya	P05AZ21S0409	An Analysis of Frequency and Characteristics of Swara in Different Population – A Pilot Study	
History (PG Centre)				
239.	Priya S. S.	P05BZ21A0003	“The jain Heritage of Sravana Belagola”	Dr. Chandraiah
240.	Ranjitha H. S.	P05BZ21A0005	A Cultural Study of brihadheeshwara Temple, Thanjavur	Dr. Arunakumar H. R.

241.	Ranjitha H. J.	P05BZ21A0006	“Historical study on Kodagu Districts Honnammana Kere”	Mrs. Harshitha B. L.
242.	Keerthana S.	P05BZ21A0021	A Cultural Study of Saint Annamma of veerajpet	Dr. Arunakumar H. R.
History				
243.	Akshay Kumar K. S.	P05AZ21A0005	“A Cultural and Social Study of the Mogheras”	Dr. Thriveni
244.	Ananda H.	P05AZ21A0015	“A study of historical and natural attractions of Kalpatarunadu”	Dr. Thriveni
245.	Kirankumar Lamani	P05AZ21A0030	“Social and cultural uniqueness of Lambani community”	Prof. Nirmal Raju
246.	Poornima	P05AZ21A0042	“A Historical and Cultural Study of Moodbidre Jain Basadis”	Dr. Thriveni
247.	Shantha P.	P05AZ21A0043	“A Historical Study of the Unseen Foresters of the Adidraida Community of Tulunadu”	Dr. Thriveni
248.	Varsha K. Shetty	P05AZ21A0044	“Tenkuthittu as Yakshagana style in Dakshina Kannada”	Dr. Thriveni
Kannada (PG Centre)				
249.	Ashwini K. M.	P05BZ21A0014	“Cultural Study of Malayali Community of Virajpet Taluk”	Ms. Arpitha M.
Kannada				
250.	Anitha	P05AZ21A0001	Customs and ritual prohibitions among Koraga Community in Tulunad	Dr. K. Abhay Kumar
251.	Anusha V. F.	P05AZ21A0002	Worship and culture of Syromalabar and Latin Christian	Dr. Somanna
252.	Ashwitha	P05AZ21A0004	Vanasiri Sanjeevini and Naturopathy World	Dr. Nagappa Gowda R.
253.	Jyothi Priya D’Souza	P05AZ21A0008	Christian Feast of Saint Mary	Dr. K. Abhay Kumar
Applied Botany				
254.	Anushree N. Dhanyashree M.	P05AZ21S0108 P05AZ21S0140	Phytochemical analysis and Biological activity of <i>Ailanthus Triphysa oleoesin</i>	Dr. Raju Krishna C.
255.	Deepthikumar i A. Lakshmi Risha G. Kindalkar	P05AZ21S0137 P05AZ21S0191 P05AZ21S0270	Study on Quantification, antioxidant and antibacterial properties of anthocyanin in <i>Syzygium cumini</i> L. and <i>Ixora coccinea</i> L. fruits	Dr. A. Ramesh

256.	Prashanth T. S.	P05AZ21S0243	“Study of the Antimicrobial activity of leaf extracts of <i>Macaranga peltata</i> ”	Dr. Raju Krishna C.
257.	Suprabha	P05AZ21S0288	Eco-friendly Green synthesis of zinc oxide nanoparticles using <i>Careya arborea</i> fruit extract: characterization and potential applications	Dr. Raju Krishna C.
258.	Swetha Krishnan A.	P05AZ21S0307	“A study on the Comparative Phytoconstituent Investigation and Antioxidant Potential of <i>Alamanda cathartica</i> , <i>Bougainvillea spectabilis</i> , <i>Delonix regia</i> ”	Dr. Raju Krishna C.
Applied Zoology				
259.	Akshatha	P05AZ21S0339	Effect of <i>Brahmi</i> extract on Alzheimer’s disease model mouse	Dr. M. S. Mustak
260.	Anusha Jane	P05AZ21S0537	An exploratory study to evaluate the efficacy of dynamic homoeopathic medicines in treating selected diseases of ornamental fishes	Dr. Narasimhaiah N.
261.	Ashwitha	P05AZ21S0540	Biochemical Analysis of Cow Urine from Vechur breed and its influence on seed germination and plant growth	Dr. K. S. Sreepada
262.	Chandana	P05AZ21S0548	The Effects of the <i>Acampe</i> Species Leaf Extract on Sperm Abnormalities in Male Albino Wistar Rats	Dr. M. S. Mustak
263.	Mahim B.	P05AZ21S0575	Effect of <i>Brahmi</i> extract on Alzheimer’s model mice	Dr. Mustak M. S.
264.	Shanidha	P05AZ21S0636	Cytotoxicity and acute toxicity of <i>Acampe</i> species leaf extract on fibroblast cell line and female albino wistar rats	Dr. Mustak M. S.
265.	Shreelakshmi	P05AZ21S0641	Biochemical analysis of cow urine from Kasargod dwarf and it’s influence on seed germination and plant growth	Dr. Sreepada K. S.
Biochemistry (PG Centre)				
266.	Chethan Kumar M. P.	P05BZ21S0007	“Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory Function by Inhibiting SLA2 by ethanolic fruit extract of “ <i>Phyllanthus emblica</i> ”	Prof. K. K. Dharmappa
267.	Monisha Muthamma T. M.	P05BZ21S0012	“Production of wine from <i>Emblica officinalis</i> and a comparative study of them over commercial wine”	Sri Rajkumar S. Meti
268.	Nanjesh Gowda	P05BZ21S0014	“Production of wine from <i>Syzygium cumini</i> and A Comparative Study of Them over Commercial Wine”	Sri Rajkumar S. Meti
269.	Navyashree	P05BZ21S0016	“Biosynthesis of Silver Nanoparticles from <i>Areca catechu</i> flower extract: Characterization and Biology Activity”	Dr. A. H. SnehaRani
270.	Nithin	P05BZ21S0018	“Production of wine from <i>Averrhoa carambola</i> and a comparative study of them over commercial wine”	Sri Rajkumar S. Meti

271.	Pavin B. P.	P05BZ21S0019	“Biosynthesis of silver nanoparticles from <i>Rhaphidophora pertusa</i> leaf extract: Characterization and Biological Activity”	Dr. A. H. SnehaRani
272.	Preetham Emmanuel	P05BZ21S0020	“Phytochemical analysis and Evaluation of antioxidant and anti-inflammatory function by inhibiting sPLA2-IIA from ethanolic seed extract of “ <i>Lepidium sativum</i> ”	Prof. K. K. Dharmappa
273.	Sakeena H.	P05BZ21S0027	Study of Anti-inflammatory activity of <i>Ocimum basilicum</i> seeds by inhibiting secretory phospholipase A2 group IIA enzyme from human pleural fluid	Prof. K. K. Dharmappa
274.	Sandra K. S.	P05BZ21S0028	“Biosynthesis of Silver Nanoparticles from <i>Musa acuminata</i> flower extract: Characterization and Biology Activity”	Dr. A. H. SnehaRani
275.	Thungesh B. B.	P05BZ21S0033	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory Function by Inhibiting Spla2 by Ethanolic extract seeds of <i>Helianthus annuus</i>	Prof. K. K. Dharmappa
276.	Uday B. S.	P05BZ21S0036	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory Function by Inhibiting Spla2 by ethanolic flower extract of “ <i>Anthurium and rae anum</i> ”	Prof. K. K. Dharmappa
277.	Yogish	P05BZ21S0039	Phytochemical Analysis and Evaluation of Antioxidant and Anti-inflammatory Function by Inhibiting Spla2 by ethanolic seeds extract of “ <i>Cucurbita pepo</i> ”	Prof. K. K. Dharmappa
Biochemistry				
278.	Deeksha K. Prasad	P05AZ21S0085	“In vitro Anti-inflammatory and Antioxidant Potential of <i>Melastoma malabathricum</i> L. Leaves”	Mr. Wilson Joel Rodrigues
279.	Deepthi K. R.	P05AZ21S0087	“Study of Antioxidant and Antibacterial Activity of Carica papaya and <i>Azadirachta indica</i> Leaves”	Ms. Anusha
280.	H. Azmina	P05AZ21S0113	“In vitro Antioxidant and Amylase Inhibition Activity of <i>Rauvolfia serpentina</i> ”	Ms. Anusha
281.	Harish	P05AZ21S0119	“Study on Antioxidant and Antimicrobial Property of <i>Terminalia catappa</i> and <i>Psidium guajava</i> Leaf Extract”	Ms. Anusha
282.	IVY Paul	P05AZ21S0122	“Study on the Biochemical Characteristics of Pollens of <i>Cocos nucifera</i> Varieties”	Ms. Anusha
283.	Jayaprakash	P05AZ21S0125	“Study of Phytochemicals and Antioxidant Properties of <i>Gliricidia sepium</i> Leaf and Bark Extracts”	Ms. Anusha
284.	Krishna Prasad	P05AZ21S0131	“Phytochemical Screening, Antioxidant Activity and Amylase Inhibition of <i>Antidesma montanum</i> Blume”	Ms. Anusha
285.	Manasasaraswati P.	P05AZ21S0134	“Evaluation of Phytochemical Analysis, Antioxidant Activity and Amylase Enzyme Inhibition Assay of <i>Curcuma amada</i> ”	Dr. Niveditha N. B.

286.	Prajna K.	P05AZ21S0163	“Study of antioxidant and antibacterial activity of <i>Mangifera indica</i> and <i>Gymnema sylvestre</i> leaves”	Dr. Akhila H. S.
287.	Ruchitha G.	P05AZ21S0277	“Comparative Analysis of Phytochemical and Antioxidative Properties of <i>Moringa oleifera</i> , <i>Papuanus sativus</i> and <i>Beta vulgaris</i> leaf”	Prof. Chandrashekar G. Joshi
288.	Sharathkumar C. H.	P05AZ21S0299	“Study of Phytochemical and Antioxidant Activity of <i>Carissa carandas</i> Fruit and <i>Musa paradisiaca</i> Flower”	Prof. Chandrashekar G. Joshi
289.	Shashank R. V.	P05AZ21S0326	“Comparative study of phytochemicals and antioxidant activity of wild fruits (<i>I. coccinea</i> and <i>F. racemosa</i>)	Prof. Chandrashekar G. Joshi
290.	Shwetha N. N.	P05AZ21S0381	“Comparative study on Phytochemicals and Antioxidant Activity of <i>Basella alba</i> , <i>Talinum fruiticosum</i> L. and <i>Ipomoea batatas</i> ”	Prof. Chandrashekar G. Joshi
291.	Sinchana H. S.	P05AZ21S0404	“Phytochemicals and Antioxidant Activity of <i>Amaranthus tricolor</i> L. and <i>Amaranthus hybridus</i> L.”	Prof. Chandrashekar G. Joshi
292.	Soujanya	P05AZ21S0424	“Studies on Phytochemical and Antioxidant activity of Coconut Leaves subjected to Low Moisture Stress”	Dr. Niveditha N. B.
293.	Suja V.	P05AZ21S0441	“Metabolite and Network Pharmacological Analysis of <i>Bacopa monnieri</i> (Brahmi)”	Dr. Niveditha N. B.
294.	Sujini	P05AZ21S0456	“Anti-inflammatory Activity of Oleamide in Bleomycin Induced Inflammation in Alveolar Epithelial Cells”	Dr. Niveditha N. B.
295.	Vaishnavi	P05AZ21S0481	“Phytochemical Composition and Antioxidant Activity of <i>Garcinia xanthochymus</i> Peel Extracts”	Dr. Anitha Nagaraju
296.	Varsha	P05AZ21S0487	“Phytochemical Analysis and Antioxidant Activity of Roasted and Non-roasted Seed of Extracts of <i>Artocarpus hirsutus</i> Lam”	Dr. Anitha Nagaraju
Biosciences				
297.	Anvitha M.	P05AZ21S0236	Nutraceutical Studies on <i>Ficus carica</i> L.	Dr. Sharath Chandra K.
298.	Aysha Ashiba	P05AZ21S0379	Nutritional and phytochemical composition of <i>Chlorophyllum</i> sp. from Mangalagangothri campus	Dr. Sharath Chandra K.
299.	Bhavyashree B. S.	P05AZ21S0387	Phytochemical study and antioxidant activity of <i>Breynia vitis idaea</i>	Prof. Chandra M.
300.	Deepa Shetty	P05AZ21S0400	Green synthesis of silver nanoparticle using <i>Canavalia rosea</i> extract, its Antibacterial activity	Dr. Laveena K. B.
301.	Fathimath Riza	P05AZ21S0432	Pharmacognostic and Pharmacological evaluation of <i>Syzygium caryophyllatum</i> L. and <i>Syzygium cumini</i> L.	Dr. Laveena K. B.
302.	Hajira Sheik	P05AZ21S0437	Hibiscus flower: A functional food with high nutritional and medicinal values	Dr. Laveena K. B.
303.	Prathiksha P. V.	P05AZ21S0470	Bioactive Potential of two lycophytes of Southwest India	Prof. Sridhar K. R.

304.	Preksha B. N.	P05AZ21S0473	Isolated of fungi from spoilt fruits and antifungal activity of breynia vitis-idaea (Burm.f.)	Prof. Chandra M.
305.	Sowjanya	P05AZ21S0504	Biological Activities of stem bark and leaf samples of <i>Annona muricata</i> L.	Dr. Sharath Chandra K.
306.	Spoorthi K. S.	P05AZ21S0507	A study on bioactive analysis of the leaf extract of <i>Homonoia riperia</i> Lour from Kudlu Theertha Falls, Udupi, Karnataka	Dr. Karamchand Kishore S.
307.	Sumanth A.	P05AZ21S0515	Phytochemical analysis and bioactive properties of <i>Diplocyclos palmatus</i> (L) C. Jeffrey	Dr. Laveena K. B.
308.	Swathi M.	P05AZ21S0519	Evaluation of phytochemicals and antioxidant property of <i>Neolamarckia cadamba</i> (Roxb.) Bosser	Prof. Chandra M.
309.	Veena Sharada B.	P05AZ21S0529	Bioactive profile of seeds of fodder legume <i>Centrosema virginianum</i>	Prof. Sridhar K. R.
Biotechnology				
310.	Alshifa Shaikh	P05AZ21S0244	Studies on the biological activities of plants <i>Xanthium sibiricum</i> and <i>Prosopis juliflora</i> .	Dr. Naveen Chandra D.
311.	Ashwini K.	P05AZ21S0350	Biofabricated synthesis and characterization of gold nanoparticles from <i>Urena labata</i> leaf extract and it's biomedical application	Dr. Dakshayini
312.	Vaishnavi S. Hegde	P05AZ21S0560	Comparative studies of bioactivities of fermented and unfermented leaf extract of <i>Calotropis gligantea</i>	Dr. Naveen Chandra D.
313.	Vijayalakshmi	P05AZ21S0562	Separation and quantification of modulatory neurotransmitters from selected brain areas on <i>Arsenicum album</i> treatment	Dr. Monika Sadananda
Botany (PG Centre)				
314.	Kavanashree H. M. Thejaswini P.	P05BZ21S0058 P05BZ21S0067	Antioxidant, anti-ulcer and Cytotoxic Evaluation of the extracts of the extracts of tender leaves of <i>Psidium guajava</i> L.	Dr. Shilpa K. J.
315.	Manasa M. R. Dayananda D. S. Prathiksha Thangamma B. K	P05BZ21S0072 P05BZ21S0077 P05BZ21S0075	Evaluation of allopathic and thrombolytic activity of aqueous and Ethyl acetate extract of <i>Rubia Cordifolia</i> L	Ms. Spandana S. S.
316.	Pramod	P05BZ21S0085	Antioxidant, Anti-ulcer and Cytotoxic Evaluation of the extracts of the extracts of tender leaves of <i>Psidium guajava</i> L.	Dr. Shilpa K. J.
Environmental Science				

317.	Akshitha P. S.	P05AZ21S0064	Nutritional Evaluation of Edible Mushrooms	Dr. Ananda Kulal – Guide Dr. Shini Krishnan - Coguide
318.	Harshitha	P05AZ21S0084	Antimicrobial properties of <i>Azadirachta Indica</i> Leaves	Dr. Tharavathy N. C.
319.	Rashmitha K.	P05AZ21S0349	Studies on the Biodiversity of Medicinal Plants and <i>Ethnobotanical</i> Uses	Dr. Shini Krishnan
Food Science & Nutrition				
320.	Sakshitha Shetty	P05AZ21S0457	Banana peel: A potent treasure for human health	Mrs. Shravya
Mathematics				
321.	Ramesh	P05AZ21S0201	Applications and Arithmetrical Computations of Vedic Mathematics	Dr. Kishori P. Narayankar
Microbiology (PG Centre)				
322.	Saima Banu	P05BZ21S0056	Phytochemical Analysis and Antimicrobial Activity of <i>Trigonella foenum</i> Graecum	Prof. M. Jayashankar
323.	Shivasubrahmanya B. J.	P05BZ21S0080	Study on antimicrobial properties of foliose lichen extract	Prof. M. Jayashankar
324.	Ann Mariya Paulose	P05BZ21S0021	Antifungal screening of medicinal plants against dandruff associated microflora	Dr. I. K. Manjula
325.	Shishira Kumar N. S.	P05BZ21S0079	Phytochemical, antimicrobial and antioxidant characterization of chogaru syrup used for arecanut processing	Dr. B. S. Gunashree

List of Students Projects with IKS component during 2023-24

Sl. No.	Name of the Student	Register No.	Title of the Project	Name of the Guide
Human Consciousness & Yogic Sciences				
1.	Ramesh	P05AZ22S135020	Effect of yoga therapy on insomnia for old age people	Dr. K. Krishna Sharma
2.	Muthannagari Vishnu	P05AZ22S135021	Case study on the effect of yoga therapy in five female geriatric population	Dr. K. Krishna Sharma
3.	Anita B. Ilakal	P05AZ22S135022	Effect of Yoga Therapy on five subjects	Dr. K. Krishna Sharma
4.	Sudarshana Shrikanth Naik	P05AZ22S135023	Effect of Yogic Practices and Chandrayana Vrata on Lung Function	Dr. K. Krishna Sharma
5.	Indira Agnihothri	P05AZ22S135024	Impact of selected yogic techniques on different clinical symptoms – As Individual Based Detailed case study	Dr. K. Krishna Sharma
6.	Deekshitha K.J.	P05AZ22S135025	A study on the influence of yogic practices on premenstrual syndrome among female	Dr. K. Krishna Sharma
7.	Savitri Hiregoudra	P05AZ22S135026	Effect of yoga therapy on Dysmenorrhea among B.Ed Students	Dr. K. Krishna Sharma
8.	Sushma B. Bangera	P05AZ22S135027	A study on the impact of 30 day yoga therapy on backache and body mass index of female post graduate students in Dakshina Kannada	Dr. K. Krishna Sharma
9.	Sahana Manjunath Gowda	P05AZ22S135028	Effect of yogic practices along with chandrayana vrata on Girth and skinfold thickness in selected subjects of the Mangalagangothri campus	Dr. K. Krishna Sharma
10.	Deepti Padmanabha Bhat	P05AZ22S135029	Effect of Chandrayana vrata along with some specific yogic practice on overall health wellbeing in MU campus people	Dr. K. Krishna Sharma
11.	Raghavendra R O	P05AZ22S135030	A Study on the effect of Chandrayana vrata along with yogic practices on obesity	Dr. K. Krishna Sharma
12.	Vikas	P05AZ22S135031	The Effect of Yogic Practices on overall wellbeing among PG student and Research Scholar	Dr. K. Krishna Sharma
13.	Karthik K.	P05AZ22S135032	Effect of yogic practices on memory power of vedic students	Dr. K. Krishna Sharma
14.	Shivaraj S Awari	P05AZ22S135033	Effect of yoga therapy on quality of sleep	Dr. K. Krishna Sharma
15.	Karthik U	P05AZ22S135034	The effect of yoga therapy on overall health of selected college students.	Dr. K. Krishna Sharma
16.	Madhusmitha K	P05AZ22S135035	A study on the effect of yogic practice on Geriatric health	Dr. K. Krishna Sharma
17.	Roshan R Hegde	P05AZ22S135036	Comparative study of yoga and physical exercise on overall health of BCM boys hostel students	Dr. K. Krishna Sharma

18.	Mamatha B B	P05AZ22S135037	A study on the effects of yoga therapy on perceived stress level management among B.Ed students	Dr. K. Krishna Sharma
19.	Narayan Timalisina	P05AZ22S135038	Effect of yoga on Respiratory health of vedic students	Dr. K. Krishna Sharma
Kannada				
20.	Anusha	POSAZ22A059019	Biodiversity theatres contribution to Kannada Literatures	Dr Somanna
21.	Rajani	POSAZ22A059025	Importance of Ayurveda and Medicinal Plants	Dr Nagappa Gowda R
22.	Brijesh U Ullal	POSAZ22A059026	Taniya worship at Tulunadu, Koraga Community	Dr Somanna
23.	Shankar	P0SAZ22A059028	Shiva devotees funeral customs in Kalyana Karnataka	Dr Somanna
24.	Harshitha S	POSAZ22A059029	Posadi Gumpe- A Cultural Study	Dr. Somanna
Sociology				
25.	Chaithra B	P05AZ22A115012	Economic and Social Status of Adi Dravida Community of 34 Nekkalidi Village	Dr. Sabitha
Analytical Chemistry				
26.	Annapurna Malladad	P05AZ22S009068	Evaluation of Nutritional and Quality Attributes of Treated Sorghum and red Beans	Prof. B. Vishalakshi
27.	Preethi	P05AZ22S009061	Evaluation of Nutritional and Quality Attributes of Treated Barely and Rice	Dr. Suresh N.Kodlady
28.	Sameeksha . Naik	P05AZ22S009056	Evaluation of Nutritional and Quality Attributes of Treated Quinoa and flour	Dr. Suresh N.Kodlady
Biochemistry				
29.	Kavya S N	P05AZ22S020032	Isolation and Characterization of Pectin Extracted from <i>Myristica fragrans</i>	Ms. Anusha U Bhat
30.	Lavyana J D	P05AZ22S020034	Phytochemical screening, Antioxidant assay and extraction of agar from <i>Gracilaria salicornia</i> and <i>Gelidiella acerosa</i>	Dr. Chandrashekar G Joshi
31.	Vaishnavi N Pai	P05AZ22S020035	Comparative Phytochemical analysis of <i>Ficus racemosa</i> fruit wine & fruit extract	Mr. Ramesh K
32.	Gautam Raj	P05AZ22S020037	Synthesis, Characterization & Biological activities of Methanolic extract of <i>Chlorophytum comosum</i> -based Gold Nanoparticles	Ms. Anusha U Bhat
33.	Siddesha A Talpankar	P05AZ22S020040	Phytochemical Screening, in-vitro Antioxidant Assessment and Characterisation of Seaweeds <i>Chaetomorpha aerea</i> and <i>Porphyra indica</i> – a Comparative Study	Dr.Anitha Nagaraju

34.	Rashmitha R Y	P05AZ22S020042	Phytoremediation potential of <i>Pistia stratiotes</i>	Dr.Avila D'Souza
35.	Shyama Prakasha P S	P05AZ22S020043	Green synthesis of ZnO-np from <i>Allium cepa</i> and fabrication and characterization of PVA/lignin/ZnO-NP nanocomposite film	Dr. Niveditha N B
36.	Mamatha	P05AZ22S020044	Phytochemical analysis and synthesis of zinc oxide nanoparticles from <i>Breynia vitis idaea</i>	Dr. Niveditha N B
37.	Arshiya A M	P05AZ22S020045	Evaluation of antimicrobial activity and antidiabetic property of <i>Syzygium aqueum</i> leaf extract	Dr.Avila D'Souza
38.	Tejaswini B M	P05AZ22S020046	Green Synthesis of ZnO Nanoparticles from <i>Caesalpinia mimosoides</i> Lamk and Fabrication of PVA/Collagen/ZnO Nano Composite Film	Dr. Niveditha N B
39.	Charishma P D	P05AZ22S020047	In-vitro Pharmacological activities of strobilathes alternata: A potential drug discovery from nature	Ms. Anusha U Bhat
40.	Madhushree Prabhakar Devadiga	P05AZ22S020048	Synthesis & characterization of copper based nanoparticles from <i>Mangifera indica</i> leaf extract	Ms. Anusha U Bhat
41.	Nikitha	P05AZ22S020050	Evaluation of antimicrobial activity & antidiabetic property of <i>Bryophyllum pinnatum</i> leaf extract	Dr. Avila D'Souza
42.	Basavaraj Laxman Dharwad	P05AZ22S020051	Evaluation of the synergistic antimicrobial efficacy of <i>Citrus limon</i> , <i>Allium cepa</i> , and <i>Ocimum sanctum</i> extracts	Dr Chandrashekar Joshi
43.	Nagapriya	P05AZ22S020052	Nutritional evaluation of local fruits and vegetables	Dr. Avila D'Souza
44.	Poornima	P05AZ22S020053	Phytochemical analysis, synthesis and characterization of Zinc nanoparticles from <i>Lantana camara</i>	Dr. Chandrashekar G Joshi
45.	Arungouda Patil	P05AZ22S020054	Phytochemical Screening, Antioxidant Assay and Extraction of Agar from <i>Kappaphycus alvarezii</i> And <i>Gracilaria edulis</i> ”	Dr. Chandrashekar G Joshi
46.	Shravya	P05AZ22S020055	Biological Activities of <i>Ficus hispida</i> , Synthesis and Characterization of Gold Nanoparticle”	Dr. Chandrashekar G Joshi
47.	Malleswari M	P05AZ22S020056	Phytochemical Analysis and Extraction of Pectin from <i>Limonia acidissima</i> ”	Dr. Anitha Nagaraju
48.	Sanketh Kumar K	P05AZ22S020057	“A Study on Antioxidant and Antibacterial Properties of <i>Cyclea peltata</i> ”	Dr. Anusha U Bhat
49.	Hemanth V	P05AZ22S020058	Phytochemical Analysis and Extraction of Pectin from <i>Garcinia Indica</i>	Dr. Niveditha N B
50.	Yashwanth Naik	P05AZ22S020059	Comparative Phytochemical Screening, in-vitro Antioxidant Assessment and characterisation of Marine Macro-Algae <i>Sargassum polycystum</i> and <i>Turbinaria conoides</i>	Dr.Anitha Nagaraju

51.	Sahana B S	P05AZ22S020060	Isolation And Characterization Of Oil Extracted From Sardine Visceral Waste-A Comparative Study	Dr. Vishakh R.
52.	Apoorva M Pai	P05AZ22S020061	Phytoremediation potential of Water hyacinth (<i>Eichhornia crassipes</i>)”	Dr. Avila D’Souza
53.	Rakesh K M	P05AZ22S020062	Phytochemical Analysis and Green synthesis of Zinc oxide Nanoparticles from <i>Tamarindus indica</i> shell extract	Dr. Niveditha N B
Biosciences				
54.	Akshava K V	P05AZ22S017014	Production, Quality Analysis and isolation of micro organism of wine samples after fermentation of <i>Phyllanthus emblica</i> <i>passiflora</i> and <i>Averrhoa bilimbi</i>	DrLaveena K B
55.	Anagha A T	P05AZ22S017018	Green synthesis characterization and bioactive properties of zinc oxide nano particles using aqueous extracts of <i>Lycopodium cernuum</i> L	Dr.Sharath Chandra
56.	Varshini C T	P05AZ22S017011	Green synthesis and characterization of silver nanoparticles using aqueous extract of mushroom <i>Chlorophyllum rhacodes</i> <i>vitte</i> and its bio active potentials	Dr.Sharath Chandra
57.	Chaithra J	P05AZ22S017016	Anti-microbial activity of selected medicine plants against pathogen isolated from infected <i>Basella alba</i>	Prof. Chandra M
58.	Megha N S	P05AZ22S017013	Antioxidant and antimicrobial activity selected medicinal plants against pathogens isolated from split banana fruit	Prof. Chandra M
59.	Sneha Bhat	P05AZ22S017017	Phytochemical Analysis and bioactive properties of <i>Cissus quadrangularis</i> L	Dr. Laveena K B
Applied Botany				
60.	Prapthi T J	P05AZ22S028018	A study on qualitative and quantitative parameters in the seeds of different varieties of <i>Oryza sativa</i> . L	Dr. A. Ramesh
61.	Anjali Janardhanan	P05AZ22S028019	Isolation and identification Characterization of Microflora of Rhizosphere soil of <i>Mangifera indica</i> and <i>Areca catechu</i>	Dr. A. Ramesh
62.	Shobhitha A Y	P05AZ22S028020	Isolation and characterization of microflora of rhizosphere soil of <i>Hevea brasiliensis</i> and <i>Cocos nucifera</i> L.	Dr. A. Ramesh
63.	Prathvi	P05AZ22S028021	Analysis of vermicompost quality obtained from sugar cane bagasse and paddy straw by <i>Eudrillus eugeniae</i>	Prof. Raju Krishna Chalannavar
64.	Spoorthi	P05AZ22S028022	Analysis of microbial compost quality obtained from arecanut husk and leaf litters of <i>Ficus Carica</i> L	Prof. Raju Krishna Chalannavar
65.	Jeetha Mariya D Souza K	P05AZ22S028023	Wine production and their physico-chemical analysis and economics from fruits and vegetable wastes	Dr. A. Ramesh

66.	Rajalaxmi R Shenoy	P05AZ22S028024	A Study of diversity of endophytic fungi and its Characterization in <i>Streblus asper</i> L	Prof. Raju Krishna Chalannavar
67.	Rashmi	P05AZ22S028025	Plant mediated synthesis and characterization of copper and zinc nanoparticles using <i>Terminalia catappa</i> and its application	Prof. Raju Krishna Chalannavar
68.	Drishya B S	P05AZ22S028026	Water Quality assessment and algal analysis of four different Temple ponds of Kasaragod District of Kerala state	Dr. A. Ramesh
69.	Ananya Ananth N		A study on phytochemical and anti-oxidant properties in <i>Ficus carica</i> L. And <i>Artocarpus hirsutus</i> Lam.	Dr. A. Ramesh
70.		P05AZ22S028027		
71.	Vandana	P05AZ22S028028	Phytochemical screening, antioxidant and antimicrobial Activities of Flower and Leaf Extracts of <i>Mammea suriga</i> (Buch.-Ham. ex Roxb.) Kostrem*	Prof. Raju Krishna Chalannavar
72.	Bhavya S J	P05AZ22S028029	Phytochemical screening, antifungal and antimicrobial activities of <i>Anacardium occidentale</i> L. Leaves	Prof. Raju Krishna Chalannavar
73.	Keerthana Lakshmi	P05AZ22S028030	A study on Phytochemical Analysis and Anti- oxidant properties and growth of commercially important seeds in the leaf extracts of <i>Hopea ponga</i> (D.) Mabb	Dr. A. Ramesh
74.	Guru Kumara. K	P05AZ22S028031	Substrates evaluation for the quality, production and growth of elm oyster mushroom (<i>Hypsizygus ulmarius</i>)	Prof. Raju Krishna Chalannavar
75.	L Govindraj	P05AZ22S028032	A study on the effect of urea fertilizer application on nodulation in legumes of (<i>Vigna unguiculate</i> (L) walp)	Dr. A. Ramesh
Microbiology				
76.	Akshatha N	P05AZ220S132057	Isolation and identification of Endophytic Fungi from <i>Moringa oleifera</i> leaves	Dr.Nannu Safakatullah
77.	Ankitha	P05AZ220S132075	Characterization of Marine Bacterial from Malpe sea Water with its bioactive Potential	Mrs. Annapoorna
78.	Ashwith Rai	P05AZ220S132082	Characterization of Entophytic bacteria and fungi from <i>Hibiscus rosa sinensis</i> Biochemical and Antimicrobial Activity	Dr.Sushma K S
79.	Aysha Shania	P05AZ220S132082	Phytochemical Analysis and Antibacterial properties of Pomegranate peel Extracts	Ms.Athira Pattolath
80.	Keerthi	P05AZ220S132082	Identification of Marine Bacteria using MALDI-TOF and Bioactive potential	Mrs. Annapoorna

81.	Latha M S	P05AZ220S132082	Isolation and Identification of Garden Soil Bacterial With Mosquitos Larvicidal and Antipathologic Activities	Dr.Nannu Safakatullah
82.	Nishanth Kumar	P05AZ220S132082	Isolation and Identification of Bacteria From Mangrove soil	Dr.Nannu Safakatullah
83.	Pooja	P05AZ220S132082	Isolation and Identification of Marine Bacteria from Kodi Beach using MALDI-TOF and Bioactive potential	Mrs. Annapoorna
84.	Ruthu Ann Fernandies	P05AZ220S132082	Microbial Analysis of Cow Urine	Dr.Sushma K S
85.	Servesh Pednekar	P05AZ220S132082	Evaluation of Medicated and Non Medicated Soaps for Antibacterial Effects on Skin Microbiota	Dr.Sushma K S
86.	Shafina Fathima A	P05AZ220S132082	Antibacterial Properties and Phytochemical Analysis of <i>Citrus limon</i> peel extracts	Ms.Athira Pattolath
87.	Sourav S Naik	P05AZ220S132082	Effective ness of Natural Substances on Gram Positive and Gram Negative Bactria Isolated from Human Skin	Mrs. Annapoorna
88.	Vaishnavi	P05AZ220S132082	Antibacterial properties and Phytochemical analysis of Areca catechu seeds	Ms.Athira Pattolath
89.	Vaishnavi	P05AZ220S132082	Isolation and Identification of Bacteria from <i>Mimosa pudica</i> Rhizosphere Soil with Weed Control and Antipathogenic Activities	Dr.Nannu Safakatullah

Physical Education

90.	Mahesh K	P05AZ22E011015	A comparative study on core muscle strength and postural balance among Kabaddi and Kho-Kho players.	Dr. Haridas Kuloor
91.	Moksha B	P05AZ22E011016	A comparative study on selected psycho-physical fitness components of Female Kabaddi and Kho-Kho players.	Dr. Chidanada A
92.	Sourabha	P05AZ22E011018	A comparative study on personality traits among Kabaddi players at different levels in Udupi and Dakshina Kannada districts.	Dr. Chidanada A
93.	Chethan Kumar G R	P05AZ22E011036	A Comparative Study on Physical Fitness Components of South Zone Interuniversity Kho-Kho Players and Long-Distance Athletes at Mangalore University.	Miss. Sowmya

Workshops organised with components on IKS

2021-22			
Sl. No.	Date	Program Title	Organized By
1	2021	Yoga Therapy Camps BCM Girls Hostel, Konaje	Dharma Nidhi Yoga Peetha
2	2021	Yoga Therapy Suvarna Men's Hostel, Mangalore University.	Dharma Nidhi Yoga Peetha
3	2021	Yoga Therapy Women's hostel, Mangalore University	Dharma Nidhi Yoga Peetha
4	22-01-2021	Yakshagana Training Programme Inauguration	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
5	05-02-2021 & 06-02-2021	Gender Champions Workshop	UGC Centre for Women's Studies
6	08-02-2021	Yaksha Natya' Performance	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
7	21-02-2021	World Native Languages Day	Beary Adhyayana Peetha
8	05-03-2021	Seminar –Ratnakara varniya Bharatesha vaibhava tatvika niluvugala parishilane	Jaina Kavi Rathnakaravarni Adhyayana Peetha
9	08-03-2021	Kanaka Thathva Chinthana –Kanakadasara Kruthigalalli Pradeshikate	Kanakadasa Research Centre
10	09-03-2021	Workshop on Preventing Sexual Harassment in Educational Institutions for Non-Teaching Staff	UGC Centre for Women's Studies
11	10-03-2021	Preventing Sexual Harassment in Educational Institutions Workshop for Teaching Faculty	UGC Centre for Women's Studies
12	12-03-2021	Kanaka Thathva Chinthana – Kanakadasara Kruthigalalli Pradeshikate	Kanakadasa Research Centre
13	23-05-2021	Kanaka Thathva Chinthana - "Tallanisadiru Kandya Thalu Manave" State level 'Poet-Meet' Virtual Programme	Kanakadasa Research Centre
14	02-06-2021	Beary Ithihasadalli Ichlangodu Hejje Guruthu	Beary Adhyayana Peetha
15	22 to 27 June 2021	International Webinar on Yoga	Dharma Nidhi Yoga Peetha
16	28-07-2021	Kanaka Thathva Chinthana – Kanakadasara Sahityadalli Jeevana Moulyagalu	Kanakadasa Research Centre
17	30-07-2021	Beary Jananga Mathu Covidothara Shikshana	Beary Adhyayana Peetha
18	22-08-2021 05-09-2021 12-09-2021 19-09-2021	Kanaka Thathva Chinthana - Through All India Radio Mangalore Station	Kanakadasa Research Centre

19	10.09.2021	Ganesh Chaturthi	DSW
20	03-10-2021	Beary Language Day	Beary Adhyayana Peetha
21	2.10.2021	Birth Anniversary of Mahatma Gandhi, Swachhatha Abhiyan, Plantation Drive and Distribution of Furniture and Face mask to the Adopted Schools	NSS
22	08-10-2021	Kanaka Keerthana Gangothri	Kanakadasa Research Centre
23	16 th to 19 th October 2021	Kanakabhiyana	Kanakadasa Research Centre
24	01.11.2021	Kannada Rajyostava	Kannada Department
25	23-11-2021	Kanaka Thathva Chinthana – Kanakadasara Kavya : Kannada Samsthika Abivyakthi	Kanakadasa Research Centre
26	21-12-2021	Beary Saahithya: Nele – Bele	Beary Adhyayana Peetha
27	19.07.2021	“Dr Siddalingayya Badhuku Baraha” - Seminar	Kannada Department
28	09-07-2021	Guruvina Guruthu- Nudi Kannadi	Brahmashri Narayana Guru Adhyayana Peetha
29	15.09.2021 to 17.09.2021	Kannada Vijnana Sammelana	Kannada Department
30	10.11.2021	Kannada Dindima Rajyostava Sambrama	Kannada Department
31	16 – 19, November 2021	Kanakadasa Jayanti	Kanaka Peta
32	29.12.2021	Kuvempu Janmadinacharane	Kannada Department
33	21.02.2022	Mathru Bhasha Divas	Jnanacauvery Chikka Alivara
34	26.07.2022	Kargil Vijay Divas	Department of Physical Education
2022-23			
35	21.02.2022	Matra Bhasha Divas	Kannada Department
36	22-02-2022	Kanaka Thathvachintanalectrure series and Musical programme - Kanaka Mattu Navu Badukuva Kaala	Kanakadasa Research Centre
37	11-03-2022	One Act Play –on Transgender Akkai Padmashali's Life	UGC Centre for Women's Studies
38	16-03-2022	Yaksha -Natya Training Programme Inaguration 2021-22	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
39	31-03-2022	Special leacture-Ratnakaravarni Bharatesha vaibhava avalokana	Jaina Kavi Rathnakaravarni Adhyayana Peetha
40	05-04-2022	Kanaka Smruthi – Kanakadasara Keerthanegalalli Sahithya Mattu Sangeethada Sammilana	Kanakadasa Research Centre
41	17 th April to 5 th June 2022	Kanaka Thathva Chinthana	Kanakadasa Research Centre
42	9 – 10 June 2022	National Seminar on Yoga	Dharma Nidhi Yoga Peetha

43	29.06.2022	Basavaraj Kattimani Kadambari Prashasti Pradana Samaramba	Kannada Department
44	22-23 July 2022	2 Days Conference - Kanaka Mane Mane Tanaka Kanaka Sahitya Sameelana	Kanakadasa Research Centre
45	23-07-2022	‘Sudhanva Moksha’ Performance	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
46	28.07.2022	Gandhi Chintana Karyakrama	Kannada Department
47	11.08.2022 to 12.08.2022	“Swathantra Chaluvallige Karavaliya Spandana” Two day National Seminar	Kannada Department
48	07-08-2022 to 14-08-2022	Special lecture vaachana vyakhyana- Bharatesha vaibhava	Jaina Kavi Rathnakaravarni Adhyayana Peetha
49	18-08-2022	Kanaka thathvachintana Lecutre Series – Kanakadasaru Mattu SamagikaNayaya	Kanakadasa Research Centre
50	03-10-2022	Beary Language Day	Beary Adhyayana Peetha
51	09-10-2021	Yaksha Banna 2021: ‘Workshop on Yakshagana Costume’	N. G. Pavanje Chair in Fine Arts
52	10-10-2022	Inter-collegiate Speech Competition	Dr. K. Shivarama Karantha Peetha
53	10-10-2022	Special lecture on “Dr. Shivarama Karantha- A distinguished great personality of a century”	Dr. K. Shivarama Karantha Peetha
54	10-10-2022	Karantha nudinamana: One day Conference	Dr. K. Shivarama Karantha Peetha
55	28.10.2022	Koti Kanta Gayana Karyakrama	Kannada Department
56	01.11.2022	Kannada Rajyostava	Kannada Department
57	18-11-2022	Workshop on Life Skills	UGC Centre for Women’s Studies
58	18-11-2022	Kanaka Thvachintana lecture series – inauguration and Conference	Kanakadasa Research Centre
59	24.11.2022	Barisu Kannada Dindimava – Kannada Rajyostava Karyakrama	Kannada Department
60	30-11-2022	Yakshagana tala maddale “veera vanithe abbakka”	Dr. K. Shivarama Karantha Peetha
61	16.12.2022	Kargil Vijay Diwas	Department of Physical Education
62	21.12.2022	Acharya HampanaVirachita English GranthaOndu Anusandana	Kannada Department
63	23-12-2022	‘Yakshamargamukura’: Workshop on Yakshanatya	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
64	29.12.2022	Kuvempu Janma Dinacharaneya Upanyasa Karyakrama	Kannada Department
2023-24			
65	02-01-2023	Kanaka Tattvachintana – Lecture Series, Kanaka Kirtana Singing, Kanaka Nritya Sankirtana, Essay Writing Competition Program	Kanakadasa Research Centre

66	13.01.2023	Lion's Kannada Kalarava – Kannada Saamskruthika –Saahitya Samagama	Kannada Department
67	24.01.2023	Seminar –Ambigara chowdaiahnavara raratra matta vichara sankirana	Ambigara Chowdaiah Adhyayana Peetha
68	14-02-2023	Kanaka Kirtana Gangotri	Kanakadasa Research Centre
69	03-03-2023	Kanaka Smriti	Kanakadasa Research Centre
70	09-03-2023	Yaksha -Natya Training Programme Inaguration 2022-23	Dr. P. Dayananda Pai & Sri. P. Sathish Pai Yakshagana Adhyayana Kendra
71	17.03.2023	Kannada Sahithya Sammelana	Kannada Department
72	07.03.2023	Samskruti Siri- 2023	Kannada Department
73	11-03-2023	Beary Culture – “Paala Book Release”	Beary Adhyayana Peetha
74	19.05.2023	National level Seminar- Ambigara chowdaiah : vachana meemamse	Ambigara Chowdaiah Adhyayana Peetha
75	11.07.2023	UragaTajnarodige Samvaada	Kannada Department
76	30.08.2023	“Lekha Lokha 9”- Lekhakiyara Baduku Mattu Baraha Kurita Karyakrama	Kannada Department
77	16-09-2023	Guru Jayanthi and Narayana Guru Research Award function and Special Lecture programme	Brahmashri Narayana Guru Adhyayana Peetha
78	10.10.2023	Dr. Shivrama Karanthara Nenapu	Kannada Department
79	18.10.2023	Kannada Saahitya Charithre: Prarambika Prayathnagalu	Kannada Department
80	02.10.2023	Birth Anniversary of Mahatma Gandhi, Swachchatha Abhiyan	NSS
81	10-10-2023	One day Conference on “Karantha:baraha baduku”	Dr. K. Shivarama Karantha Peetha
82	18-11-2022	One day National Seminar – Kanakadasara Nuthana Padaprayoga Kanakadasara Keerthanegalalli Vidyakiya Amshagalu	Kanakadasa Research Centre
83	13.12.2023	Ambigara chowdaiahnavara anthara college vidyarthiupanyasa sparde	Ambigara Chowdaiah Adhyayana Peetha
84	12.01.2024	Swami Vivekananda Birth Anniversary	Vivekananda Study Center
85	14.04.2024	Dr. B. R. Ambedkar Birth Anniversary	SC ST Cell
86	04.12.2023	“Barathiya Santha Parampare” One day seminar	Kannada Department
87	17.01.2024	“Mahabharatha Anusandana Mattu Bharatha Yatre” One day Seminar	Kannada Department
88	19.01.2024	Samskruthisiri – 2024	Kannada Department
89	24.01.2024	“Vidwan Ammembala Shankaranarayana Navada Saahitya Prashasti Pradana” One day Seminar	Kannada Department
2024-25			
90	16.11.2024	Guruchinthana Yuva Manthana	Online Lecture
91		Kanaka Tatva Chinthana	Kanaka Research Center
92	21.11.2024	Kanaka Keerthana	Kanaka Research Center

93	21.06.2024	World Yoga Day	Department Of Yogic Sciences
94	23.08.2024	Shree Narayana Guru Birth Anniversary	Narayana Guru Adhyanana Peta
95	01.10.2024	Neharu's democretic concerns	Neharu Chintana Kendra and MGM Udupi
96	02.10.2024	Gandhi Jayanthi	National comemorative day
97	03.10.2024	Gandhi smrithi	Political Science Department