ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
MANGALORE UNIVERSITY
(Accredited by NAAC Grade)

ಕ್ರಮಾಂಕ/No. : MU/ACC/CR.4/2024-25/A2

ಕುಲಸಚಿವರಕಛೇರಿ
ಮಂಗಳಗಂಗೋತ್ರಿ – 574 199
Office of the Registrar
Mangalagangothri – 574 199
ದಿನಾಂಕ/Date:19.08.2024

NOTIFICATION

Sub: Revised syllabus of M.Sc. Yogic Sciences programme.
Ref: Academic Council approval vide agenda
No.: ಎಸಿಸಿ:ಶೈ.ಮ.ವಿ.ಸ.2:8 (2024-25) dtd 06.08.204.

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The Revised syllabus of M.Sc. Yogic Science programme which is approved by the Academic Council at its meeting held on 06.08.2024 is hereby notified for implementation with effect from the academic year 2024-25.

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

REGISTRAR

To,

1. The Registrar (Evaluation), Mangalore University.
2. The Chairman, Dept. of Human Consciousness and Yogic Sciences, Mangalore University.
3. The Chairman, PG BOS in Yogic Sciences, Dept. of Human Consciousness and Yogic Sciences, Mangalore University.
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

Accredited by NAAC

M.Sc. YOGIC SCIENCE

SYLLABUS (Updated) FOR CBCS SCHEME

2024

Department of Human Consciousness & Yogic Sciences
Mangalore University
Mangalagangothri – 574 199

Introduction:

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	Crtds	Total Crds	No.of Paper	Crtds	Total Crtds	No. of Paper	Crtds	Total Crtds	Crtds	Total Crtds
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

M.Sc Yogic Science (Specialisation: Yoga Therapy) – From 2024

I SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSH101	Hard Core	FOUNDATION OF YOGIC SCIENCE-I	04
YSH102	Hard Core	FOUNDATION OF YOGIC SCIENCE-II	04
YSH103	Hard Core	BASICS RELEVANT TO YOGIC SCIENCE-I	04
YSH104	Hard Core	HUMAN BIOLOGY – I	04
YSP105	Hard Core	PRACTICAL – I: KRIYAS AND ASANAS	04
YSP106	Hard Core	PRACTICAL – II: ASANAS	04
		ONE MONTH INTERNSHIP	

II SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSH201	Hard Core	FOUNDATION OF YOGIC SCIENCE-III	04
YSH202	Hard Core	BASICS RELEVANT TO YOGIC SCIENCE – II	04
YSH203	Hard Core	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I	04
YSH204	Hard Core	HUMAN BIOLOGY – II	04
YSP205	Soft Core	PRACTICAL – III: KRIYAS AND ASANAS	03
YSP206	Soft Core	PRACTICAL – IV: ASANAS	03
YSE207	Soft Core	OPEN ELETIVE PAPER:YOGA FOR PERSONAL HEALTH	03
YSE208	Soft Core	OPEN ELECTIVE PAPER:YOGA FOR PERSONALITY DEVELOPMENT	03
		TWO MONTHS INTERNSHIP	

SPECIALISATION A: YOGA THERAPY

III SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSH301A	Hard Core	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II	04
YSS302A	Soft Core	BASICPRINCIPLES OF YOGA THERAPY	03
YSS303A	Soft Core	MODERN APPROACH OF HEALTH SYSTEM	03
YSS304A	Soft Core	YOGA THERAPY PRACTICES	03
YSP305A	Soft Core	PRACTICAL – V: BANDHAS AND MUDRAS	03
YSP306A	Hard Core	PRACTICAL – VI: PRANAYAMA & MEDITATION	04
YSE307	Soft Core	OPEN ELETIVE PAPER: SCIENTIFIC APPROACH OF YOGA	03
YSE308	Soft Core	OPEN ELECTIVE PAPER:YOGA FOR STRESS MANAGEMENT	03
		ONE MONTH INTERNSHIP	

IV SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSS401A	Soft Core	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I	03
YSS402A	Soft Core	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II	03
YSS403A	Soft Core	SCIENTIFIC STUDIES IN YOGIC SCIENCE - III	03
YSP404A	Soft Core	PRACTICAL – VII: ADVANCED PRACTICES	03
YSP405A	Soft Core	PRACTICAL - VIII:INTERNSHIP	03
YSP406A		PROJECT WORK / DISSERTATION	05

M.Sc Yogic Science Specialisation A: Yoga Therapy Specialisation B: Yoga Spirituality

III SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSH301B	Hard Core	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II	04
YSS302B	Soft Core	BASICS OF YOGA AND SPIRITUALITY -I	03
YSS303B	Soft Core	BASICS OF YOGA AND SPIRITUALITY - II	03
YSS304B	Soft Core	YSS304B YOGA AND SPIRITUALITY FOR HEALTH	03
YSP305B	Soft Core	PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS	03
YSP306B	Hard Core	PRACTICAL – VI: PRANAYAMA & MEDITATION	04
YSE307	Soft Core	OPEN ELETIVE PAPER: SCIENTIFIC APPROACH OF YOGA	03
YSE308	Soft Core	OPEN ELECTIVE PAPER:YOGA FOR STRESS MANAGEMENT	03
		ONE MONTH INTERNSHIP	

IV SEMESTER

Course Code	Hard Core/ Soft Core	Course Title	Credits
YSS401B	Soft Core	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I	03
YSS402B	Soft Core	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II	03
YSS403B	Soft Core	APPLIED SPIRITUALITY	03
YSP404B	Soft Core	PRACTICAL- X: ADVANCED STUDY OF PRANAYAMA &MEDITATION	03
YSP405B	Soft Core	PRACTICAL - VIII: INTERNSHIP	03
YSP406B		PROJECT WORK / DISSERTATION	05

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 / 8 marks 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 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

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 BASIC PRINCIPLES 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, Sukshmavishayatwa, 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, Drsya 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 Culcatta 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 RoadWheaton, 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.

YSH102 **FOUNDATION OF YOGIC SCIENCE-II**

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, Hathayogi parampara, 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 as base for all Yoga.
2) Results of Kundalini Prabodha, 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) Shambhavi mudra, Unmani, Khechari, Nadanusandhana, Characterstics 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 DevanagariVarnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
2) Sanskrit words – classification of Sanskrit words, Subantas-Ajanthaand 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 , Delhi110032.
2. H. Kumar Kaul. (1994). *Aspects of Yoga.*Delhi:B.R. Publishing CorporationNew Delhi, Delhi, 110002India.
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4. Pt. Gomti Prasad Shastri Mishra. (2012). *Laghu Siddhanta Kaumudi* (2012 ed.). Varanasi:Chaukhambha surbharati PrakashanVaranasi, Uttar Pradesh 221001.
5. Swami Atmananda. (1966). *The Four Yogas.*Mumbai:Bharatiya Vidya Bhavan Mumbai 400034.
6. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, 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 YogaMunger, 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 MandiramChennai, Tamil Nadu 600028.
11. Vidyasagar K L V Sastri, & Pt. L. Anantarama Sastri. (2001). *DhatuManjari.*Palakkad:R S Vadhyar and SonsPalakkad, 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&Physiologyof Blood, ImmuneSystem&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 PublicationsDelhi - 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 Jersy: 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, Bhekasana
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. Dhirendra 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.
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9. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita.*Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
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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, Padahastasana
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 , Bhujapeedasana
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. DhirendraBrahmachari. (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.
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9. Swami SatyanandaSaraswati. (2013). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga Bihar811201.
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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, Practisingmethods 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, Conducivesfor 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 ChavadyPondichery.
3. Swami Adidevananda. (2014). *ಪಾತಂಜಲಯೋಗದರ್ಶನ: Patanjal Yoga Darshan (Kannada).*Mysore:Shri Ramkrishna Ashram Mysore, Karnataka 570002.
4. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.).Lonavala: KaivalyadhamaLonavla, Maharashtra 410403.
5. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita.*Lonavala: KaivalyadhamaLonavla, 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 PublicationsDelhi - 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 PublicationMangalore-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 LtdNew Delhi - 110 002.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.).Lonavala: KaivalyadhamaLonavla, Maharashtra 410403.
8. Swami Digambarji, & M L Gharote. (1997). *Gheranda Samhita.*Lonavla:KaivalyadhamaLonavla, 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, Accupunture, Pranic Healing, Reckhi.
2) Meditational Techniques-Vipasana, Preksha, Transcendental
3) Introduction to Yoga traditions – Krishanamacharaya, 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 mbn ethods
4) Relavance 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 Banarsidass110007Jawahar Nagar, Delhi.
2. Isvara Krsna. (1995). *Samkhya Karika.* (Swami Virupakshananda, Ed.) Kolkatta: Advaita AshramaKolkata, West Bengal 700014.
3. Iswara Krishna. (2007). *Sankhya Karika And The Bhashya; Or Commentary Of Gaudapada.*Montana:Kessinger Pub CoMontana, 59937, United States.
4. J.C. Aggarwal. (2010). *Principles, Methods and Techniques of Teaching* (2 ed.). Chennai:Vikas Publication House Pvt LtdChennai, 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 Jersy,221 River St, Hoboken, NJ 07030, United States.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadiswarkrishnavirchit).*Delhi:Motilal BanarsidassJawahar Nagar, DelhiDelhi, 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 BhavanMumbai 400034.
12. Swami Jnanananda. (1938). *The Philosophy of Yoga.*Jaipur:Bachubhai RawatJaipur, Rajasthan 302004.
13. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought.*Rishikesh:Divine Life SocietyRishikesh, 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 harmone, 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 harmones; 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, proteis 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 Publications4805/24, 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 1*(13 ed.). New Delhi: CBS Publishers & Distributors Pvt Ltd, New Delhi, Delhi 110002 India.
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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,Jatharaparivartha
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. Dhirendra 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.

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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. Dhirendra 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 Mitahara andPathyapathya, 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.
7. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). New Delhi: Picador,Delhi 110001 India.
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 Pathanjala Yogasutra - 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 Suite507Bel Air, CA 90077.
5. Chandradhar Sharma. (2016). A Critical Survey of Indian Philosophy (14 ed.). Delhi: Motilal Banarsidass, Delhi, 110007 New Delhi.
6. HariharanandaAranya. (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: Patanjal 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 Delhi110011.
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, Anubandhachatustaya, Subject matter, Qualification for study of Jnana Yoga.
2) Guru, Adhyasa, Samasti and 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) Nadabindu upanishat
2) Dhyanabindu upanishat
3) Kathopanishat
4) Shwethshwatara upanishat

III Yogic methods in Yogavasistha 15 Hrs

1) Citta, its qualities, Cittavikaras, Cittacikitsa.
2) Manas, Rupa, Existance, 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. Nikhilannda, 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 (Srimadiswarkrishnavirchit).*New Delhi: Motilal Banarsidass, New Delhi,110007 India.
9. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought.*Rishikesh: Divine Life Society, Rishikesh,P.O: Shivanandanagar, District, Muni Ki Reti, Rishikesh, Uttarakhand 249192 India.
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, 110007India.
12. Valmiki. (2006). *The Yogavasistha.* (Vasudeva Laxmana Sharma Pansikar, Ed.) New Delhi: Motilal Banarsidass Publishers New Delhi,110007 India.

YSS302A **BASIC PRINCIPLES 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) Sadvimsatitatva 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, Vipaka and 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: Chaukhambha 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, Treatmentwith 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 110002New 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 10121New 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, 110007India.

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.
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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.
14. 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 Extention, Kempegowda Nagar, Bengaluru, Karnataka 560019.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador Delhi 110001India.
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 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 **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 110001India.
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.
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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 Sadvimsathitattva theory, Pancakosa theory, Tridosa 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. Sadvimsatitatva theory
4. Application of the three theories.

II Principles of Yoga Therapy **15 Hrs**

1) Dinacarya, Sadvrtta.
2) Abhyanga,Vyayama
3) Rtucarya
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, ChittaVikshepa and its impacts, principles and practices of positive mental health in Yoga.

UNIT III: **Stress management through Yoga 15 Hrs**

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 McGarw 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 SatyanandaSaraswati (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, MotilalBanarsidass 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 reseach 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 tendancy, 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. Iyangar, B.K.S. (2013). *Light on Pranayama.*New Delhi: Harper Collins ,New Delhi - 201307.
4. Iyyengar, 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 Intership:

- 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, Anubandhachatustaya, 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) Nadabindupanishat
2) Dhyanabindhupanishat
3) Kathopanishat
4) Shwethshwataraupanishat

III Yogic methods in Yogavasistha 15 Hrs

1) Citta, its qualities, Cittavikaras, Cittacikitsa.
2) Manas, Rupa, Existance, 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 Banarasidass 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.
5. Harshananda, S. (1995). *Vedanta-sara of Sadananda.* Mysore: Shri Ramakrishna Ashrama Publications, Yadavagiri, Mysore-5700020.
6. Jnanananda, S. (1938). *Philosophy of Yoga.*Kolkatta: Sri Ramakrishna Publications, Calcutta-711202.
7. Krishna, I. (2000). *Sankhyakarika.*Delhi: Parimala Publication, Delhi-110007.
8. Krishnananda, S. (2009). *A Short History of Religions and Philosophic Thought in India.*Rishikesh: Divine Life Society, Shivanandanagar, Rishikesh-249192.
9. Kuvalayananda, S. (1971). *Asanas.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala-410403.
10. Kuvalayananda, S. (1978). *Pranayama.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala-410403.
11. Mahadeva, P. (2000). *Yogopanishas.* Madras: Adyar Library and B. A. Research Center, Adyar, Madras-600020.

12. Nagendra, H. (2011). *Basis and Applications of Yoga (Hindi)* (2 ed.). Bangalore: Swami Vivekananda Yoga Prakashana, Bangalore-560019.

13. Nikhilananda, S. (2006). *Vedanta-sara of Sadananda Yogindra* (13 ed.). Calcutta: Advaita Ashram, 5th Delhi Entally Road, Calcutta-700014.

14. Pathak, B. (n.d.). *Dashopanishath.* Varanasi: Chaukamba Oriental Series, Varanasi-221001.

15. Radhakrishnan, S. (2015). *The Bhagavadgita* (New Edition ed.). New York : HarperCollins, New York, NY 10007, United States.

16. Sarasvati, S. (n.d.). *Sadhana.*Munger: Bihar School Of Yoga, Munger - 811201.

17. Saraswati, S. (1978). *Shivayogadipika.* Pune: Anandashrama Granthavali, Pune-410403.

18. Saraswati, S. (2002). *Yoga Darshan: Vision of the Yoga Upanishads.* Munger: Bihar School Of Yoga, Munger - 811201.

19. Saraswati, S. (2006). *Sure Ways to Self Realization.* Munger: Bihar School Of Yoga, Munger - 811201.

20. Sharma, C. (2000). *A Critical Survey of Indian Philosophy* (14 ed.).Delhi: Motilal Banarsidass, Delhi-110007.

21. Shivananda, S. (1994). *Kundalini Yoga* (10 ed.). Rishikesh: The Divine Life Society P.O. Shivanandanagar—249 192 Distt. Tehri-Garhwal, Uttarakhand.

22. Valmiki, S. (n.d.). *Yoga Vasista (Volume 1, 2).*Delhi: Munshiram Manoharlal Publisher Pvt. Ltd. New Delhi-110002.

23. Woodroffe, J. (2003). *The Serpent Power.* Madras: Ganesh & Co. Madras-600094.

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.
3. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
4. Digambarji, S., & Jha, P. (1998). *Hathpradipika.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
5. Krishna, I. (2000). *Sankhya Karika.*Delhi : Parimala Publication, Delhi-110007.
6. Maharaj, O. (2013). *Patanjal Yog Pradeep.*Gorakhpur : Geeta Press Gorakhpur,Uttar Pradesh 273001.
7. Nitin, M. (1999). *The Science of Enlightenment: Enlightenment, Liberation and God - A Scientific Explanation* (1 ed.). New York : D.K. Print World Ltd.
8. Pathak, B. (n.d.). *Dashopanishath.* Varanasi: Chaukamba Oriental Series, Varanasi-221001.
9. Radhakrishnan, S. (1948). *Bhagavadgeetha.*New Delhi : Harper Collins ,New Delhi - 201307.
10. Ranganathananda, S. (1984). *Science and Spirituality* (2 ed.). Mumbai ; Bharatiya Vidya Bhavan, 505, Sane Guruji Marg, Near Gora Gandhi Compound, Dadal Estate, Bane Compound, Tardeo, Mumbai, Maharashtra 400034.
11. Ranganathananda, S. (2007). *Message of Upanishads.*Mumbai: Bharatiya Vidyabhavan, Bombey-400058.
12. Sharma, C. (2000). *A Critical Survey of Indian Philosophy* (14 ed.). New Delhi : Motilal Banarsidass, Delhi-110007.
13. Sivananda, S. (2009). *Sadhana: A Textbook of The Psychology And Practice of The Techniques of Spiritual Perfection.* Rishikesh: Divine Life Society, Shivanandanagar, Rishikesh, Uttarakhand 249192.
14. Vivekananda, S. (1998). *Rajayoga.* Calcutta: Advaitha Ashrama Publications-700014.

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, Dhyanobindupanisat, Pranavopanisat 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.
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17. Shivananda, S. (1994). *Kundalini Yoga* (10 ed.). Rishikesh: The Divine Life Society P.O. Shivanandanagar—249 192 Distt. Tehri-Garhwal, Uttarakhand.
18. Sivananda, S. (2009). *Sadhana: A Textbook Of The Psychology And Practice Of The Techniques Of Spiritual Perfection.* Rishikesh: Divine Life Society, Rishikesh,P.O: Shivanandanagar, District, Muni Ki Reti, Rishikesh, Uttarakhand 249192.

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 managementand Development **15 Hrs**

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

II. Lifestyle **15 Hrs**

1) Brahmacarya
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, Sigru.

Reference Books

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2. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
3. Digambarji, S., & Jha, P. (1998). *Hathpradipika.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
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5. Mehta, R. (2007). *Fasting A Unique Remedy for A Hundred Ailments* (1 ed.). Mumbai : Navaneeth Educational Limit, Mumbai-400028.
6. Pathak, B. (n.d.). *Dashopanishath.* Varanasi: Chaukamba Oriental Series, Varanasi-221001.
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8. Shivananda, S. (2003). *Spiritual Lessons.*Rishikesh: Divine Life Society, Shivananandanagar, rishikesh -249192.
9. Shivananda, S. (2004). *Guru Bhakti Yoga* (1 ed.). Rishikesh : The Divine Life Society, P.O. Shivanandanagar—249 192.
10. Sivananda Swami. (2004). *How to Live Hundred Years.*Rishikesh : Divine Life Society, Rishikesh, Uttarakhand 249192India .
11. Sivananda, S. (2009). *Religious Education* (5 ed.). Rishikesh: Divine Life Society, shivananda nagar Rishikesh -249192.
12. Sivananda, S. (2009). *Sadhana: A Textbook Of The Psychology And Practice Of The Techniques Of Spiritual Perfection.* Rishikesh: Divine Life Society, Shivanandanagar, Rishikesh,Uttarakhand 249192.
13. Time-Life Books. (1997). *Medical Advisor: The Complete Guide to Alternative and Conventional Treatments.* Time-life Books.
14. Vivekananda, S. (1998). *Rajayoga.* Calcutta: Advaitha Ashrama Publications, Culcutta-700014.

YSP305B **PRACTICAL 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.
2. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
3. Digambarji, S., & Jha, P. (1998). *Hathpradipika.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
4. Ghore, M. (2008). *Yogic Therapy - Its Basic Principles and Methods* (1 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
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7. Jois, K. (2019). *Yoga Mala.*New York : Macmillan, New York City,Equitable Life Building, 120 Broadway, New York, NY 10271, United States.
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9. Nagendra, H. (2018). *Pranayama - The Art and Science.* (1 ed.). Bangalore : Swami Vivekananda Yoga Prakashana , Bangalore - 560105.
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11. Sarasvathi, S. (2004). *Yoga and Kriya: A Systematic Course in the Ancient Tantric Techniques.*Delhi : Nesma Books India.
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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.
3. Ghore, M. (2008). *Yogic Therapy - Its Basic Principles and Methods* (1 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403Pune.
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11. Saraswati Swami Satyananda. (2013). *Asana Pranayama Mudra Bandha.*Munger : Bihar School of Yoga, Munger - 811201.

- **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 reseach 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 tendancy, 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.

4. H. R. Nagendra. (1980). *New Horizons In Modern Medicine A Booklet on Yoga Therapy.*Bangalore : Vivekananda Kendra Bangalore,787/A , 8th Cross, Triveni Main Rd, Divanarapalya, Mathikere, Bengaluru, Karnataka 560054.

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.

8. Prof. R. S. Bhogal. Yoga Mimamsa. *Yoga Mīmāṃsā (YM), 1-52*. Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403 Pune.

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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 and Behaviour

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

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 and Behaviour

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
4) Kaivalya

Reference Books

1. Dange, S. (1992). *Divine hymns and ancient thoughtrgveda 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.
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10. Stagner, R., & Solley, C. (1970). *Basic Psychology.*New York : McGraw-Hill,Marjie Sullivan, PreK-12. Central New York.
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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.

1. Dange, S. (1992). *Divine hymns and ancient thoughtrgveda hymns and ancient thought.*New Delhi : Navrang Publishers, Delhi,R B-6, Inderpuri, New Delhi, Delhi 110012 India.
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4. Dr. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III.*New Delhi :Chaukhambha Publications, Delhi,110002 India.
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YSP404B **PRACTICAL-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) Tejodhyana

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.
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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.
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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 Intership:

- 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

YSP406B **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 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

……..

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.

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