ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
MANGALORE UNIVERSITY
(Accredited by NAAC)

ಕ್ರಮಾಂಕ/ No. : MU/ACC/CR 10/2023-24/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ
ಮಂಗಳಗಂಗೋತ್ರಿ – 574 199
Office of the Registrar
Mangalagangothri – 574 199
ದಿನಾಂಕ/Date:10.10.2023

NOTIFICATION

Sub: Introduction of New Open Elective courses in M.Sc. Yogic Science Programme

Ref: Academic Council approval vide agenda No.: ಎಸಿಸಿ: ಶೈ.ಮ.ಸಾ.ಸ.2:12(2023-24) dtd 04.10.2023.

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The syllabus of new Open Elective courses in II and III Semester of M.Sc. in Yogic Science programme which is approved by the Academic Council at its meeting held on 04.10.2023 is hereby notified for implementation with effect from the academic year 2023-24 and onwards.

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, PG BOS in Yogic Science, Dept. of Human Consciousness & Yogic Sciences, Mangalore University.
3. The Chairman, Dept. of Human Consciousness & 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.

Yogic Science Open Elective Paper for II[nd] Semester

Title of the Course: Yoga for Personality and Behavioural Development

Learning objectives:

- To understand the personality and human behaviour along with its abnormality.
- To learn about different yogic practices that shape personality and behaviour of an individual.
- To understand the principle of yoga and its influence over an individual's personality and behaviour.

Learning outcome:

- The candidate will be able to understand the various influencing factors of good personality and behaviour.
- Candidate will be able to assess the impact of poor and bad personality upon over all well-being.
- Student will get the knowledge of various yoga practices and their application in grooming a good human being.
- The candidate is expected to inculcate the yogic principles & practices to become a responsible citizen of the country.

I Basics of Personality and Human Behaviour **15 Hours**

1. Etymology and definitions of Yoga, Aim, objectives and misconceptions about Yoga, Principles of Yoga.
2. Brief history and development of Yoga, Schools of Yoga.
3. Concept of Human Psyche; Sigmund Freud's Model of Human Psyche; Human Psyche and behaviour.
4. Definition of Behaviour and its Cognitive, Conative and Affective Aspects; Behaviour and Consciousness; States of Consciousness.

II Role of Yoga in Understanding Personality and Behavior **15 Hours**

1. Yogic view of personality based on PathanjalaYogasutra - Cittavrtti, Kleshas, Prana, Ashtangayoga.
2. Significance of Yama and Niyama in shaping personality and behavioural well-being.

3. Concept of Triguna with its relation to personality and behavior, Concept of food and Trigunaand its role in shaping personality and behaviour.
4. Assessment of psychosomatic distress according to Yoga - Cittabhumika, Cittavikshepa.

III Yogic practices for Development of Personality and Human Behaviour15 Hours

1. Preparation for Yoga practice – Time, Food, Lifestyle.
2. Role of Yogic practices in attaining personality and behavioural well-being.
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.

Yogic Science Open Elective Paper for III[rd] Semester

Title of the Course: Yoga for Stress Management

Learning 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

Learning 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 **15 Hrs**

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

List of Yoga practices for Stress management

1) Swasthikasana
2) Vajrasana
3) Suptavajrasana
4) Tadasana
5) Trikonasana
6) Parshvakonasana
7) Purvottanasana
8) Janushirshsasana
9) Pavanamuktasana
10) Bhujangasana
11) Shalabhasana
12) Dhanurasana
13) Vakrasana
14) Baddakonasana
15) Vipareetakarani
16) Uttanapadasana
17) Ujjayi Pranayama
18) AnulomaViloma Pranayama
19) Bhastrika Pranayama
20) Pranava Mediation
21) Soham Meditation
22) Shavasana

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.

31/8/23