

ಮಂಗಳೂರು
MANGALORE



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
UNIVERSITY

(Accredited by NAAC with 'A' Grade)

ಕ್ರಮಾಂಕ/ No. : MU/ACC/CR 10/2020-21/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ

ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199

Office of the Registrar

Mangalagangothri - 574 199

ದಿನಾಂಕ/Date:10.11.2020

NOTIFICATION

Sub: Revised syllabus of M.Sc. Yogic Science programme.

Ref: Academic Council approval vide agenda

No.:ಎಸಿಸಿಬೈ.ಸಾ.ಸ.1:07 (2020-21) dtd 06.10.2020.

The revised syllabus of M.Sc. Yogic Science programme which is approved by the Academic Council at its meeting held on 06.10.2020 is hereby notified for implementation with effect from the academic year 2020-21.

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

REGISTRAR

To,

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



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M.Sc. YOGIC SCIENCE
SYLLABUS FOR CBCS SCHEME

2020

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 learning. 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.

Learning 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.

Learning 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			Disserta- tion /Project work	Total
	No. of Paper	CrtDs	Total Crds	No. of Paper	CrtDs	Total Crds	No. of Paper	CrtDs	Total Crds	CrtDs	Total Crds
I	6	4	24	-	-	-	-	-	-	-	24
II	4	4	16	2	3	6	1	3	3	-	25
III	2	4	8	4	3	12	1	3	3	-	23
IV	-	-	-	5	3	15	-	-	-	5	20
Total			48			33			6	5	92

Summary of Credits

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

Internal Assessment Marks

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

Internal Tests	-	20 Marks
Assignment & Seminar	-	05 Marks
Attendance	-	05 Marks
➤ 75% - 85%	-	02 Marks
➤ 86% - 95%	-	03 Marks
➤ 96% - 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
86% - 95%	-	03 Marks
96% - 100%	-	05 Marks

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

Internal Tests – 20 Marks
Visit to Yoga Institute/Therapy Centre and present report – 10 Marks
(2 – 4 Students per One Institute/ Centre depending on the strength of students).

Guidelines for Practical Examination and Project Work / Dissertation

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

For Yoga practicals

Writing:

Practicing procedure and benefits of the two yogic practices (decided by the internal & external examiner) has to be explained along with classical references. Duration for writing will be ½ an hour and maximum marks will be 20% with 2 practices carrying equal % of marks. (e.g.- 2 practices of marks 7 each, total 2X7=14 marks. Out of the 7 marks - 3 marks for procedure, 2 marks for benefits and 2 marks for classical references.)

Practice:

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

For e.g.: For 6 practices, 7 marks X 6 = 42 marks

In case of KRIYA,

- Out of 7 marks: 1 mark for preparation, 4 marks for procedure and 2 marks for perfection.

In case of ASANA,

- Out of 7 marks: 2 marks for Svasochvasa, 3 Marks for Vinyasa, 1 mark for Sthiti and 1 mark for Drsti.

In case of BANDHA,

- Out of 7 marks: 1 mark for preparation, 4 marks for procedure and 2 marks for perfection.

In case of MUDRA,

- Out of 7 marks: 1 mark for preparation, 4 marks for procedure and 2 marks for perfection.

In case of PRANAYAMA,

- Out of 7 marks: 1 mark for preparation, 4 marks for procedure and 2 marks for perfection.

In case of MEDITATION,

- Out of 7 marks: 1 mark for preparation, 4 marks for procedure and 2 marks for perfection.

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 from the particular paper.

Record:

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

For Instrumental Experiments(35 Marks)

- Experiment – 17 Marks
- Writing Theory and Procedure – 07 Marks
- Result – 4 Marks
- Viva – 3 Marks
- Record – 4 Marks

For Assessment of Internship (35 Marks)

- Submission of report in time – 5 Marks
- Report Evaluation – 10 Marks
- Presentation/Viva – 10 Marks
- Attendance (provided by the place of internship) – 10 Marks

For Project Work / Dissertation:

- Report Evaluation – 40 Marks
- Presentation– 20 Marks
- Viva voce - 10 Marks

I SEMESTER

YSH401	FOUNDATION OF YOGIC SCIENCE-I
YSH402	FOUNDATION OF YOGIC SCIENCE-II
YSH403	BASICS RELEVANT TO YOGIC SCIENCE-I
YSH404	HUMAN BIOLOGY – I
YSP405	PRACTICAL – I: KRIYAS AND ASANAS
YSP406	PRACTICAL – II: ASANAS

- ONE MONTH INTERNSHIP.

II SEMESTER

YSH451	FOUNDATION OF YOGIC SCIENCE-III
YSH452	BASICS RELEVANT TO YOGIC SCIENCE – II
YSH453	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I
YSH454	HUMAN BIOLOGY – II
YSP455	PRACTICAL – III: KRIYAS AND ASANAS
YSP456	PRACTICAL – IV: ASANAS.
YSE457	OPEN ELETIVE PAPER

- TWO MONTHS INTERNSHIP.

SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH501A	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS502A	BASIS PRINCIPLES OF YOGA THERAPY
YSS503A	MODERN APPROACH OF HEALTH SYSTEM
YSS504A	YOGA THERAPY PRACTICES
YSP505A	PRACTICAL – V: BANDHAS AND MUDRAS
YSP506A	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE507	OPEN ELETIVE PAPER

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS551A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS552A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS553A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - III
YSP554A	PRACTICAL – VII : ADVANCED PRACTICES - I
YSP555A	PRACTICAL - VIII: ADVANCED PRACTICES - II
YSP556A	DISSERTATION / PROJECT WORK

- ONE MONTH INTERNSHIP.

SPECIALISATION B: YOGA SPIRITUALITY

III SEMESTER

YSH501B	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS502B	BASIS OF YOGA AND SPIRITUALITY -I
YSS503B	BASIS OF YOGA AND SPIRITUALITY - II
YSS504B	YOGA AND SPIRITUALITY FOR HEALTH
YSP505B	PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS
YSP506B	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE507	OPEN ELETIVE PAPER

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS551B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS552B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS553B	APPLIED SPIRITUALITY - I
YSS554B	APPLIED SPIRITUALITY-II
YSP555B	PRACTICAL-X: ADVANCED PRACTICES
YSP556B	DISSERTATION / PROJECT WORK

- ONE MONTH INTERNSHIP.

M.Sc. YOGIC SCIENCE

SYLLABUS FOR CBCS SCHEME

I SEMESTER

YSH401 FOUNDATION OF YOGIC SCIENCE-I

Learning Objectives:

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

Learning 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

12Hrs

- 1) Yoga-Meaning, Definition, Aim, Objects, Concepts, Misconcepts.
- 2) 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.
- 3) 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.

- 4) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits. Samapatti, Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

II Kriya Yoga

12Hrs

- 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.

III Samyama and its applications

12Hrs

- 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

12Hrs

- 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 Road Wheaton, IL 60187.
4. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press Gorakhpur 273005.
5. Ramaprasada. (2000). *Patanjali's Yoga Sutras*. Delhi: Munshiram Manoharlal Publishers Pvt. Ltd, New Delhi, Delhi 110055.
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.
9. Swami Vivekananda. (2017). *Raja Yoga*. Delhi: Bharatiya Kala Prakashan, Delhi, 110035.

YSH402 FOUNDATION OF YOGIC SCIENCE-II

Learning 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, mudras and samadhi.

Learning 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 12Hrs**
- 1) Relationship of Hathayoga and Rajayoga, Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy.
 - 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
 - 3) Asana, Methods of Hathayoga Practice.
 - 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.
- II Pranayamas, Kriyas 12Hrs**
- 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 benefits, Hathayogasiddhilakshanam
- II Kundalini, Mudras and Bandhas 12Hrs**
- 1) Kundalini 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

12Hrs

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

Reference Books

1. I.K. Taimni. (1972). *The Science of Yoga*. Wheaton, IL: Quest Books, U.S, 306 W. Geneva Road Wheaton, IL 60187.
2. Parmhansa Swami Annat Bharati. (2017). *Hatha Yoga Pradipika*. Varanasi: Chaukhambha K37/117, Gopal Mandir Lane Golghar, Maidagin Varanasi-221001.
3. Shree Sahajananda. (2006). *Hatha Yoga Manjari* (1 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
4. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
5. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
6. Swami Digambaraji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
7. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 ed.). Munger: Bihar School Of Yoga, Munger, Bihar 811201 India.
8. Swami Muktibodhananda. (2012). *Hatha Yoga Pradipika: Light on Hatha Yoga*. Munger: Yoga Publications Trust, Munger, Bihar 811201 India.
9. Swami Niranjanananda Saraswati. (2002). *Yoga Darshan*. Munger: Yoga Pubns Trust Munger, Bihar 811201 India.
10. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger: Bihar School of Yoga, Munger, Bihar 811201 India.
11. Swami Satyananda Saraswati. & Swami Muktibodhananda Saraswati. (1985). *Hatha Yoga Pradipika The Light on Hatha Yoga*. Munger: Bihar School of Yoga, Munger, Bihar 811201 India.

YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

Learning 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.

Learning 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

12Hrs

- 1) Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- 2) Sanskrit words – classification of Sanskrit words, Subantas-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

12Hrs

- 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 Study of the following chapters of Bhagavadgita

12Hrs

- 1) Sankhya yoga according to Bhagavadgita Chapter II
- 2) Karma yoga according to Bhagavadgita Chapter II
- 3) Karma yoga according to Bhagavadgita Chapter VI
- 4) Dhyana yoga according to Bhagavadgita Chapter VI

IV Schools of Yoga

12 Hrs

- 1) Rajayoga
- 2) Hathayoga
- 3) Jnanayoga, Karmayoga
- 4) Mantrayoga, Bhaktiyoga

Reference Books:

1. Chandramouli S. Naikar. (1997). *Ghatayoga*. Delhi: Medha Publisher, Naveen Shahdara, Delhi 110032.
2. H. Kumar Kaul. (1994). *Aspects of Yoga*. Delhi: B.R. Publishing Corporation New Delhi, Delhi, 110002 India.
3. L. Anantarama Sastri. (1993). *Sabda manjari*. Palakkad: R.S. Vadhyar & Sons Palakkad, Kerala 678003.
4. Muktibodhananda Swami. (1999). *Swara Yoga*. Munger: Bihar School of Yoga, Bihar 811201 India.
5. Omanand Maharaj. (2013). *PATANJAL YOG PRADEEP* (2013 ed.). Gorakhpur: Geeta Press Gorakhpur, Uttar Pradesh 273001.
6. Pt. Gombi Prasad Shastri Mishra. (2012). *Laghu Siddhanta Kaumudi* (2012 ed.). Varanasi: Chaukhambha surbharati Prakashan Varanasi, Uttar Pradesh 221001.
7. Radhakrishnan, P. (1995). *The Bhagavadgita*. New York: Aquarian New York, New York, United States 10017 U.S.A.
8. S.C Vasu M Vijayalakshmi. (2011). *The Gheranda Samhita*. Delhi: Shivalik Prakashan New Delhi, Delhi 110002.
9. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
10. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
11. Swami Digambaraji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403..
12. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 ed.). Munger: Bihar School Of Yoga, Munger, Bihar 811201 India.

13. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.).Munger: Bihar School of YogaMunger, Bihar 811201.
14. Swami Tapasyananda. (2003). *Four Yogas of Swami Vivekananda*.Kolkatta:Advaita Ashrama, Kolkata, West Bengal 700014 India.
15. TKV.Desikacharya. (1998). *NATHAMUNI'S YOGA RAHASYA*. Chennai: Krishnamacharya Yoga MandiramChennai, Tamil Nadu 600028.
17. Vidyasagar K L V Sastri, & Pt. L. Anantarama Sastri. (2001). *DhatuManjari*. Palakkad:R S Vadhyar and SonsPalakkad, Kerala 678003.

YSH404 HUMAN BIOLOGY – I

Learning Objectives:

To study

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

Learning Outcome:

The student will understand:

- Anatomy and physiology of human muscular-skeletal 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 12Hrs

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

II Anatomy & Physiology of Blood, Immune System & Cardiovascular System 12Hrs

- 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 12Hrs

- 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 12Hrs

- 1) Digestive System, Anatomy – Gross & Histological.
- 2) Mechanism and role of secretion of Saliva, Gastric Juice.
- 3) Mechanism and role of secretion of Pancreatic juice, Bile, Intestinal secretion, Absorption and assimilation, formation of faeces.
- 4) Training to measure Height, Weight and calculation of BMI.

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 LivingstoneUnited Kingdom.
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9. K. Sembulingam, & Prema Sembulingam. (2016). *Essentials of Medical Physiology* (7 ed.). Delhi:Jaypee Brothers Medical Publishers110002Delhi.
10. Nitin Ashok John. (2019). *CC Chatterjee's Human Physiology, Volume 2:* (13 ed.). New Delhi: CBS Publishers & Distributors Pvt Ltd,New Delhi-110002 India.

YSH405 PRACTICAL – I : KRIYAS AND ASANAS

Learning Objectives:

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

Learning 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, Kapalabhati	
	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.
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6. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi:Picador New Delhi, Delhi 110001 India.
7. Shri O P Tiwari. (2005). *Asana Why and How*. Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
8. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403
9. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
10. Swami Gitananda Giri. (2007). *Mudras*. (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery:Meenakshi Devi Bhavanani, Satya Press, Pondichery605013.
11. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods*. Delhi:Central HeaGovernment of India, Near Udyog Bhawan Metro Station, Maulana Azad Rd, New Delhi, Delhi 110011.
12. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.).Munger: Yoga Publications Trust, Munger, Bihar, India.
13. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*.Munger:Bihar School Of Yoga Bihar 811201.
14. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger:Yoga Pubns Trust,Munger, Bihar, 811201India..
15. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga Mysore UniversityKarnataka 570009.

YSH406 PRACTICAL – II: ASANAS

Learning 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.

Learning 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) Yaugika Suryanamaskara – 17 Vinyasa	
	2) Padangusthasana, Padahasthasana	
	3) Utthita Trikonasana, Parivrtta Trikonasana	
	4) Utthita Parshvakonasana, Prasarithapadottanasana	
II	Asanas	24Hrs
	1) Parshvottanasana	
	2) Utthita Padangusthasana	
	3) Ardhabaddhapadmottanasana	
	4) Veerabhadrasana	
III	Asanas	24Hrs
	1) Paschimottanasana, Purvottanasana	
	2) Ardhabaddhapadmapaschimottanasana, Janushirshasana	
	3) Tiryanmukhaikapadapaschimottanasana	
	4) Marichasana 1 & 2, Navasana	
IV	Asanas	24Hrs
	1) Bhujapeedasana, Kurmasana	
	2) Setubandhasana	
	3) Viparitarani, Salamba Sarvangasana	
	4) Halasana, Shavasana II	

Reference Books

1. B.K.S. Iyengar. (2005). Light on Pranayama. Rockport MA: Element Rockport MA USAP. O. BOX 830 21 BROADWAY; ROCKPORT,; 01966; MA;USA.
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15. TirumalaiKrishnamacharya. (1972). Yogasanagalu (3 ed.).Mysore: Prasaranga Mysore University570009 Mysore.

- **ONE MONTH INTERNSHIP.**

II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

Learning 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.

Learning 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, bahuyoga.
- 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	12 Hrs
	<ol style="list-style-type: none">1) Ghatayoga – Introduction, Saptanga yoga, Benefits.2) Satkriyas – Classification, Practising methods and benefits.3) Asana– Classification, Practising methods and benefits.4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.	
II	Ghatayoga and its applications - II	12 Hrs
	<ol style="list-style-type: none">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	12 Hrs
	<ol style="list-style-type: none">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

12 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.
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7. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger: Bihar School of Yoga Bihar, Bihar 811201 India.
8. Swami Niranjanananda Saraswati. (2002). *Yoga Darshan*. Munger: Yoga Pubns Trust Bihar, Bihar 811201 India.

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

Learning Objectives:

To acquaint the student in fundamentals of

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

Learning 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 12Hrs

- 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 12Hrs

- 1) Food and Triguna
- 2) Food and Tridosha
- 3) Yogic Diet – Pathya and Apathya
- 4) Sadrasa, Pancamahabhuta and Food.

III Swara Yoga and Yoga Rahasya 12 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 12Hrs

- 1) Health Definitions-according to Indian system and Modern system
- 2) Physical Health, Mental health.
- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra and Pranayama

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications Delhi - 110065.
2. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass, Jawahar Nagar, Delhi, 110007 Delhi.
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YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Learning 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.

Learning Outcome:

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

I Origin and Historical study of Yoga and Kundalini Yoga 12 Hrs

- 1) Origin and Historical development of yoga and yogic texts up to Patanjali
- 2) Historical development of yoga in the period of Patanjali and Post Patanjali period.
- 3) Kundalini Yoga - Historical development, principles of Kundalini yoga ; System of Nadies, Senses, Chakras, Marmasthanas.
- 4) Function and form of Chakras ; Prana, its classification, awakening of Kundalini and Samadhi.

II Evolution theory of Yoga 12 Hrs

- 1) Sankhyayoga – Introduction, 3 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 12 Hrs

- 1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics.
- 2) Fundamentals of Siddhasamadhi yoga, Divyayoga and Sudarshanakriya yoga.
- 3) Meditational Techniques-Vipasana, Preksha, Transcendental
- 4) Meditational Techniques : Saguna- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

IV Yoga Teaching Methodology

12 Hrs

- 1) Traditional and Modern concepts of teaching
- 2) Different types of teaching methods
- 3) Micro & Macro Teaching methods
- 4) Relavance of Yogic Science in Education to develop - Morality, Behaviour, Personality etc.

Reference Books

1. A C Bhaktivedanta Swami Prabhupada. (1997). *Bhagavad-Gita As It Is*. Mumbai: Bhaktivedanta Book Trust Mumbai, Maharashtra 400049.
2. A.C. Bhaktivedanta Swami Prabhupada. (2014). *Bhagavad Gita As It Is (Kannada)* (44 ed.). Rao C.N. Shankar. Mumbai: Bhaktivedanta Book Trust Mumbai, Maharashtra 400049..
3. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass 110007 Jawahar Nagar, Delhi.
4. Isvara Krsna. (1995). *Samkhya Karika*. (Swami Virupakshananda, Ed.) Kolkatta: Advaita Ashrama Kolkatta, West Bengal 700014.
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7. John B. Campbell Calvin S. Hall, & Gardner Lindzey. (2007). *Theories of Personality* (4 ed.). Delhi: Wiley New Delhi -110002.
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17. Surendranath Dasgupta. (2002). *Yoga as Philosophy and Religion*. New York: Dover Publications Inc Mineola, NY 11501 .
18. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
19. Swami Jnanananda. (1938). *The Philosophy of Yoga*. Jaipur: Bachubhai Rawat Jaipur, Rajasthan 302004.
20. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought*. Rishikesh: Divine Life Society Rishikesh, Uttarakhand, Uttarakhand 249192 India.

YSH454 HUMAN BIOLOGY – II

Learning 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

Learning 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 12 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 12 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 12 Hrs

- 1) Gross & Histological anatomy of Thyroid, Parathyroid, Supra – renal, Pituitary, Islets of Langerhans.Hormones of pituitary gland – its action and effect of hypo & hyper activity on the body.

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

IV Biochemistry

12 Hrs

- 1) Enzymes - Definitions, specificity, inhibitors and activators, Properties of enzymes.
- 2) Metabolism - Digestion and absorption of carbohydrates, Proteins and fats.
- 3) Water balance mechanism, Electrolyte and Acid-Base balance.
- 4) Training of Spirometer recording.

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.). Delhi: Arya Publications 4805/24, Bharat Ram Road, Darya Ganj, New Delhi, Delhi 110002.
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3. 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.
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8. 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..
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12. Satyanarayana J, U Chakrapani. (2007), *Biochemistry*, Delhi: LBooks and Allied (P) LtdNew Delhi, Delhi 110002.
13. Shirley Telles. (2014). *A Glimpse of a Human Body*. Bangalore: Swami Vivekananda Yoga Prakashana, 19, Bagappa Rd, Gavipuram Extention, Kempegowda Nagar, Bengaluru, Karnataka 560019.

YSP455 PRACTICAL – III: KRIYAS AND ASANAS

Learning Objectives:

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

Learning 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.

PART A:

I Selected Kriyas 24 Hrs

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

II Asanas 24 Hrs

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

III Asanas 24 Hrs

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

PART B: Lesson Plan.

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

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18. Timothy B McCall. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing* (1 ed.). New York: Bantam, New York City, NY 10014, United States.
19. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.). Mysore: Prasaranga, Mysore University, Karnataka 570009.

YSP456 PRACTICAL – IV: ASANAS.

Learning 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.

Learning 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.

PART A:

I	Asanas	24 Hrs
	1) Surya namaskara – 12 vinyasa	
	2) Utkatasana, Natarajasana	
	3) Vatayanasana, Parighasana	
	4) Yogamudra, Garbhapindasana	
II	Asanas	24 Hrs
	1) Kraunchasana, Mayurasana	
	2) Laghuvajrasana, Kapotasana	
	3) Paschimottanasana – III, Nakrasana	
	4) Matsyendrasana, Vishwamitrasana	
III	Asanas	24 Hrs
	1) Gomukhasana, Parvatasana	
	2) Chakrasana, Garudasana	
	3) Ekapadashirshasana, Dwipadashirshasana	
	4) Yoganidrasana, Suptakonasana	

PART B: Lesson Plan.

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15. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.). Mysore: Prasaranga, Mysore University, Karnataka 570009.

- **TWO MONTHS INTERNSHIP.**

YSE457 YOGA FOR PERSONAL HEALTH.

Learning 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.

Learning 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 12 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 Schools of Yoga 12 Hrs

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

III. Concept of Food and Health 12 Hrs

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

Practicals :

- 1) Svastikasana
- 2) Vajrasana
- 3) SuptaVajrasana
- 4) Tadasana I
- 5) Trikonasana
- 6) Parsvakonasana
- 7) Purvottanasana
- 8) Pavanamuktasana
- 9) Bhujangasana
- 10) Viparitarani + 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.
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11. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). New Delhi: Picador, Delhi 110001 India.
12. Shri O P Tiwari. (2005). *Asana Why and How*. Kaivalyadhama, Lonavla, Maharashtra 410403.
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14. Swami Adidevananda. (2014). ಪಾತಂಜಲಯೋಗದರ್ಶನ: *Patanjal Yoga Darshan (Kannada)*. Shri ramkrishna Ashram Mysore, Karnataka 570002.
15. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
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17. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought*. Rishikesh: Divine Life Society, Rishikesh, Uttarakhand 249192 India.
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20. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger: Bihar School Of Yoga, Munger, Bihar 811201.
21. Swami Satyananda Saraswati. (2016). *Four Chapters on Freedom: Commentary on the Yoga Sutras of Sage Patanjali*. Munger: Yoga Publications Trust, Bihar School Of Yoga, Munger, Bihar 811201.
22. Swami Vivekananda. (2017). *Raja Yoga*. Delhi: Bharatiya Kala Prakashan, Delhi, 110035.
23. Yogeswar. (2014). *Textbook of Yoga*. New Delhi: Penguin Random House India, Sector 24, Gurugram, Haryana 122002.

SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH501A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Learning Objectives:

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

Learning 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 Vasishtha and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I Basics of Jnanayoga 12 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 12 Hrs

- 1) Nadabindupanishat
- 2) Dhyanaabindhupanishat
- 3) Kathopanishat
- 4) Shwethshwataaraupanishat

- III Yogic methods in Yogavasistha 12 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 12 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. Chaitanya, K. (2004). *The Gita for Modern Man*. New Delhi: Clarion Books, Naraina Industrial Area Phase-1, New Delhi-110028, INDIA.
3. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). New Delhi: Motilal Banarsidass, New Delhi, 110007 India.
4. Ravi Prakash Arya. (2005). *Yoga-Vasistha of Valmiki (4 Volumes)* (2005 ed.). New Delhi : Parimal Publication Pvt. Ltd, Shakti Nagar, Delhi, 110007.
5. Ganesha Shastri Joshi, & Anand Ashram Edition. (1982). *The Ten Upanishads*. Pondichery: Anand Ashram, 605104, Chinna Mudaliyar Chavady Pondichery.
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7. Iswara Krishna. (2007). *Sankhya Karika And The Bhashya; Or Commentary Of Gaudapada*. Whitefish MT : Kessinger Pub Co, Whitefish MT 59937 USA.
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YSS502A BASICPRINCIPLES OF YOGA THERAPY

Learning Objectives:

To make the student to understand:

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

Learning 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

12 Hrs

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

II Food System and Health Management

12 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

12 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.
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YSS503A MODERN APPROACH OF HEALTH SYSTEM

Learning 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.

Learning 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 12 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. Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases
 - 4) Training of ECG, Blood Grouping and Blood Count.
- II. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 12 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. 12 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.
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10. Munjal Y. P. (2015). *API Textbook of Medicine (Volume I & II)*.New Delhi :Jaypee Brothers Medical Publishers, Delhi,110002 India.
11. Rahul Tanwani. (2016). *The Skills of History Taking* (2 ed.). New Delhi :Jaypee Brothers Medical Publishers, Delhi,110002 India.
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13. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
14. Swami Kuvalyananda. (2005). *Pranayama* (3 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
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16. Walker. (2014). *Davidson's Principles and Practice of Medicine* (22 ed.). Kidlington: Elsevier Health,Kidlington OX5 1GB, United Kingdom.
17. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai: Yoga Institute, Santacruz, Mumbai, Maharashtra 400055

YSS504A YOGA THERAPY PRACTICES

Learning 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.

Learning 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 12 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 12 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 12 Hrs

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

Reference Books

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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.
15. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai: Yoga Institute, Santacruz, Mumbai, Maharashtra 400055.

YSP505A PRACTICAL – V: BANDHAS AND MUDRAS

Learning 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.

Learning 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.

PART A:

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

PART B: Lesson Plan.

Reference Books

1. Andre Van Lysebeth. (1999). *Yoga Self-Taught*. (C. Congreve, Ed.) Red Wheel/Weiser, 65 Parker Street, Suite 7 Newburyport, MA 01950.
2. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York: Element, New York, NY 10018, United States.
3. 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.
4. H R Nagendra. (2018). *Pranayama The Art and Science* (1 ed.). Bangalore: Swami Vivekananda Yoga Prakashana, 19, Bagappa Rd, Gavipuram Extension, Kempegowda Nagar, Bengaluru, Karnataka 560019.
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13. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Bihar, 811201 India.

YSP506A PRACTICAL – VI:PRANAYAMA & MEDITATION

Learning 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.

Learning 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.

PART A:

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	

PART B: Lesson Plan.

Reference Books

1. Andre Van Lysebeth. (1999). *Yoga Self-Taught*. (C. Congreve, Ed.) Red Wheel/Weiser, 65 Parker Street, Suite 7 Newburyport, MA 01950.
2. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York: Element, New York, NY 10018, United States.
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15. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.). Mysore: Prasaranga Mysore University, Karnataka 570009.

- **ONE MONTH INTERNSHIP.**

YSE507 SCIENTIFIC APPROACH OF YOGA

Learning 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.

Learning Outcome:

After the course, the student will be able to:

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

I.	Basis of Yoga Therapy	12Hrs
	1. Sadvimsatitattva theory	
	2. Tridosha theory	
	3. Pancakosa theory	
	4. Application of the three theories.	
II	Principles of Yoga Therapy	12Hrs
	1) Dinacarya, Sadvrta.	
	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	12 Hrs
	1) Digestive system	
	2) Respiratory system	
	3) Circulatory system	
	4) Nervous system	

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.).New Delhi: Arya Publications, 1002, Faiz Rd, Block T, Nai Walan, Karol Bagh, New Delhi, Delhi 110005 .
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7. H. Kumar Kaul. (1994). *Aspects Of Yoga*. Jaipur: B.R. Publishing Corporation,Jaipur 302 004
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14. Shri O P Tiwari. (2005). *Asana Why And How*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
15. Surendranath Dasgupta. (2002). *Yoga As Philosophy And Religion*.New York: Dover Publications Inc,Mineola, New York,Mineola, NY 11501, United States.
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17. Swami Jnanananda. (1938). *The Philosophy Of Yoga*.Jaipur:Bachubhai Rawat, Jaipur, Rajasthan 302004.

18. Swami Krishnananda. (2009). *A Short History Of Religious And Philosophic Thought*. Rishikesh: Divine Life Society, Rishikesh, Uttarakhand 249192 India.
19. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 Ed.). Munger: Bihar School Of Yoga, Bihar 811201 India.
20. Swami Muktibodhananda. (2012). *Hatha Yoga Pradipika: Light On Hatha Yoga*. Munger: Yoga Publications Trust, Munger, Bihar 811201.
21. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 Ed.). Munger: Bihar School of Yoga, Bihar, 811201 India.
22. Swami Satyananda Saraswati. (2016). *Four Chapters on Freedom: Commentary On The Yoga Sutras of Sage Patanjali*. Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
23. Swami Vivekananda. (2017). *Raja Yoga*. New Delhi: Bharatiya Kala Prakashan, Narang Colony, Delhi, 110035.
24. Yogeswar. (2014). *Textbook of Yoga*. New Delhi : Penguin Random House India, Gurugram, Haryana 122002.

IV SEMESTER

YSS551A **SCIENTIFIC STUDIES IN YOGIC SCIENCE - I**

Learning Objectives:

To make the students to understand:

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

Learning 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	Introduction	12 Hrs
	1) Introduction to research process	
	2) Different types of studies in Yoga.	
	3) Importance of Experimental and Control groups	
	4) Literature survey in Yoga	
II	Statistics	12 Hrs
	1) Introduction	
	2) Measures of Central tendency	
	3) Measures of Dispersion	
	4) Processing operations	
III	Scientific studies in Yoga	12 Hrs
	1) Scientific studies in Yoga - procedure	
	2) Procedure for publication in Yoga	
	3) Hypothesis, Level of significance, Types of errors	
	4) Statistical tests: t-test, ANOVA.	

Reference Books

1. Michael Glynn, & Professor William M. Drake (Eds.). (2017). *Hutchinson's Clinical Methods* (24 ed.). Amsterdam: Elsevier Health Sciences, Amsterdam, 1043 NX Amsterdam, Netherlands.
2. Goode, W., & Hatt Paul K. (1952). *Methods in Social Research*. New York :Mcgraw-Hill Book Company, Blacklick, OH 43004, United States.
3. 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.
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7. Nagendra, H. (1980). *New Horizons in Modern Medicine*. Bangalore, India: Vivekananda Kendra Yoctas, Bangalore, Karnataka 560010 India.
8. SMYM Samithi, K. (2020). Research Articles. *Yoga Mimamsa*. Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
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10. Stuart H. Ralston, Ian D Penman, Mark W J Strachan, & Richard Hobson (Eds.). (2018). *Davidson's Principles and Practice of Medicine* (23 ed.). Amsterdam: Elsevier, Amsterdam, Radarweg 29a, 1043 NX Amsterdam, Netherlands .
11. Wasley, G. (1973). *Clinical laboratory techniques*. New york: Churchil Livingstone, Harcourt Brace and Company.

YSS552A SCIENTIFIC STUDIES IN YOGIC SCIENCE-II 36Hrs

Learning 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.

Learning 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 BOS)

Presentation and Discussion

YSS553A SCIENTIFIC STUDIES IN YOGIC SCIENCE - III 36Hrs

Learning Objectives:

To make the student acquainted with:

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

Learning 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 of Yoga modules.

(Decided by the BOS)

YSS554A PRACTICAL – VII : ADVANCED PRACTICES - I

Learning 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.

Learning 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.
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11. Sarasvathi, S. (2004). *Yoga and Kriya: A Systematic Course in the Ancient Tantric Techniques*. Bangalore : Nesma Books India, India 560027..
12. Saraswati Swami Satyananda. (2013). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga, Munger - 811201.

YSS555A PRACTICAL - VIII: ADVANCED PRACTICES – II

Learning Objectives:

To make the students

- Able to use the instruments for experiments.
- To understand the principle and procedures of the experiments.
- To show the effect of Yogic practices on certain parameters.

Learning Outcome:

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

- Handle the instruments to carry out the experiments.
- Describe the principle and procedure of the selected experiments using instruments.
- Use the instruments to study the effect of Yogic practices/ Yoga therapy as an individual.

PART A: INSTRUMENTAL EXPERIMENTS

Experiments using the following Instruments-

- 1) Height, Weight, B.M.I
- 2) Temperature
- 3) B.P.reading.
- 4) E.C.G.
- 5) Treadmill
- 6) Spiro meter
- 7) Blood Analysis
- 8) Polyrite

PART B: ASSESSMENT OF INTERNSHIP

(Decided by the Departmental Council/Department Board of Studies)

YSP556A DISSERTATION / PROJECT WORK

Learning 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.

Learning 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.

- **ONE MONTH INTERNSHIP.**

SPECIALISATION: YOGA SPIRITUALITY

III SEMESTER

YSH501B BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Learning 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.

Learning 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 12 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 12 Hrs

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

- III Yogic methods in Yogavasistha 12 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 12 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.
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15. Radhakrishnan, S. (2015). *The Bhagavadgita* (New Edition ed.). New York : HarperCollins, New York, NY 10007, United States.
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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.

YSS502B BASIS OF YOGA AND SPIRITUALITY –I

Learning Objectives:

To make the student to be acquainted with

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

Learning 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** **12Hrs**
 - 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** **12Hrs**
 - 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 Hatarathnavali.

3. **Principles of Spiritual practice** **12Hrs**
 - 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

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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.
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YSS503B BASIS OF YOGA AND SPIRITUALITY – II

Learning Objectives:

To make the student to have the knowledge of –

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

Learning 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** **12 Hrs**
 - 1) Triguna theory
 - 2) Panchakosa theory
 - 3) 26 Tatva theory
 - 4) Tridosa theory
2. **Meditation techniques in Upanishats and Schools of Yoga** **12 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** **12Hrs**
 - 1) Teacher & Student relationship
 - 2) Teaching method and Quality
 - 3) Learning method
 - 4) Practice.

Reference Books

1. Aranya, H. (2012). *Yoga Philosophy of Patanjali with Bhasvati* (3 ed.). Kolkatta : Calcutta University Press Kolkatta, West Bengal 700019.
2. *Dashopanishad with English Translation*. (n.d.). Delhi : Motilal Banarasidass, New Delhi-110007.
3. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
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17. 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.
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YSS504B YOGA AND SPIRITUALITY FOR HEALTH

Learning 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.

Learning Outcome:

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

I. Health management and Development	12Hrs
1) Physical health	
2) Mental health	
3) Social health	
4) Spiritual health	
II. Lifestyle	12Hrs
1) Brahmacharya	
2) Saucha	
3) Bath, Oil massage	
4) Fasting.	
III. Food System	12Hrs
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, Sigrta.	

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YSP505B PRACTICAL IX–BANDHAS&MUDRAS AND ADVANCEDASANAS

Learning 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.

Learning 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.

PART A:

I	Bandhas & Mudras	24Hrs
	1. MulaBandha,UddiyanaBandha	
	2. JalandharaBandha, Jihvabandha	
	3. Mahamudra, Viparitarani	
	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	

PART B: Lesson Plan.

Reference Books

1. Bhat, K. (2006). *The Power of Yoga*. Mangalore: Suyoga Publications Mangalore, Kallenkara Hills,574279 Mangalore.
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YSP506B PRACTICAL – VI: PRANAYAMA & MEDITATION

Learning 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.

Learning 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.

PART A:

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	

PART B: Lesson Plan.

Reference Books

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

IV SEMESTER

YSS551B **SCIENTIFIC STUDIES IN YOGIC SCIENCE - I**

Learning Objectives:

To make the students to understand:

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

Learning 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	Introduction	12 Hrs
	1) Introduction to research process	
	2) Different types of studies in Yoga.	
	3) Importance of Experimental and Control groups	
	4) Literature survey in Yoga	
II	Statistics	12 Hrs
	1) Introduction	
	2) Measures of Central tendency	
	3) Measures of Dispersion	
	4) Processing operations	
III	Scientific studies in Yoga	12 Hrs
	1) Scientific studies in Yoga - procedure	
	2) Procedure for publication in Yoga	
	3) Hypothesis, Level of significance, Types of errors	
	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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12. William J. Goode, & P.K. Hatt. (1952). *Methods in Social Research*.London : McGraw-Hill Inc.,US .

Learning 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.

Learning 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 BOS)

Presentation and Discussion

YSS553B APPLIED SPIRITUALITY - I

Learning Objectives:

- To know the principles of management of health through spiritual practice and during the practice.
- Personality development through spiritual practice.
- Naturopathy in spirituality.

Learning Outcome:

- 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.

I. General Health Management	12Hrs
1) Physical Health	
2) Mental Health	
3) Social Health	
4) Spiritual Health	
II. Personality Development	12Hrs
1) Controlled	
2) Emotion	
3) Clarity in expression	
4) Development in Structure, Mood and Behaviour	
III. Fundamentals of Naturopathy	12 Hrs
1) Introduction	
2) Fundamental theories	
3) Application of Naturopathy	
4) Spirituality and Naturopathy	

Reference Books

1. Dange, S. (1992). *Divine hymns and ancient thought*. New Delhi : Navrang Publishers, Delhi, R B-6, Inderpuri, New Delhi, Delhi 110012 India.
2. Deussen, Paul, & Geden, A. (2010). *The Philosophy of the Upanishads*. New York : Cosimo Classics , St New York, NY American - MapQuest, NY 10107, New York.
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7. M. M. Gore. (2017). *Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices* (6 ed.). Delhi : New Age Books, New Delhi, Delhi 110002.
8. Michael Glynn, & William M Drake. (2012). *Hutchison's Clinical Methods: An Integrated Approach to Clinical Practice With Student Consult* (23 ed.). Philadelphia : Saunders Ltd, Philadelphia, PA 19106-3399.
9. Shinzen Young. (2018). *The Science of Enlightenment: How Meditation Works*. Colorado: Sounds True, Louisville, Colorado, Louisville, CO 80027, United States .
10. Stagner, R., & Solley, C. (1970). *Basic Psychology*. New York : McGraw-Hill, Marjie Sullivan, PreK-12. Central New York.
11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Swami Mukundananda. (2011). *Essence of Hinduism*. New Delhi : Radha Govind Dham Publication Unit, New Delhi, 110008.
13. Udupa, K.N. (2007). *Stress and its Management by Yoga*. New Delhi : Motilal Banarsidass Publishers, Delhi, 110007.
14. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai : Yoga Institute, Mumbai, Maharashtra 400055.

YSS554B APPLIED SPIRITUALITY-II

Learning Objectives:

- Human consciousness development through spirituality.
- Human resource development through spirituality.
- Spiritual practices and attending of higher states of concentration.

Learning Outcome:

The student will be able to

- 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. Human Consciousness Development	12Hrs
1) Development in Conscious	
2) Development in Subconscious	
3) Development in Super conscious	
4) Development in Memory and Intuition	
II. Human Resource Development	12Hrs
1) Development in Attitude and Aptitude	
2) Decision making and thinking approach	
3) Leadership, working capacity and organizing	
4) Body, Mind, Intellectual level.	
III. Spirituality and Samadhi	12Hrs
1) Isvarapranidhana	
2) Samprajnatha and Asamprajnata Samadhi	
3) Dharmamegha Samadhi	
4) Kaivalya	

Reference Books

1. Dange, S. (1992). *Divine hymns and ancient thought*. New Delhi : Navrang Publishers, Delhi, R B-6, Inderpuri, New Delhi, Delhi 110012 India.
2. Deussen, Paul, & Geden, A. (2010). *The Philosophy of the Upanishads*. New York : Cosimo Classics , St New York, NY American - MapQuest, NY 10107, New York.

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5. Gopi Krishna. (2011). *Kundalini: Path to Higher Consciousness*. New Delhi : Orient Paperbacks, New Delhi, Delhi 110002.
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9. Shinzen Young. (2018). *The Science of Enlightenment: How Meditation Works*. Colorado: Sounds True, Louisville, Colorado, Louisville, CO 80027, United States .
10. Stagner, R., & Solley, C. (1970). *Basic Psychology*. New York : McGraw-Hill, Marjie Sullivan, PreK-12. Central New York.
11. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
12. Swami Mukundananda. (2011). *Essence of Hinduism*. New Delhi : Radha Govind Dham Publication Unit, New Delhi,110008.
13. Udupa, K.N. (2007). *Stress and its Management by Yoga*. New Delhi : Motilal Banarsidass Publishers, Delhi, 110007.
14. Yogendra. (1969). *Yoga Essays (Yoga Studies)* (1 ed.). Mumbai : Yoga Institute, Mumbai, Maharashtra 400055.

YSP555B PRACTICAL-X: ADVANCED PRACTICES

Learning 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.

Learning 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.

PART A: ADVANCED STUDY OF PRANAYAMA & MEDITATION

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) Samavruti – Visamavruti pranayama	
4) Tejojhyana	

PART B: ASSESSMENT OF INTERNSHIP

(Decided by the Departmental Council/Department Board of Studies)

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. New York : Element.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). New York : Thorsons, London SE1 9SG, United Kingdom.
3. H R Nagendra. (2018). *Pranayama The Art and Science* (1 ed.). Bangalore : Swami Vivekananda Yoga Prakashana, 128, 4th Block, 7th Main Rd, Jayanagar, Bengaluru, Karnataka 560011.
4. H. R. Nagendra. (2004). *Yoga for Promotion of Positive Health* (2 ed.). Bangalore : Swami Vivekananda Yoga Prakashana, 128, 4th Block, 7th Main Rd, Jayanagar, Bengaluru, Karnataka 560011.
5. Krishna Bhat, K. (2006). *The Power of Yoga* (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
6. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press Gorakhpur, Uttar Pradesh 273001.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala : Kaivalyadhama, Lonavla, Maharashtra 410403.
8. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala : Kaivalyadhama, Lonavla, Maharashtra 410403.
9. Swami Gitananda Giri. (2007). *Mudras*. (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery : Meenakshi Devi Bhavanani, Satya Press, Pondichery, 605013.
10. Swami Satyanand Saraswati. (2002). *Yoga Nidra* (6 ed.). Munger : Yoga Publications Trust, Munger, Bihar 811201.
11. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger : Yoga Publications Trust, Munger, Bihar, 811201 India.
12. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha*. Munger : Bihar School of Yoga, Munger, Bihar 811201.

YSP556B **DISSERTATION / PROJECT WORK**

Learning Objectives:

To make the students:

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

Learning 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 Yogic practice to suit an individual.
- Carrying out the prototype research study and to prepare the report.

- **ONE MONTH INTERNSHIP.**

**CBCS (All theory Papers)
MODEL QUESTION PAPER**

Time: 3hours

Max Marks: 70

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

1X10=10

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

II. Write short notes to any SIX of the following

5X6=30

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

III. Explain any THREE of the following

10X3=30

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