



MANGALORE UNIVERSITY

M.Sc. in Yogic Sciences

PROSPECTUS AND SYLLABUS

**Department Of Human Consciousness and Yogic Sciences
Mangalore University
Mangalagangothri – 574 199**

INTRODUCTION

Mangalore University was established on September 10, 1980 to cater to the higher educational needs of Dakshina Kannada and Kodagu districts. The University Campus is in a picturesque location and is a major centre for advanced academic studies and research.

Although Mangalore University is one of the youngest universities in the country, it has within its ambit some of the oldest and prestigious institutions of higher learning. Besides, 23 post-graduate departments which offer 29 courses on the Campus, the University has a Post-graduates Centre at Madikeri and 108 affiliated colleges (including two constituent colleges) imparting education under faculties of arts, commerce, Science and Technology, Law and Education.

The University Campus, Mangalagangothri, is located at a distance of about 20 km, south east of the city of Mangalore. The Campus, spread over an area of about 350 acres, is on a high elevation overlooking the Arabian Sea on one side and the Western Ghats on the other. Since its establishment the University has made considerable strides in the field of higher education and research.

The Campus has hostel facilities both for men and women. Besides, the central facilities in the Campus include a well-equipped library, Computer Centre, University Science Instrumentation Centre, Microtron Centre, Health Centre, Student Centre and Yakshagana Kala Mandira. An English Medium School upto 10th Std, a Pre-University College, a shopping complex and a Co-operative Society are also located in the Campus. There are well furnished guest houses in the Campus. Apart from Canteen, Banking, Post and Telegraph and other modern communication facilities are also available within the Campus. There are excellent transport facilities to the Campus.

The Campus has good facilities for Sports and Games. Short – term programmes for Staff and Students in Yoga are frequently conducted by the University. Training, Workshops and lecture programmes are frequently organized under different endowment chairs.

The co-curricular and cultural activities in the Campus are rich and variegated reflecting the multicultural ambience of the region. Against this setting the Prasara unit is engaged in the dissemination of knowledge. A separate cell to cater to the needs of SC & ST students and staff is operating in the Campus.

THE NEW PROGRAMME OFFERED

Two Years M.Sc Course in Yogic Sciences (4 semesters)

ABOUT THE PROGRAMME

Yoga is a unique contribution to the world from our ancient culture. It is a universal and evolutionary science that deals with philosophical as well as practical aspects of life. Yogic Sciences teach to lead a tensionless life with respect to body, mind and sole trinity taking into cognizance also the environment around. In the modern days the techniques of yogic sciences are extremely useful in therapy and stress management and help to lead a healthy, intellectual and blissful life.

Yoga was one of the most important subjects of study in our ancient schools of learning. In the present day life which is associated with full of stress and strain causing a number of psycho somatic diseases, yogic sciences occupies a special significance. Realising this, Mangalore University has started this programme, for the first time in the country with an objective to train the young students in this important area. The course will provide new avenues to the students to learn, practice and to propagate the techniques of this ancient science.

Theory and practical courses of the course would be taught by well qualified and experienced teachers. Arrangements would be made for the students to do the project work of the course of different yoga centres to provide a better practical exposure.

SCHOLARSHIPS

The University and other agencies/trusts offer scholarships to deserving and meritorious students.

FREE STUDENTSHIP, FEE CONCESSION ETC.

Students belonging to Scheduled Caste, Scheduled Tribe, Group A and those with a family income less Rs. 11,000/- per annum are exempted from payment of Tution Fees and Laboratory Fee, on production of relevant certificates obtained from competent authorities.

ADMISSION

Eligibility :

Candidates with the following qualification are eligible for admission to the M.Sc. Course in Yogic Science on the basis of written test and viva-voce as per the rules framed by the University in this regard. Candidates shall have passed any bachelors degree examination of Mangalore University or any other degree recognized as equivalent thereto. (With 45% marks (in case of SC/ST 40%) are eligible to apply.

Eligibility Certificate :

Candidate who have obtained a degree from any other Universities outside Karnataka State have to produce an eligibility certificate issued by the Registrar, Mangalore University, at the time of admission. Application for the eligibility certificate has to be made preferably prior to admission.

INTAKE (Intake may vary)

1. General Category : 12
2. Payment Category: 10
3. **Over and above the Intake three Extra Seats are Resereved as follows:**
 1. Defence Personnel/Ex.Serviceman - 1
 2. Physically Handicapped - 1
 3. NCC/NSS/Sports Persons - 1

Mode of Selection:

Selection is on the basis of merit and according to the Governments 'Reservation Policy' existing at the time.

Penalty for False and Incorrect Statement:

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

Migration Certificate/Transfer Certificate:

Candidates admitted to the M.Sc., course will have to produce a Migration/Transfer Certificate issued by the University/College where they last studied.

Duration of the Programme :

The duration of M Sc. in Yogic Science programme shall extend over 4 semesters (two academic years) of 18 weeks each including instructions and examinations.

MEDIUM OF INSTRUCTION :

The medium of instruction shall be English.

HOURS OF INSTRUCTION PER WEEK:

There shall be 24-30 hours of instructions per week in subjects without practicals/field work and 28-34 hours of instructions per week in subjects with practicals/field work.

These hours may be distributed for lectures, seminars, tutorials, practicals, project work and other modes of instruction which individual courses may demand.

ATTENDANCE:

Each paper (theory/practical) shall be treated as an independent unit for the purpose of attendance. A student shall attend a minimum of 75% of the total instruction hours in a paper (theory/practical) including tutorials and seminars in each semester. There shall be no provision for condonation of shortage of attendance and a student who fails to secure 75% attendance in a paper shall required to repeat that semester.

SCHEME OF EXAMINATION :

There shall be examinations at the end of each semester ordinarily during November/December for odd semesters and during April/May for even semesters. The details of schemes of examinations in various subjects are given below.

There will be **two specializations** for the final years (IIIrd & IVth semester) viz,
A) Yoga therapy or B) Yoga spirituality

Semester	Paper	Instruction hrs/week	Duration of Exam(hrs)	Marks			Credits
				IA	Exam	Total	
I/II/III	4T	4X4	4X3	4X30	4X70	4X100	4X4
	2P	2X8	2X4	2X30	2X70	2X100	2X4
	Seminar	1	-	25	-	25	1
Semester Total							25
IV	2T	2X4	2X3	2X30	2X70	2X100	2X4
	1P	1X8	1X4	1X30	1X70	1X100	1X4
	Seminar	1	-	25	-	25	1
	Project work - (IA + Dissertation: 60+140=200 Marks) (16 Hrs. of Project work per week)						8
	Viva -100 Marks						4
Semester Total							25
Grand Total							100

I SEMESTER

THEORY :

YS 401 Foundation of Yogic Science-I

YS 402 Basics Relevant to Yogic Science – I

YS 403 Human Biology – I

YS 404 Basics of Integral Approach to Yogic Science - I

PRACTICALS:

YS 405 Kriyas and Asanas Practical – I

YS 406 Asanas Practical – II

II SEMESTER

THEORY:

YS 451 Foundation of Yogic Science-II

YS 452 Basics Relevant to Yogic Science - II

YS 453 Human Biology – II

YS 454 Basics of Integral Approach to Yogic Science - II

PRACTICALS:

YS 455 Kriyas and Asanas Practical – I

YS 456 Asanas Practical – II

SPECIALISATION :

A) YOGA THERAPY

III SEMESTER

THEORY:

YS 501 A Yoga for Personal Health

YS 502 A Basis of Yoga Therapy

YS 503 A Research Methodology

YS 504 A Yoga Therapy Practices

PRACTICALS:

YS 505 A Practical – I: Bandha, Mudra and Pranayama

YS 506 A Practical – II: Advanced Practice

IV SEMESTER

THEORY:

YS 551 A Scientific studies in Yogic Science- I

YS 552 A Scientific studies in Yogic Science- II

YS 553 A Practical: Instrumental assessment of yogic practices

YS 554 A One Project work/Dissertation

YS 555 A Viva-voce



SPECIALISATION :

B) YOGA SPIRITUALITY

III SEMESTER

THEORY:

YS 501 B Yoga for Spirituality

YS 502 B Basis of Yoga and Spirituality

YS 503 B Research Methodology

YS 504 B Yoga and Spirituality for Health

PRACTICALS:

YS 505 B Practical – I: Advanced Kriyas and Asanas

YS 506 B Practical – II: Bandha, Mudra, Pranayama and Meditation
Techniques.

IV SEMESTER

THEORY:

YS 551 B Scientific studies in Yogic Science

YS 552 B Applied Spirituality.

YS 553 B Practical - Advanced study of
Pranayama and Meditation

YS 554 B One Project work/Dissertation

YS 555 B Viva-voce



M.Sc. YOGIC SCIENCE SYLLABUS FOR SEMESTER SCHEME

SEMESTER-I

YS 401 FOUNDATION OF YOGIC SCIENCE-I

70 marks

I Introduction to Yoga Sutra

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

II Kriya Yoga

- 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 Hatha yoga

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

IV Pranayama

- 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, Nadishuddhi, Satkriyas, Gajakarani.
- 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmany.
- 4) Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.

V Kundalini

- 1) Kundalini as base for all Yoga.
- 2) Results of Kundalini Prabodha, Synonyms for Sushumna
- 3) Mudras and Bandhas-classification, benefits and methods of practice.
- 4) Nadanusandhana, Kandaswarupa.

REFERENCE BOOKS:

1. Swami Vivekananda : Rajayoga Ramakrishna Ashrama Publications.
2. Swami Digambaraji : Hathayoga Pradipika of Swatmarama – Kaivalyadhama, Lonavala.
3. Swami Satyananda : Four chapters on Freedom (commentary on the yoga sutras of Patanjali) (1983), Bihar School of Yoga, Munger.
4. Hariharananda Aranya: Yogasutras of Patanjali, University of Calcutta Press, Calcutta.
5. Omananda Tirtha : Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur.
6. Taimini.I.K. : The Science of Yoga Theosophical Publishing House, Adyar, Madras.
7. Swami Niranjanananda: Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar.
8. Swami Niranjanananda: Hathayogapradipika, Bihar School of Yoga.
9. Swami Niranjanananda: Gheranda Samhita, Bihar School of Yoga.
10. Swami Digambarji : Gheranda Samhita, Kaivalyadhama, Lonavala.

I Basics of Sanskrit - I

- 1) Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- 2) Sanskrit words – classification of Sanskrit words, Subantas-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.
- 3) Declaration of the following words in cases – Rama, Hari, Guru, Pitr, Lata, Mati, Dhenu, Phala, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yushmad, Tad, Yad, Kim etc.
- 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, Dam, Kath, Chint, Ad, As, Jagr, Bha, Dha, Kr, Ash.

II Basics of Sanskrit - II

- 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.
- 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 shlokas from Panchatantra and Kumarasambhavam.

- 1) Mitrabheda - 20,22,23,81,118,
Mitraprapti - 2,7,25,36,40,80.
- 2) Kakolukiyam - 7,24,57,59,75.
- 3) Labhdapranasham - 11,13,41,64,68,
Apareekshitakarakam - 11,15,16,26,34.
- 4) Kumarasambhavam 1 Sarga 1 to 25 slokas.

IV Yogic Concepts in Vedas, Puranas, Smritis and Grhya Sutras

- 1) Samhita , Brahmana, Aranyaka
- 2) Upanishats and Puranas
- 3) Manusmrti, Yajnavalkya smrti, Parashara smrti
- 4) Bodhayana and Apasthambha

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

- 1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics.
- 2) Fundamentals of – Siddha Samadhi yoga, Divya yoga and Sudarshana Kriya yoga.
- 3) Meditational Techniques- Vipasana, Preksha, Transcendental
- 4) Meditational Techniques- Saguna and Nirguna

REFERENCE BOOKS

1. L.Anantarama Sastri : Shabda Manjari, R.S.Vadhyar & Sons, Palghat -678003.
2. L.Anantarama Sastri : Dhatu Manjari, R.S.Vadhyar & Sons, Palghat -678003.
3. Dr.Sudhakar : Panchatantra of Vishnu Sarma, Chaukamba Oriental Series, Varanasi.
4. R.S.Vadhyar & Sons : Kumarasambhavam, Chaukamba Oriental Series, Varanasi.
5. Appayya dikshitha : Laghusiddhanta Kaumudi, Chaukamba Oriental Series, Varanasi.
6. Omananda Tirtha : Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur.
7. H.Kumar Kaul : Aspects of Yoga, B.R.Publishing Corporation, Delhi.
8. Swami Atmananda : The Four Yogas, Bharatiya VidyaBhawan, Bombay
9. Yajnavalkya : Yajnavalkya smrti, Kaivalyadhama, Lonavala.
10. Manusmriti : Manusmriti, Chaukamba Oriental Series, Varanasi.

11. Parashara : Parashara smrti, Chaukamba Oriental Series, Varanasi.
12. Bodhayana : Bodhayana grhyasutra, Chaukamba Oriental Series, Varanasi.

YS 403 HUMAN BIOLOGY – I

70 marks

I Anatomy & Physiology of Musculo-Skeletal System

- 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 and Immune System

- 1) Composition of blood corpuscles – R.B.C., W.B.C., Platelets.
- 2) Plasma, Haemoglobin – Coagulation of blood and anticoagulants.
- 3) Blood groups and its importance
- 4) Lymphatic system, Immunity – types & mechanism.

III Anatomy & Physiology of Cardiovascular System

- 1) Cardiovascular System, Anatomy of Heart and blood vessels.
- 2) Innervation of heart – Properties of cardiac muscle.
- 3) Control of cardiac cycle and circulation.
- 4) Cardiac output, Blood pressure.

IV Anatomy & Physiology of Respiratory System and Excretory System

- 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.

V Anatomy & Physiology of Digestive System

- 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.
- 4) Absorption and assimilation, formation of faeces.

REFERENCE BOOKS

1. Chatterjee C.C. : Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
2. Evelyn, C.Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968).
3. Ann B Menaught : Illustrated Physiology.
4. Guyton : A text book of Medical Physiology
5. Gerald J.Tortora
Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Ross and Wilson : Anatomy and Physiology.
7. Dr.Sembu Lingam,
Prema Sembu Lingam : Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi. - ಬೆಂಗಳೂರು

YS 404 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

70 marks

I Origin and Historical study of Yoga

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

II Evolution theory of Yoga

- 1) Sankhyayoga – Introduction, 3 fold afflictions, means to overcome afflictions.
- 2) 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna.

- 3) Evolution theory of Yoga.
- 4) Isvara, Citta, Buddhi & Manas in Yoga.

III Schools of Yoga

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

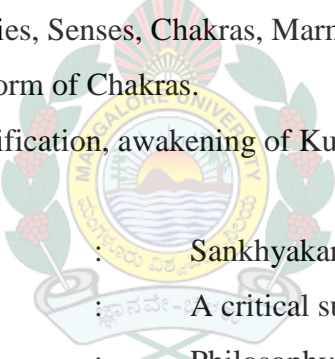
IV Yoga Rahasya

- 1) Swara yoga in brief, Sound and Form of Swara
- 2) Tattwa Vichara, Swara Yoga Practice
- 3) Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.
- 4) Special indications of yoga practice to cure the diseases.

V Kundalini Yoga

- 1) Historical development, principles of Kundalini yoga.
- 2) System of Nadies, Senses, Chakras, Marmasthanas.
- 3) Function and form of Chakras.
- 4) Prana, its classification, awakening of Kundalini and Samadhi.

REFERENCE BOOKS

1. Ishwarakrishna : Sankhyakarika
2. Chandradhara Sharma :  - A critical survey of Indian Philosophy
3. Swami Janananda : Philosophy of Yoga, Sri Ramakrishnasharma Publications, Calcutta.
4. S.N.Dasgupta : Yoga as a Philosophy and Religion
5. Swami Krishnananda : A short history of religions and philosophic thought in India: The divine life society. (1973), Shivanandanagar, Rishikesh.
6. M.P.Pandit : Kundalini Yoga, Ganesh & Co., Madras.
7. Sir John Woodroffe. : The Serpent Power
8. Dr.S.Radhakrishna : Shirmadbhagavadgeeta
9. Hall and Lindzey : Theories of Personality, Wiley Eastern Ltd., New Delhi.
10. Stanger, R & Solley, C.M. : Basic Psychology (1970) Tata, Mcgraw Hill, New Delhi.

11. Zimbardo : PGI Psychology and life (1979),
Foresonam Co., Illinvi.
12. Swami Muktibodhananda : Swara Yoga, Yoga Publications Trust,
Munger, Bihar, India.
13. T.Krishnamacharya,
T.K.V.Deshikachar. : Nathamuni's Yoga Rahasya,
Krishnamacharya Yoga Mandiram, Chennai.
14. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications,
Mangalore.

YS 405 KRIYAS AND ASANAS: PRACTICAL – I

70 marks

PART – A

50 marks

I Selected Kriyas

- 1) Jalaneti, Agnisara
- 2) Kapalabhati, Trataka
- 3) Sutraneti, Dandaduti
- 4) Gajakarani

II Asanas

- 1) Vaidika Suryanamaskara – 9 Vinyasa
- 2) Siddhasana, Padmasana
- 3) Baddha Padmasana, Pashasana
- 4) Shalabhasana, Bhikasana

III Asanas

- 1) Dhanurasana – Parshvasahita Dhanurasana
- 2) Ustrasana, Vajra & Suptavajrasana
- 3) Pavanamuktasana, Bhujangasana
- 4) Urdhwa Padmasana

IV Asanas

- 1) Pindasana
- 2) Matsyasana
- 3) Uttanapadasana
- 4) Shavasana.

V Laboratory tests

- 1) Blood counts
- 2) Blood grouping

PART – B

20 marks

- 1) Assignment
- 2) Practical lesson plan

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala
2. Swami Digambarji : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
4. Swami kuvalyananda : Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga .
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
9. H.R.Nagendra : Promotion of Positive Health – Pubished by SVYASA, Bangalore.
10. H.R.Nagendra : Pranayama – Pubished by SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya, Bihar School of Yoga, Munger.
13. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.

14. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
15. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
16. Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
17. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.

YS 406 ASANAS : PRACTICAL – II

70 marks

PART – A

50 marks

I Asanas

- 1) Yaugika Suryanamaskara – 17 Vinyasa
- 2) Padangusthasana, Padahasthasana
- 3) Utthita Trikonasana, Utthita Parshvakonasana
- 4) Prasarithapadottanasana

II Asanas

- 1) Parshvottanasana
- 2) Utthita Padangusthasana
- 3) Ardhabaddhapadmottanasana
- 4) Veerabhadrasana

III Asanas

- 1) Paschimottanasana, Purvottanasana
- 2) Ardhabaddhapadmapaschimottanasana, Janushirshasana
- 3) Tiryanmukaikapadapaschimottanasana
- 4) Marichasana 1 & 2, Navasana

IV Asanas

- 1) Bhujapedasana, Kurmasana
- 2) Setubandhasana
- 3) Viparitarani, Salamba Sarvangasana
- 4) Halasana, Shavasana II

V Laboratory tests

- 1) Height, Weight - B.M.I and Body Analyser Scale

2) Temperature, B.P.reading.

3) Spirometer.

PART – B

20 marks

1) Assignment

2) Practical lesson plan

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala
2. Swami Digambarji : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
4. Swami kuvalyananda : Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga.
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda Saraswati : : ಸತ್ಯನಾಥ - Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
9. H.R.Nagendra : Promotion of Positive Health – Pubished by SVYASA, Bangalore.
10. H.R.Nagendra : Pranayama – Pubished by SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya, Bihar School of Yoga, Munger.
13. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
14. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.

15. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
16. Swami Satynanda
Saraswati : Suryanamaskara, Bihar School of Yoga,
Munger, 1983.
17. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga
Publications, Mangalore.



SEMESTER-II

YS 451 FOUNDATION OF YOGIC SCIENCE-II

70 marks

I Samyama and its applications

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhuta ruta, Parachitta jnana, 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, Indriya jaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

II Kaivalya in Patanjala Yoga Sutra

- 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 Patanjala Yogasutra – Chapter IV.

III Methods of Samadhi Practice in Hatha yoga

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

IV Ghatayoga and its applications.

- 1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
- 2) Satkriyas – Classification, Practising methods and benefits.
- 3) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.
- 4) A comparative study of Hathayoga and Ghata yoga.

V Methods of Samadhi Practice in Siva yoga

- 1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga.
- 2) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.
- 3) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri, Nadi, Pranava, Bandha, Duration of Pranayama, Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.
- 4) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

REFERENCE BOOKS

1. Swami Vivekananda : Rajayoga, Ramakrishna Ashrama Publications.
2. Swatmarama : Hathayoga Pradipika of Kaivalyadhama, Lonavala.
3. Taimini : The Science of Yoga– Theosophical Publishing House, Adyar, Madras.
4. Hariharananda Aranya : Yogasutras of Patanjali, University of Calcutta Press, Calcutta.

5. Omananda Tirtha : Patanjala Yoga Pradeepa, Geetha Press, Gorakhpur.
6. Swami Niranjananda : Gherandasamhita – Bihar School of Yoga, Saraswati : Munger, Bihar.
7. Sadashivabrahmendra : Shivayogadipika, Ananda Ashramagranthavali, Choukamba, Press.
8. Swami Niranjanananda : Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar.
9. Swami Digambaraji : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.

YS 452 BASICS RELEVANT TO YOGIC SCIENCE – II

70 marks

I Fundamentals of Dietics and Nutrition – Modern Concept

- 1) Nutrition- Nutrients, principles of diet – their importance.
Carbohydrates-Monosaccharides, Disaccharides, polysaccharides
- 2) Proteins – Importance of proteins in biological system –
Essential and non essential amino acids.
Lipids – essential fatty acids, Lipid profile.
- 3) Calorimetry - Energy requirement and its calculation, Energy aspects of diet and their distribution, Balanced diet.
- 4) Minerals – Calcium, iron and other trace elements in nutrition.
Vitamins – Fat soluble and water soluble vitamins – Physiological role, deficiency signs, sources, requirement.

II Ancient Concept of Food

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

III Yoga therapy concepts in classical text

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

IV Yoga therapy concepts in classical text

- 1) Shivasvarodaya
- 2) Yogarahasya
- 3) Bhagavadgita
- 4) Shiva Samhita

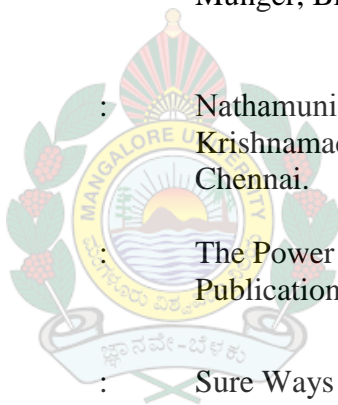
V Development of Life Span through Bath, Food, Massage etc.

- 1) Fasting, Oil massage, Bath - Hot water and Cold water
- 2) Fruit Juices like Orange, Musumbi, Pomegranate, Papaya, Banana, Grape, Lime, Watermelon, Green gram, Ginger etc.
- 3) Mitahara, Toxic food, pure food.
- 4) Sleep& awake - Time, Duration, Effect.

REFERENCE BOOKS

1. Dr.S.Radhakrishnan : ಭಾಗವತ- Bhagavadgeetha, Chapter II, VI, XIV.
2. Swami Ranganathananda : Message of Upanishads published by Bharatiya Vidya Bhavan, Bombay.
3. Chandradhara Sharma : A critical survey of Indian Philosophy
4. H R Nagendra : Yoga, its Basis and Applications – Vivekananda Kendra.
5. Vidyavachaspathi P. Panoli : Upanishats in Shankara's own words (Shankarabhashya) Matrbhumi printing and publishing Co., Ltd., Calicut.
6. Somanathananda : Upanishat Bhavadhare, Published by Sri Ramakrishnashrama, Mysore.
7. Swami Digambaraji : Hathayoga Pradipika, Kaivalyadhama, Lonavala.
8. Swami Digambaraji : Gheranda Samhita, Kaivalyadhama, Lonavala.

9. Omananda Pradeepa : Patanjala Yoga Sutra, Gita Press, Gorakhpur.
10. Sadashiva Brahmendra : Sivayogadipika, Anandashrama Granthavali.
11. Muktibodhananda : Swarayoga, Bihar School of Yoga, Munger, Bihar.
12. Prof.D.K.Jain : Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 05.
13. Dr.U.Satyanarayana : Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.
14. Swami Muktibodhananda : Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.
15. T.Krishnamacharya, T.K.V.Deshikachar. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai.
16. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.
17. Swami Satyananda Saraswati : Sure Ways to self Realisation, Bihar School of Yoga, Munger.



YS 453 HUMAN BIOLOGY – II

70 marks

I Anatomy and Physiology of Central Nervous System

- 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

- 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 Reproductive System

- 1) Anatomy – Gross & Histology of Male reproductive system
Spermatogenesis.
- 2) Anatomy – Gross & Histology of Female reproductive system,
ovarian hormones.
- 3) Menstruation, Pregnancy, Parturition, Lactation.

IV Anatomy and Physiology of Endocrine System

- 1) Gross & Histological anatomy of Thyroid, Parathyroid, Supra – renal,
Pituitary, Islets of Langerhans.
- 2) Function of thyroid and parathyroid hormone, effect of hypo and
hyperactivity on the body. Role of insulin in glucose metabolism.
- 3) Hormones of supra-renal glands and their action and effect of hypo &
hyper activity on the body.
- 4) Hormones of pituitary gland – its action and effect of hypo & hyper
activity on the body.

V Biochemistry

- 1) Enzymes - Definitions, specificity, inhibitors and activators,
Competitive inhibition.
- 2) Metabolism - Digestion and absorption of carbohydrates,
Proteins and fats.
- 3) Water, electrolyte and acid base balance.
- 4) Hormones - Sites of secretion and mode of action.

REFERENCE BOOKS

1. Chatterjee C.C. : Human Physiology (Vol. I & II), Medical
Allied Agency, Calcutta, 1992.
2. Evelyn, C.Pearce : Anatomy and Physiology for Nurses (Faber and
Faber Ltd., London, 1968).
3. Ann B Menaught : Illustrated Physiology.
4. Guyton : A text book of Medical Physiology

5. Shirley Telles : A Glimpse of the Human body (V.K.YOGAS, Bangalore, 1995)
6. Gerald J.Tortora
Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
7. Ross and Wilson : Anatomy and Physiology.
8. Dr. Sembu Lingam : A text of Physiology.

YS 454 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

70 marks

I Basics of Jnanayoga

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

II Yogic methods in Upanishats

- 1) Nadabindupanishat
- 2) Dhyanabindhupanishat
- 3) Kathopanishat
- 4) Shwethshwatara upanishat

III Yogic methods in Yogavasistha

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

IV Yogic principles in Darshanas and the Philosophy of Asana, Bandha, Mudra, Pranayama

- 1) Principles in six darshanas, Principles in other darshanas (Buddha, Jaina etc.)
- 2) Theory of Karma and Rebirth

- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra and Pranayama

V Health Management and Food System

- 1) Health Definitions-according to Indian system and Modern system
- 2) Physical Health, Mental health.
- 3) Food System in classical yoga texts -
Hathayogapradipika, Gheranda Samhita., Bhagavadgita.
- 4) Food system and Panchamahabhuta

REFERENCE BOOKS

1. Ishwarakrishna : Sankhyakarika
2. Dr.S.Radhakrishna : Shrimad Bhagavadgita
3. Chawkambha : Dashopanishath, Chaukamba Oriental Series, Varanasi.
4. Chandradhara Sharma : A critical survey of Indian Philosophy
5. Swami Jnanananda : Philosophy of Yoga Swami Jnanananda, Sri Ramakrishnashrama Publications.
6. S.N.Dasgupta : Yoga as a Philosophy and Religion, Calcutta.
7. Krishna Chaitanya : Gita for Modern man (1986) New Delhi, Clarion Books.
8. Swami Krishnananda : A short history of religions and philosophic thought in India, The divine life society (1973) Shivanandanagar, Rishikesh.
9. H.R.Nagenera : Basis and Applications of Yoga Published by SVYASA, Bangalore.
10. Srimadvalmiki : Yogavasista, Vol.1 & 2., Munshiram Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
11. Pandit Mahadeva Shastri, : Yogopanisats, the Adyar Library and B.A. Research Centre, Adyar, Madras – 20.
12. Swami Satyananda Saraswati : Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger.

13. Swami Kuvalayanada : Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala.
14. Swami Kuvalayanada : Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala.
15. M.M.Ghore : Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala.

YS 455 KRIYAS AND ASANAS: PRACTICAL – I
PART – A

70 marks
50 marks

I Selected Kriyas

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

II Asanas

- 1) Kukkutasana
- 2) Marichasana 3 & 4
- 3) Jatharaparivartana
- 4) Upavishtakonasana

III Asanas

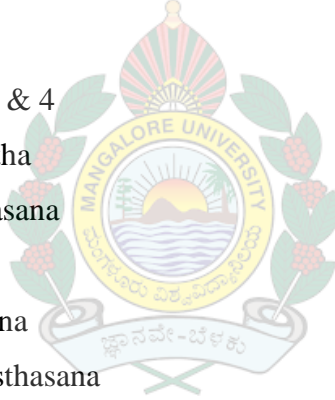
- 1) Baddhakonasana
- 2) Suptapadangusthasana
- 3) Suptaparshvasahita
- 4) Ubhayapadangusthasana

IV Asanas

- 1) Urdhwamukha Paschimottanasana
- 2) Shirshasana
- 3) Vishwamitra
- 4) Matsyendrasana

V Asanas

- 1) Chakrasana
- 2) Garudasana
- 3) Simhasana
- 4) Akarna dhanurasana.



PART – B**20 marks**

- 1) Assignment
- 2) Practical lesson plan

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga Pradipika, SMYM Samiti Kaivalyadhama, Lonavala, Pune.
2. Swami Digambarji : Gheranda Samhita, SMYM Samiti Kaivalyadhama, Lonavala, Pune.
3. Adi devananda : Patanjala Yoga Sutra
4. Swami Kuvalayananda: Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger.
9. H R Nagendra : Promotion of positive Health – published by SVYASA, Bangalore.
10. H R Nagendra : Pranayama, Published by SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyananda : A systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of yoga, Munger.

YS 456 ASANAS: PRACTICAL – II
PART – A**70 marks**
50 marks**I Asanas**

- 1) Vatayanasana
- 2) Parighasana
- 3) Yogamudra
- 4) Garbhapindasana

II Asanas

- 1) Kraunchasana
- 2) Mayurasana
- 3) Laghuvajrasana
- 4) Kapotasana

III Asanas

- 1) Paschimottanasana – III
- 2) Nakrasana
- 3) Bharadwajasana
- 4) Ardhamatsyendrasana

IV Asanas

- 1) Ekapadashirshasana
- 2) Dwipadashirshasana
- 3) Yoganidrasana
- 4) Suptakonasana, Shavasana

IV Laboratory Test

- 1) Peak flow meter
- 2) Polygraph

PART – B

20 marks

- 1) Assignment
- 2) Practical lesson plan

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune.
2. Swami Digambarji : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune.
3. Adhi devananda : Patanjala Yoga Sutra
4. Swami Kuvalayananda: Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda : Asana, Pranayama, Mudra, Bandha, Bihar Saraswati School of Yoga, Munger.
9. H R Nagendra : Promotion of positive Health – published by SVYASA, Bangalore.
10. H R Nagendra : Pranayama, Published by SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyananda : A systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger.

III SEMESTER
SPECIALISATION - A
YOGA THERAPY

501A YOGA FOR PERSONAL HEALTH 70 marks

I. Basis of Yogic Sciences

1. Meaning, Definition, Concepts, Aim, Objects and Misconcepts of yoga.
2. Historical developments of yoga.
3. Astanga yoga, Schools of yoga
4. Health – Definitions according Indian System and Modern System

II. Concept of Health and Yoga, Basis of Yoga Therapy

1. Concept of Mitahara and Pathyapathya, Concept of Food and triguna; Nutrition – Importance of macro and micro nutrients in diet.
2. Basic principles of yoga therapy
3. Preventive, promotive and curative aspects of yoga – kriyas, asanas, pranayamas and meditation
4. Daily routine and seasonal routine.

III. Effect of Yogic practices on various systems

1. Improvement of Digestive System - Trikonasana, Parshvakonasana, Paschimotthonasana, Purvottanasana
2. Improvement of Nervous System - Pavanamuktasana, Bhujangasana, Shalabhasana, Dhanurasana
3. Improvement of Cardiovascular System – Svastikasana, Vajrasana, Viparitarani, Ustrasana
4. Improvement of Excretory System – Prasarithapadottanasana, Janusirsasana, Baddhakonasana, Upavistakonasana

IV. Yogic practices for concentration, memory and ‘Prana’.

1. Bandhas- Uddiyana, Jalandhara
2. Pranayama – Ujjayi, Anuloma viloma, Bhastrika, Bhramari
3. Kundalini – Ardhamatsyendrasana, Kurmasana, Siddhasana, Mahamudra
4. Dhyana –Soham, Om, Jyothi

REFERENCE BOOKS:

1. Swami Vivekananda : Rajayoga Ramakrishna Ashrama Publications.
2. Swami Digambaraji : Hathayoga Pradipika of Swatmarama – Kaivalyadhama, Lonavala.
3. Swami Satyananda : Four chapters on Freedom (commentary on the yoga sutras of Patanjali) (1983), Bihar School of Yoga, Munger.
4. Hariharananda Aranya : Yogasutras of Patanjali, University of Calcutta Press, Calcutta.
5. Omananda Tirtha : Patanjala Yoga Pradeepa Geeta Press, Gorakhpur.
6. Taimini.I.K. : The Science of Yoga Theosophical Publishing House, Adyar, Madras.
7. Swami Niranjanananda : Yoga Darshan, Sri Pachadasham Paramahansa Alakh Bara, Deoghar.
8. Swami Niranjanananda : Hathayogapradipika, Bihar School of Yoga.
9. Swami Niranjanananda : Gheranda Samhita, Bihar School of Yoga.
10. Swami Digambarji : Gheranda Samhita, Kaivalyadhama, Lonavala.
11. H.Kumar Kaul : नमो - Aspects of Yoga, B.R.Publishing Corporation, Delhi.
12. Chandradhara Sharma : A critical survey of Indian Philosophy
13. Swami Janananda : Philosophy of Yoga, Sri Ramakrishnasharma Publications
14. S.N.Dasgupta : Yoga as a Philosophy and Religion
15. Swami Krishnananda : A short history of religions and philosophic thought in India: The divine life society. (1973), Shivanandanagar, Rishikesh.
16. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.
17. Swami kuvalayananda,
Dr. S.V. Vinekear : Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune.

18. Prof.Pattabhi Jois : Yoga mala – Part I
19. B.K.S.Iyengar : Light on Yoga.
20. B.K.S.Iyengar : Light on Pranayama
21. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
22. O.P.Tiwari : Asana, Why & How, Kaivalyadhama, Lonavala, 1991.
23. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
24. A.K.Jain : Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 05.

YS 502A BASIS OF YOGA THERAPY

70 marks

I Basic Principles of Yoga Therapy

- 1) Panchavimshati tatvatmaka theory
- 2) Panchakosha theory
- 3) Tridosha theory
- 4) Application of three theories.

II Effect of yogic practices on following systems

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

III Food System and Health Management

- 1) Dietetics with relationship of Pancamahabhuta, Rasa, Guna, Virya and Vipaka of the following items.
Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka, Patola patraka , Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha, Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka,

Dhanyaka, Lashuna, Shirisha, Kutaja, Vayuvidanga, Haridra, Mantya, Jatiphala, Patra, Ushira, Jivanthi, Vasthumulaya, Punarnava.

- 2) Principles of Yoga Therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.
- 3) Dinacarya, Sadvrtta, Rtucarya
- 4) A general survey of preventive, promotive and curative aspects of yoga therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

IV Examination of a Patient

- 1) Complaints, History, Study of Symptoms, Physical examination.
- 2) Investigations, Diagnosis, Treatment, Follow-up.
- 3) History Taking - Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness.
- 4) Family history, presenting complaint, history of present illness, treatment history, menstrual history and negative data.

V Diagnosis Method (Indian System)

- 1) Panchabhuta Theory
- 2) Tridosha Theory
- 3) Panchakosha
- 4) Panchapranas

REFERENCE BOOKS

1. Swatmarama : Hathayoga Pradipika, Kaivalyadhama, Lonavala, Pune.
2. Vagbhata. : Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi
3. Dr.V.B.Athavale : Basic Principles of Ayurveda
4. Charaka : Charakasamhita, Chowkhamba Sanskrit Series office, Varanasi
5. Dr.H.R.Nagendra : New Horizons in Modern Medicine, SVYASA Bangalore
6. Kuvalayananda : Asana, Kaivalyadhama, Lonavala, Pune.

7. Kuvalayananda : Pranayama, Kaivalyadhama, Lonavala, Pune.
8. M.M.Gore : Anatomy and Physiology of Yogic Practices, Lonavala, Pune.
9. K.N.Udupa : Stress and its Management by Yoga, Mothilal Banarsidas, Delhi.
10. Ishwara Krishna : Sankhyakarika, Ramakrishnashrama Publications
11. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger.
12. Swami Satyananda Saraswathi : A systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger.
13. Hutchison : Hutchison's Clinical Methods
14. Davidson : Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company 1999.
15. Wasley, GDEd. : Critical Laboratory techniques, Churchill Livingstone, Harcourt Brace and Company 1999.
16. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.

YS 503A RESEARCH METHODOLOGY

70 marks

I Introduction

- 1) Meaning, types of research - Descriptive, Applied, Quantitative, Conceptual and Psychological research; Scientific research.
- 2) Research process – Steps involved, Criteria of good research.
- 3) Meaning and Necessity of a research problem.
- 4) Techniques of defining a research problem.

II Hypothesis and Variables

- 1) Hypothesis-Meaning, Null and alternative hypothesis, Characteristics of a good hypothesis.
- 2) Procedure for Hypothesis Testing.
- 3) Meaning and concept of variables, Types of variables
- 4) Importance of Experimental and control group.

III Research Design and Sampling

- 1) Meaning and purpose of research design, Features of a good design.
- 2) Research design in exploratory, descriptive & diagnostic research studies, Basic principles of experimental designs
- 3) Sampling – Steps in sampling, Characteristics of a good sample design
- 4) Different types of Non probability and Probability sample designs

IV Data collection and Research Analysis

- 1) Methods of data collection
- 2) Processing operations, Types of analysis.
- 3) Statistics in Research
- 4) t-test, Chi – Square test, F – test, ANOVA.

V Laboratory reports for research

- 1) Requisite, Writing, Reading
- 2) Blood reports, X-rays.
- 3) Scanning reports, ECG, EEG
- 4) Eye sight, Bones, Joints and Muscles

REFERENCE BOOKS

1. Kothari, C.R. : Research Methodology, Methods & Techniques, (1985) Wishwa Prakashan, New Delhi.
2. SMYM Samiti : Yoga Mimamsa, Kaivalyadhama.
3. H.R.Nagendra : New Horizons in Modern Medicine, SVYASA, Bangalore.
4. Goode, W.I. and : Method in Social Research, (1952)
5. Kerlinger, F.N : Foundation of Behavioural research, (1986), Prism Books, Bangalore.
6. Mohisin : Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi.
7. Nachmias D, : Research Method in Social Sciences, (1981), Nachmias St.Martins Press, New York.
8. Hutchison : Hutchison's Clinical Methods
9. Wasley, GDEd. : Critical Laboratory techniques
10. Davidson : Principles & practice of Medicine.
11. Apley : System of Orthopaedics.

504A

YOGA THERAPY PRACTICES

70 marks

I Review of Systems and Physical examinations

- 1) Body weight, sleep and energy, Gastrointestinal system, abdomen and pelvis, liver and gall bladder.
- 2) Genital system, cardiovascular system, blood, Respiratory system, Urinary system, Skin diseases, Nervous system.
- 3) The physical examination, General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions were relevant.
- 4) Routine examination – Writing the history and examination, presenting a case, Interpretation of clinical data, Diagnosis. Diagnosis – Treatment, Follow up.

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

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

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

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

IV. Indian and Yogic approach of the following diseases with treatment and management (Food, Bath, Daily routines, Kriyas and Asanas etc.)

- 1) Diabetic Mellitus, Br.Asthma
- 2) Hypertension, Cardiac Disorder
- 3) Backache, Arthritis.
- 4) Spondylitis, Spondylosis

V. Indian and Yogic approach of the following diseases with treatment and management (Food, Bath, Daily routines, Kriyas and Asanas etc.)

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

REFERENCE BOOKS

1. Davidson : Principles & practice of Medicine.
2. Apley : System of Orthopaedics.
3. Kuvalayananda : Asana, Kaivalyadhama, Lonavala, Pune.
4. Kuvalayananda : Pranayama, Kaivalyadhama, Lonavala, Pune.
5. Kuvalayananda and Vinekar : Yogic Therapy, Kaivalyadhama, Lonavala, Pune.
6. Yogendra : Yoga Essays, Yoga Institute, Santacruz, Bombay.
7. M.M.Gore : Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavala, Pune.
8. K.N.Udupa : Stress and its Management by Yoga, Mothilal Banarasidass, Delhi.
9. Vagbhata : Astanga Hridaya
10. Hutchison : Hutchison's Clinical Methods
11. Wasley, GDEd. : Critical Laboratory techniques
12. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore

YS 505A PRACTICAL – I: BANDHA, MUDRA AND PRANAYAMA.

(Primary Practice)

70 marks

PART – A

50 marks

I Bandhas – Theory and Practice

- 1) Mula Bandha
- 2) Uddiyana Bandha
- 3) Jalandhara Bandha
- 4) Jihva Bandha

II Mudras with detailed study

- 1) Mahamudra
- 2) Viparitakarani
- 3) Shanmukhimudra
- 4) Tadagi mudra and kaki mudra

III Pranayama

- 1) Rechaka Kumbhaka, Puraka Kumbhaka
- 2) Nadishuddhi
- 3) Ujjayee
- 4) Suryabhedana

IV Pranayama

- 1). Chandrabhedana
- 2) Shitali
- 3) Bhastrika
- 4) Bhramari



PART – B

20 marks

V Assignment and Teaching method

- 1) Assignment
- 2) Model Lesson plan in yoga practice.

REFERENCE BOOKS

- | | | | |
|----|----------------------|---|----------------------------|
| 1. | Swami Digambarji | : | Hathayoga Pradipika |
| 2. | Swami Digambarji | : | Gheranda Samhita |
| 3. | Sadashiva Brahmendra | | |
| | Saraswathi. | : | Patanjala Yoga Sutra Vrtti |
| 4. | Kuvalayananda | : | Yogasana. |
| 5. | Prof.Pattabhi Jois | : | Yoga Mala - Part I |
| 6. | B.K.S.Iyengar | : | Light on Yoga |
| 7. | B.K.S.Iyengar | : | Light on Pranayama |
| 8. | Thomas Von Elbe. | : | Yoga Self Taught |

9. Swami Kuvalayananda : Yoga Therapeutics – Published by Kaivalyadhama.
10. H R Nagendra : Pranayama – Published by SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyananda Saraswati - Asana, Mudra & Bandha, Pranayama, Bihar School of Yoga, Munger.
13. Swami Satyananda Saraswathi - A Systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger.

YS 506A PRACTICAL – II (Advanced Practice)

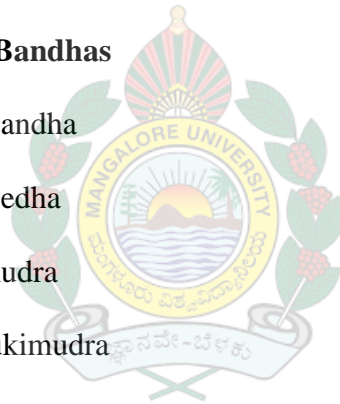
70 marks

PART – A

50 marks

I Mudras and Bandhas

- 1) Mahabandha
- 2) Mahavedha
- 3) Yonimudra
- 4) Mandukimudra



II Mudras and Pranayamas

- 1) Bhunjangini
- 2) Ashwini
- 3) Ujjayi
- 4) Suryabhedana

III Pranayamas

- 1) Bhastrika
- 2) Bhramari
- 3) Sitali
- 4) Chandrabhedana

IV Meditation

- 1) Pranava

- 2) Soham
- 3) Akashadharana and Vayavidharana
- 4) Yoganidra

V Application of Modern Instruments

- 1) Treadmill
- 2) Seminar

PART – B

20 marks

- 1) Assignment
- 2) Practical lesson plan

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga Pradipika
2. Swami Digambarji : Gheranda Samhita
3. Sadashiva Brahmendra
Saraswathi. : Patanjala Yoga Sutra Vrtti
4. Kuvalayananda : Yogasana.
5. Prof.Pattabhi Jois : Yoga Mala - Part I
6. B.K.S.Iyengar : Light on Yoga
7. B.K.S.Iyengar : Light on Pranayama
8. Prof.T.Krishnamacharya : Yogasanagalu, Madras.
9. Thomas Von Elbe : Yoga Self Taught
10. Swami Kuvalayananda : Yoga Therapeutics – Published by
Kaivalyadhama.
11. H R Nagendra : Pranayama – Published by SVYASA,
Bangalore.
12. Swami Geetananda : Bandhas & Mudras, by Anandashrama,
Pondicherry.
13. Swami Satyananda Saraswati : Asana, Pranayama, Mudra and Bandha, Bihar
School of Yoga, Munger.
14. Swami Satyananda araswathi : A Systematic course in the ancient tantric
techniques of Yoga & Kriya , Bihar School of
Yoga, Munger.

IV Semester

YS 551 A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I	(70+30=100)
	Analysis of 10 research works in Yoga (Decided by the Professor and Head) Presentation and Discussion	
YS 552 A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II	(70+30=100)
	Presentation of Yoga modules (Decided by the Chairman and Board of departmental studies)	
YS 553 A	PRACTICAL - ADVANCE	
	10 Experiments Using the Following Instruments (Effect of yoga practice)	(70+30=100)
	<ol style="list-style-type: none">1) Treadmill2) E.C.G.3) Polygraph4) Blood Analysis5) Spiro meter	
YS 554 A	PROJECT WORK	(140+60=200)
	Written/Viva-voce (As per examination guidelines)	
YS 555 A	VIVA – VOCE	100

SPECIALISATION - B

YOGA SPRITUALITY

YS 501 B Yoga for Spirituality

70 marks

I. Basis of Yogic Sciences

1. Meaning, Definition, Concepts, Aim, Objects and misconcepts of yoga.
2. Historical development of yoga.
3. Astanga yoga, Schools of yoga
4. Health – Definitions according Indian System and Modern System

II. Basis of Yoga Spirituality

1. Basic methods of Spirituality according to classical texts of yoga, Meditation techniques in Upanishads.
2. Sankhyayoa – Introduction, 3 fold afflictions, means to over come afflictions, 25 entities according to Sankhya, Vyakta, Avyakta, Triguna, evolution according to Sankhya.
Jnanayoga – Introduction, Anubandhacatustaya, Qualifications to study jnanayoga, samasti and vyasti, steps to realization, Samadhi and its obstacles
3. Sivayoga – Introduction, Four yogas, Ajapajapa
Dhyana Yoga – Preparation, Place, Seat, Method according to Bhagawadgita
4. Kundaliniyoga – System of nadis, form and function of cakras, awakening of Kundalini, Samadhi.

III. Yogic practices for Physical and mental Health.

1. Paschimottanasana, Purvottanasana, Baddhakonasana, Upavistakonasana
2. Simhasana, Bharadwajasana, Ardhamastyendrasana, Ustrasana
3. Pavanamukthasana, Bhujangasana, Shalabhasana, Dhanurasana
4. Trikonasana, Parshvakonasana, Janushirshasana, Halasana

IV. Yogic practices for development of total personality.

1. Asanas -Siddhasana, Padmasana, Vajrasana, Yogamudrasana
2. Bandhas and Mudras –Uddiyanabandha, Jalandharabandha, Jihvabandha, Viparitakarani, Shanmuktimudra
3. Pranayamas – Ujjayee , Anuloma-Viloma , Bhramari, Sitali
4. Dhyana – Ajapajapa, Pranava, Suksma and Sthula

REFERENCE BOOKS:

1. Swami Vivekananda : Rajayoga, Ramakrishna Ashrama Publications.
2. Swami Digambaraji : Hathayoga Pradipika of Swatmarama – Kaivalyadhama, Lonavala.
3. Swami Satyananda : Four chapters on Freedom (commentary on the yoga sutras of Patanjali) (1983), Bihar School of Yoga, Munger.
4. Hariharananda : Yogasutras of Patanjali, University of Calcutta Aranya Press, Calcutta.
5. Omananda Tirtha : Patanjala Yoga Pradeepa Geeta Press, Gorakhpur.
6. Taimini.I.K. : The Science of Yoga Theosophical Publishing House, Adyar, Madras.
7. Swami Niranjanananda : Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar.
8. Swami Niranjanananda : Hathayogapradipika, Bihar School of Yoga.
9. Swami Niranjanananda : Gheranda Samhita, Bihar School of Yoga.
10. Swami Digambarji : Gheranda Samhita, Kaivalyadhama, Lonavala.
11. H.Kumar Kaul : Aspects of Yoga, B.R.Publishing Corporation, Delhi.
12. K.Krishna Bhat Dr. : The Power of Yoga, Suyoga Publications, Mangalore.
13. Pattabhi Jois : Yoga mala – Part I
14. B.K.S.Iyengar : Light on Yoga.
15. B.K.S.Iyengar : Light on Pranayama
16. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.

17. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
18. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
19. Swami Niranjananda Saraswati : Gherandasamhita – Bihar School of Yoga, Munger, Bihar.
20. Sadashivabrahmendra : Shivayogadipika - Sadashivabrahmendra, Ananda Ashramagranthavali, Choukamba, Press.
21. Swami Muktibodhananda : Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.
22. T.Krishnamacharya, T.K.V.Deshikachar. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai.
23. Swami Satyananda Saraswati : Asana, Bandha Mudra Pranayama, Bihar School of Yoga, Munger.
24. Swami Kuvalayanada : Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala.
25. Swami Kuvalayanada : Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala.
26. M.M.Ghore : Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala.
27. Vagbhata. : Astanga Hridaya
28. V.B.Athavale Dr. : Basic Principles of Ayurveda
29. H.R.Nagendra Dr. : New Horizons in Modern Medicine
30. Swami Ranganathananda : Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta
31. Trasi Nitin : The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation
32. Pandit Shri Bhawesh Nath Pathak : Dasopanisad, Chowkamba Varanasi.
33. Dasopanisad with English translation : Motilal Banarsidas, New Delhi.

34. S.Radhakrishna Dr. : Srimadbhagavadgita, Motilal Banarsidas, New Delhi.
35. Swami Ranganathananda : Message of Upanisads, published by Bharatiya Vidya Bhavan – Bombay.
36. Chandradhara Sharma. : Critical survey of Indian Philosophy, Motilal Banarsidas, New Delhi.
37. Swami Sivananda. : Spiritual Lessons.
38. Swami Yogaswarupananda : Foundation of Spiritual Life.
39. Swami Yogaswarupananda : Sadhana – Its meaning and obstacles

502 B Basis of Yoga and Spirituality

70 marks

I. Introduction

- 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

- 1) Primary, Medium, Advanced methods in Patanjala Yoga Sutra
- 2) Primary, Medium, Advanced methods in Hathayogapradipika
- 3) Primary, Medium, Advanced methods in Sivayogadipika
- 4) Primary, Medium, Advanced methods in Gheranda Samhita and Hatharathnavali.

3. Basic Theories and Spirituality

- 1) Triguna theory
- 2) Panchakosa theory
- 3) 26 Tatva theory
- 4) Tridosa theory

4. Principles of Spiritual practice

- 1) Preparation, Place, Time
- 2) Food and Lifestyle.
- 3) Yogic practices for spirituality as explained in Bhagavadgita.
- 4) Yogic practices for spirituality as explained in 10 upanisats

5. Meditation techniques in Upanishats and Schools of Yoga

- 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

REFERENCE BOOKS.

1. Swami Ranganathananda : Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta
2. Trasi Nitin : The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation
3. Ishwarakrishna. : Sankhya Karika, Chowkamba, Varanasi.
4. Hariharananda Aranya : Sutras of Patanjali, University of Calcutta Press, Calcutta.
5. Patanjala Yoga Pradeepa : Geetha press, Gorakhpur.
6. Pandit Shri Bhawesh Nath Pathak : Dasopanisad, Chowkamba Varanasi.
7. Dasopanisad with English translation : Motilal Banarsidas, New Delhi.
8. Dr. S.Radhakrishna : Srimadbhagavadgita, Motilal Banarsidas, New Delhi.
9. Swami Ranganathananda : Message of Upanisads, published by Bharatiya Vidya Bhavan – Bombay.
10. Chandradhara Sharma. : Critical survey of Indian Philosophy, Motilal Banarsidas, New Delhi.
11. Swami Vivekananda : Rajayoga, Adhvaita Ashrama, Kolkatta.
12. Swami Hariharananda Aranya: Patanjala Yoga sutra, University of Calcutta Press, Calcutta.
13. Swami Digambaraji : Hathayogapradipika, Kaivalyadhama, Lonavala.
14. Swami Digambaraji : Gheranda Samhita, Kaivalyadhama, Lonavala.

15. Sadashiva Brahmendra
Saraswathi : Sivayogadipika, Anandasrama Granthavali,
Chowkamba Press.
16. Swami Satyananda Saraswathi: Sure ways to self realization
17. Sir John Woodroffe : Serpent Power, Ganesh & Company, Madras
18. Swami Sivananda. : Kundalini Yoga, Bihar School of Yoga, Munger
19. Swami Satynanda Saraswathi. : Sadhana Part I, II, III, & IV.
20. Golden A.S. : Fundamental Philosophy of Upanisads
21. Dwivedi A.N. : Essentials of Hinduism, Jainism and Buddhism

YS 503 B RESEARCH METHODOLOGY

70 marks

I Introduction

- 1) Meaning, types of research - Descriptive, Applied, Quantitative, Conceptual and Psychological research; Scientific research.
- 2) Research process – Steps involved, Criteria of good research.
- 3) Meaning and Necessity of a research problem.
- 4) Techniques of defining a research problem.

II Hypothesis and Variables

- 1) Hypothesis-Meaning, Null and alternative hypothesis, Characteristics of a good hypothesis.
- 2) Procedure for Hypothesis Testing.
- 3) Meaning and concept of variables, Types of variables
- 4) Importance of Experimental and control group.

III Research Design and Sampling

- 1) Meaning and purpose of research design, Features of a good design.
- 2) Research design in exploratory, descriptive & diagnostic research studies, Basic principles of experimental designs
- 3) Sampling – Steps in sampling, Characteristics of a good sample design
- 4) Different types of Non probability and Probability sample designs

IV Data collection and Research Analysis

- 1) Methods of data collection
- 2) Processing operations, Types of analysis.
- 3) Statistics in Research

- 4) t-test, Chi – Square test, F – test, ANOVA.

V Laboratory reports for research

- 1) Requisite, Writing, Reading
- 2) Blood reports, X-rays.
- 3) Scanning reports, ECG, EEG
- 4) Eye sight, Bones, Joints and Muscles

REFERENCE BOOKS

1. Kothari, C.R. : Research Methodology, Methods & Techniques, (1985) Wishwa Prakashan, New Delhi.
2. SMYM Samiti : Yoga Mimamsa, Kaivalyadhama.
3. H.R.Nagendra : New Horizons in Modern Medicine, SVYASA, Bangalore
4. Goode, W.1. and : Method in Social Research, (1952)
5. Kerlinger, F.N : Foundation of Behavioural research, (1986), Prism Books, Bangalore.
6. Mohisin : Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi.
7. Nachmias D, : Research Method in Social Sciences, (1981), Nachmias St.Martins Press, New York.
8. Hutchison : Hutchison's Clinical Methods
9. Wasley, GDEd. : Critical Laboratory techniques
10. Davidson : Principles & practice of Medicine.
11. Apley : System of Orthopaedics

504 B Yoga and Spirituality for Health

70 marks

I. Food System

- 1) Preparation of food
- 2) Quality and usages of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Karkati, Rambha, Balaramba, Mulak, Vartaki, Kalashaka. Himalocika, Navanita, Ghrta, Kshira
- 3) Quality and usages of Sita, Ikshwam, Gudam, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti,. Nimba, Maricha, Brahmi, Bhumyamalaki

- 4) Quality and usages of Amalaka, Bhranga, Jeeraka, Dhanyaka, Sita, Lashuna, Shirisha, Kutaja, Vayuvidanga, Haridra, Methika, Patra, Ushira, Jivanthi, Vasthumulaya, Punarnava, Tulasi, Amrta, Sigrū.

II. **Health management and Development**

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

III. **Traditional method for spirituality**

- 1) Teacher & Student relationship
- 2) Teaching method and Quality
- 3) Learning method
- 4) Practice.

IV. **Lifestyle**

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

V. **Fundamentals of Naturopathy**

- 1) Introduction
- 2) Fundamental theories
- 3) Application of Naturopathy
- 4) Spirituality and Naturopathy

REFERENCE BOOKS

- | | | | |
|----|-------------------|---|--|
| 1. | Swatmarama | : | Hathayoga Pradipika,
Kaivalyadhama, Lonavala. |
| 2. | Gheranda | : | Gheranda Samhita,
Kaivalyadhama, Lonavala. |
| 3. | Swami Vivekananda | : | Rajayoga, Ramakrishnashrama,
Calcuta. |
| 4. | U.Rustaji | : | Manusmriti, Chowkamba Press,
Varanasi. |

- | | | | |
|-----|---------------------------------|---|---|
| 5. | Dr.K.Krishna Bhat | : | The Power of Yoga, Suyoga Publications, Mangalore. |
| 6. | Swami Shivananda | : | How to live hundred years. |
| 7. | Swami Sivananda | : | Guru Bhakti Yoga |
| 8. | Swami Sivananda. | : | Spiritual Lessons. |
| 9. | Swami Yogaswarupananda | : | Foundation of Spiritual Life. |
| 10. | Swami Yogaswarupananda | : | Sadhana – Its meaning and obstacles |
| 11. | Swami Sivananda | : | Religious Education |
| 12. | Pandit Shri Bhawesh Nath Pathak | : | Dashopanisad with English Commentary, Motilal Banarsidass, New Delhi. |
| 13. | Mehta RM.Tr. | : | Gala's fasting, unique remedy for a hundred ailments |
| 14. | Dr.Gala. | : | Nature Cure for common diseases |
| 15. | The medical Advisor | : | The complete guide to Alternative and Conventional treatments. |

505 B Practical I – Advanced Kriyas and Asanas

70 marks

I. Kriyas.

1. Kapalabhati.
2. Shankhaprakshalana.
3. Trataka.
4. Jaladhauti

II. Asanas.

1. Matsyendrasana.
2. Yoganidrasana.
3. Viswamitrasana.
4. Gomukhasana.

III. Asanas.

1. Vatayanasana.
2. Vrscikasana.
3. Hanumanasana.
4. Samakonasana.

IV. Asanas.

1. Mayurasana.
2. Chakrasana.
3. Parivrtta Trikonasana.
4. Sirsasana.

V. Asanas.

1. Mulabandhasana.
2. Sarvangasana.
3. Natarajasana.
4. Matsyasana

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga Pradipika
2. Swami Digambarji : Gheranda Samhita
3. Sadashiva Brahmendra
Saraswathi. : Patanjala Yoga Sutra Vrtti
4. Kuvalayananda : Yogasana.
5. Prof.Pattabhi Jois : Yoga Mala - Part I
6. B.K.S.Iyengar : Light on Yoga
7. B.K.S.Iyengar : Light on Pranayama
8. Thomas Von Elbe. : Yoga Self Taught
9. Swami Kuvalayananda : Yoga Therapeutics, Kaivalyadhama.
10. H R Nagendra : Pranayama, SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama,
Pondicherry.
12. Swami Satyananda Saraswati : Asana, Pranayama, Mudra & Bandha, Bihar
School of Yoga, Munger.
13. Swami Satyananda, Saraswathi : A Systematic course in the ancient tantri
techniques of Yoga & Kriya, Bihar School of
Yoga, Munger.
14. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications,
Mangalore.

506. Practicals – II – Bandha, Mudra, Pranayama and Meditation Techniques.

70 marks

I Bandhas:

- i) Mula Bandha
- ii) Uddiyana Bandha
- iii) Jalandhara Bandha
- iv) Jihvabandha

II Mudras:

- i) Mahamudra
- ii) Viparitakarani
- iii) Shanmukhimudra
- iv) Tadagimudra and kaki mudra

III Pranayama:

- i) Rechaka Kumbhaka
- ii) Puraka Kumbhaka
- iii) Nadishuddhi
- iv) Ujjayee

IV Pranayama:

- i) Suryabhedana
- ii) Chandrabhedana
- iii) Bhastrika
- iv) Bhramari

V Pranayama:

- i) Shitali
- ii) Sitkari.
- iii) Samavruti – Visama vruti



REFERENCE BOOKS

- | | | | |
|----|----------------------|---|----------------------------|
| 1. | Swami Digambarji | : | Hathayoga Pradipika |
| 2. | Swami Digambarji | : | Gheranda Samhita |
| 3. | Sadashiva Brahmendra | | |
| | Saraswathi. | : | Patanjala Yoga Sutra Vrtti |
| 4. | Kuvalayananda | : | Yogasana. |
| 5. | Prof.Pattabhi Jois | : | Yoga Mala - Part I |

6. B.K.S.Iyengar : Light on Yoga
7. B.K.S.Iyengar : Light on Pranayama
8. Thomas Von Elbe. : Yoga Self Taught
9. Swami Kuvalayananda : Yoga Therapeutics, Kaivalyadhama, Lonavala, Pune.
10. H R Nagendra : Pranayama, SVYASA, Bangalore.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyananda Saraswati : Asana, Pranayama, Mudra & Bandha, Bihar School of Yoga, Munger.
13. Swami Satyananda, Saraswathi : A Systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger.
14. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.



IV SEMESTER

YS 551 SCIENTIFIC STUDIES IN YOGIC SCIENCE

(70+30=100)

Analysis of 10 research works in Yoga related to Spirituality (Decided by the Professor and Head).

YS 552 Applied of Spirituality

(70+30=100)

I. General Health Management

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

II. Personality Development

- 1) Controlled
- 2) Emotion
- 3) Clarity in expression
- 4) Development in Structure, Mood and Behaviour

III. Human Resource Development

- 1) Development in Attitude and Aptitude
- 2) Decision making and thinking approach
- 3) Leadership, working capacity and organizing
- 4) Body, Mind, Intellectual level.

IV. Human Consciousness Development

- 1) Development in Conscious
- 2) Development in Subconscious
- 3) Develop in Super conscious
- 4) Development in Memory and Intuition

V. Spirituality and Samadhi

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

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YS 553 PRACTICAL : Advanced Study of Pranayama and Meditation (70+30=100) Pranayama (Advacned)

1. Ujjayee
2. Nadishuddhi
3. Bhastrika
4. Bhramari

Meditational Techniques

1. Pranava dhyana
2. Soham
3. Tejomdhyaana
4. Sthuladhyana
5. Sukshmadhyana

Cittavisranti Techniques:

1. Yoganidra
2. Shavasana

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7. Swami Satyananda Saraswati : Asana, Pranayama, Mudra & Bandha, Bihar School of Yoga, Munger.
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YS 554 B ONE PROJECT WORK/DISSERTATION

(140+60=200)

YS 555 B VIVA-VOCE.

100