



MANGALORE UNIVERSITY

M.Sc. YOGIC SCIENCE

SYLLABUS FOR CBCS SCHEME

2016

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

M.Sc. YOGIC SCIENCE

Preamble:

Registrar, Mangalore University, has sent a letter, No: MU/ACC/CR.38/CBCS (PG)/2015-16 dtd. 05-05-2016, to the PG BOS in Yogic Science and asked the BOS to prepare Syllabi for programmes coming under the purview of PG BOS in Yogic Science and also to send the BOS approved syllabi to the University. The syllabi are to be implemented from the academic year 2016-17.

A draft course pattern is prepared by considering the points mentioned in the above said letter from the Registrar.

Course Pattern Highlights:

- i) PG Programme will comprise “core” and “elective” courses. The “core” courses will further consists of “Hard” and “Soft Core” courses. Hard Core courses can have 4 credits. Soft Core course can have 3 credits. Open electives will have 3 credits each. Total credit of the programme is between 92, including Open Electives.
- ii) Core courses are related to the discipline of the programme. This is further divided in to hard core and soft core. Hard core courses are compulsorily studied by a student as a core requirement to complete the requirement of the programme in a said discipline of the study. Soft core courses are elective but related to the discipline of the programme. Open elective is a course chosen from an unrelated to the discipline. Two open elective courses of 3 credits each shall be chosen from an unrelated programme within the faculty or across the faculty.
- iii) Total Credit for a Masters Degree Programme: 92. Out of the total 92 credits of the programme, the Hard Core (H) will make 48 credits (up to 50-65%) out of the total credits. Soft Core(S) will make 33 credits (up to 30-45%), while the open electives (E) will be fixed for 6 credits (3 credits X 2 courses). Each paper is called Course. Dissertation / Project work will be for 5 credits.

Course Pattern:

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

Detail distribution for Credits:**1st Semester**

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Hard Core	YSH401	4	30 % +70%	4	4
“	YSH402	4	30 % +70%	4	4
“	YSH403	4	30 % +70%	4	4
“	YSH404	4	30 % +70%	4	4
Hard Core (Practical)	YSP405	4	30 % +70%	8	4
Hard Core (Practical)	YSP406	4	30 % +70%	8	4
Total Credits					24

2nd Semester

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Hard Core	YSH451	4	30 % +70%	4	4
“	YSH452	4	30 % +70%	4	4
“	YSH453	4	30 % +70%	4	4
“	YSH454	4	30 % +70%	4	4
Soft Core (Practical)	YSP455	3	30 % +70%	6	3
Soft Core (Practical)	YSP456	3	30 % +70%	6	3
Open Elective	YSE457	3	30 % +70%	3	3
Total Credits					25

Specialisation – A.Yoga Therapy

3rd Semester

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Hard Core	YSH501A	4	30 % +70%	4	4
Soft Core	YSS502A	3	30 % +70%	3	3
“	YSS503A	3	30 % +70%	3	3
“	YSS504A	3	30 % +70%	3	3
Soft Core (Practical)	YSP505A	3	30 % +70%	6	3
Hard Core (Practical)	YSP506A	4	30 % +70%	8	4
Open Elective	YSE507	3	30 % +70%	3	3
Total Credits					23

4th Semester

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Soft Core	YSS551A	3	30 % +70%	3	3
“	YSS552A	3	30 % +70%	3	3
“	YSS553A	3	30 % +70%	3	3
Soft Core (Practical)	YSP554A	3	30 % +70%	6	3
Soft Core (Practical)	YSP555A	3	30 % +70%	6	3
Dissertation / Project Work	YSP556A		30 % +70%	10	5
Total Credits					20

Specialisation – Yoga Spirituality

3rd Semester

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Hard Core	YSH501B	4	30 % +70%	4	4
Soft Core	YSS502B	3	30 % +70%	3	3
“	YSS503B	3	30 % +70%	3	3
“	YSS504B	3	30 % +70%	3	3
Soft Core (Practical)	YSP505B	3	30 % +70%	6	3
Hard Core (Practical)	YSP506B	4	30 % +70%	8	4
Open Elective	YSE507	3	30 % +70%	3	3
Total Credits:					23

4th Semester

Nature of Paper	Paper	No. of Units	Evaluation IA+ Exam	Hours of Teaching/week	No. Credits
Soft Core	YSS551B	3	30 % +70%	3	3
“	YSS552B	3	30 % +70%	3	3
“	YSS553B	3	30 % +70%	3	3
“	YSS554B	3	30 % +70%	3	3
Soft Core (Practical)	YSP555B	3	30 % +70%	6	3
Dissertation / Project Work	YSP556B		30 % +70%	10	5
Total Credits:					20

Guidelines for Internal Assessment

Internal Assessment for each course (H/S/E) : Max.30 %

Theory:

I, II, III Semesters – Assessment by test– 20%

“ Assignment – 10%

Total - 30%

IVth Semester – Assessment by test – 10%

“ Assignment – 10%

“ Seminar – 10%

Total - 30%

Practicals:

Assessment – according to guidelines for practical examinations

Dissertation /Project Work:

Assessment – according to guidelines for evaluation of Dissertation / Project Work.

Guidelines for Practical Examination

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 practices:

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%. 2 practices carrying equal % of marks. (e.g.- 2 practices of marks 10 each, total 2X10=20 marks. Of the 10 marks - 4 marks for procedure, 3 marks for benefits and 3 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 5 practices, 10 marks X 5 = 50 marks

In case of KRIYA,

- Out of 10 marks: 2 marks for preparation, 6 marks for procedure and 2 marks for perfection.

In case of ASANA,

- Out of 10 marks: 2 marks for Svasochvasa, 4 Marks for Vinyasa, 2 marks for Sthiti and 2 marks for Drsti.

In case of BANDHA,

- Out of 10 marks: 2 marks for preparation, 6 marks for procedure and 2 marks for perfection.

In case of MUDRA,

- Out of 10 marks: 2 marks for preparation, 6 marks for procedure and 2 marks for perfection.

In case of PRANAYAMA,

- Out of 10 marks: 2 marks for preparation, 6 marks for procedure and 2 marks for perfection.

In case of MEDITATION,

- Out of 10 marks: 2 marks for preparation, 6 marks for procedure and 2 marks for perfection.

Viva:

Maximum marks for viva will be 10%. For e.g. 5 questions, 2 marks each, Total 2X5=10 marks. 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:

- 20% of Marks for writing
- 60% of Marks for Experiment
- 10% of Marks for Viva
- 10% of Marks for Record

For Dissertation / Project Work:

Submission:

Students have to submit the Dissertation / Project work to the Chairman prior to the commencement of the examination.

Valuation of the Submitted Dissertation / Project work:

Examiners have to evaluate the submitted dissertation / project work, verifying the relevant literature survey, materials and methods followed, results along with necessary tables, graphs and statistical analysis, discussions and conclusions.

HARD CORE PAPERS

- 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
- 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
- YSH501A/B BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
- YSP506A/B PRACTICAL – VI : PRANAYAMA & MEDITATION

OPEN ELETIVE PAPERS

- YSE457 YOGA FOR PERSONAL HEALTH
- YSE507 SCIENTIFIC APPROACH OF YOGA

SOFT CORE PAPERS

- YSS502A BASIS PRINCIPLES OF YOGA THERAPY
- YSS503A MODERN APPROACH OF HEALTH SYSTEM
- YSS504A YOGA THERAPY PRACTICES
- YSS551A/B SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
- YSS552A/B SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
- YSS553A SCIENTIFIC STUDIES IN YOGIC SCIENCE - III
- YSP455 PRACTICAL – III : KRIYAS AND ASANAS
- YSP456 PRACTICAL – IV: ASANAS.
- YSP505A PRACTICAL – V : BANDHAS AND MUDRAS
- YSP554A PRACTICAL – VII : ADVANCED PRACTICES
- YSP555A PRACTICAL - VIII : INSTRUMENTS
- 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
- YSS553B APPLIED SPIRITUALITY - I
- YSS554B APPLIED SPIRITUALITY-II
- YSP555B PRACTICAL-X:ADVANCED STUDY OF PRANAYAMA & MEDITATION
- YSP556A/B DISSERTATION / PROJECT WORK

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

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.

OPEN ELETIVE PAPER

SPECIALISATION: 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

OPEN ELETIVE PAPER

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

YSP555A PRACTICAL - VIII : INSTRUMENTS

YSP556A DISSERTATION / PROJECT WORK

SPECIALISATION: 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

OPEN ELETIVE PAPER

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 STUDY OF PRANAYAMA & MEDITATION
- YSP556B DISSERTATION / PROJECT WORK

M.Sc. YOGIC SCIENCE
SYLLABUS FOR CBCS SCHEME

I SEMESTER

YSH401 FOUNDATION OF YOGIC SCIENCE-I

I Introduction to Yoga Sutra 12 Hrs

- 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 citta vrttis.
- 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, Sabijasadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasadhi.

II Kriya Yoga 12 Hrs

- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
- 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
- 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
- 4) Vivekakhyathi, Astanga yoga.

III Samyama and its applications 12 Hrs

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhuta ruta, Parachitta jnana, Antardhana.
- 3) Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hridaya, 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.

IV Kaivalya in Patanjala Yoga Sutra

12 Hrs

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

REFERENCE BOOKS:

1. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata-700014.
2. Swami Satyananda(1983), Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger-811201
3. Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005.
5. Taimini.I.K.(1961), The Science of Yoga, Theosophical Publishing House, Adyar, Madras.- 600020
6. Swami Vivekananda (1982), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
7. Swami Vivekananda (1998), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
8. Goswami surajith (2005), Patanjala yoga vam Hatha yoga, Sathyam publishing House New Delhi.
9. Swami Adidevananda(1998) Patanjala Yoga Darshna- Vyasa Bhashya Sahitha, Sri Rama Krishna Ashrama Mysore-570020.

YSH402 FOUNDATION OF YOGIC SCIENCE-II

I Introduction to Hatha yoga, Asanas 12 Hrs

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

II Pranayamas, Kriyas 12 Hrs

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

III Kundalini, Mudras and Bandhas 12 Hrs

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

IV Methods of Samadhi Practice in Hatha yoga 12 Hrs

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

REFERENCE BOOKS

1. Swami Digambaraji (1970), Hathapradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
2. Taimini I K(1960), The Science of Yoga, Theosophical Publishing House, Adyar, Madras - 600020.
3. Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
4. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar-814113
5. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
6. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
7. Swami Niranjanananda (1997), Hathayogapradipika, Bihar School of Yoga-811201
8. Garote ML(2000), Hata Pradipika Vrutthi, Lonavala Yoga Institute, Lonavala.
9. Athavale Jayantha Balaji ed & Kunda Jayantha Athavali ed(2000). Hatha Yoga, Sanathana Samste, Goa.
10. Sahajananda Nath(2006), Hata Yoga Manjari, Kaivalyadhama Srimanmadhav Yoga Mandir Samiti, Pune.
11. Mukthi Bodhananda (1998), Hatha Yoga Pradipika – Light on Hatha Yoga, Bihar School of Yoga.
12. Mukthi Bodhananda (2012), Hatha Yoga Pradipika – Light on Hatha Yoga, Yoga Publication Trust, Munger.
13. Svathmarama(2000), The Hatayogapradipika, with the commentary Jyotsna of Brahmananda and English translation the Adyar library and Research center, The theosophical society, Adyar hennai 600020

YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

I Basics of Sanskrit - I

12 Hrs

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

II Basics of Sanskrit - II

12 Hrs

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

III Study of the following chapters of Bhagavadgita

12 Hrs

- 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. L.Anantarama Sastri, Shabda Manjari, R.S.Vadhyar & Sons, Palghat -678003.
2. L.Anantarama Sastri, Dhatu Manjari, R.S.Vadhyar & Sons, Palghat -678003.
3. Appayya dikshitha, Laghusiddhanta Kaumudi, Chaukamba Oriental Series, Varanasi-221001
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur. 273005.
5. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi 700014.
6. Swami Atmananda(1966), The Four Yogas, Bharatiya VidyaBhawan, Bombay-400007
7. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201
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11. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.- 811201
12. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028.
13. Naikar Chandramauli S.(1997), Ghata Yoga Medha Publisher, Dharwad.
14. Vijayalakshmi M.Ed(2003), Gheranda Samhita, Shivalik Prakashan, Delhi.
15. Swami Vivekanda (1998), Four Yogas; Rama Krishna Ashrama Publication, Dehi Entally Road, Kolkata – 700014.

YSH404 HUMAN BIOLOGY – I

I Anatomy & Physiology of Musculo-Skeletal System 12 Hrs

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

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

- 1) Composition of blood corpuscles – R.B.C., W.B.C., Platelets.
Plasma, Haemoglobin, Coagulation of blood and anticoagulants.
Blood groups and its importance

- 2) Lymphatic system, Immunity – types & mechanism.
- 3) Cardiovascular System- Anatomy of Heart, Innervation of heart – Properties of cardiac muscle
- 4) Control of cardiac cycle and circulation, Cardiac output, Blood pressure

III Anatomy & Physiology of Respiratory System and Excretory System 12 Hrs

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

IV Anatomy & Physiology of Digestive System 12 Hrs

- 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(1992)., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta-700009
2. Evelyn C.Pearce(1968), Anatomy and Physiology for Nurses, Faber and Faber Ltd., London.
3. Ann B Menaught(1991), Illustrated Physiology
4. Guyton(2011), A text book of Medical Physiology, W.B Saunders, London.
5. Gerald J.Tortora(1990), Nicholas P. Anagnostakos, Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Ross and Wilson(2001), Anatomy and Physiology, Churchill Livingstone, London.
7. Dr.Sembu Lingam, Prema Sembu Lingam(2012), Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -700014.
8. A.K. Jain(2002) Human Physiology and Biochemistry. Arya publications, Industriyal area ,Trilokpur road. Kala Amb 173030. Dist. Sirmour(HD)

YSH405 PRACTICAL – I : KRIYAS AND ASANAS

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

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6. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi,-201307

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YSH406 PRACTICAL – II : ASANAS

- | | | |
|------------|-------------------------------------------------------|---------------|
| I | Asanas | 24 Hrs |
| | 1) Yaugika Suryanamaskara – 17 Vinyasa | |
| | 2) Padangusthasana, Padahasthasana | |
| | 3) Utthita Trikonasana, Parivrtta Trikonasana | |
| | 4) Utthita Parshvakonasana, Prasarithapadottanasana | |
| II | Asanas | 24 Hrs |
| | 1) Parshvottanasana | |
| | 2) Utthita Padangusthasana | |
| | 3) Ardhabaddhapadmottanasana | |
| | 4) Veerabhadrasana | |
| III | Asanas | 24 Hrs |
| | 1) Paschimottanasana, Purvottanasana | |
| | 2) Ardhabaddhapadmapaschimottanasana, Janushirshasana | |
| | 3) Tiryannmukhaikapadapaschimottanasana | |
| | 4) Marichasana 1 & 2, Navasana | |

IV Asanas

24 Hrs

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

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1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
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II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

- I Ghatayoga and its applications - I 12 Hrs**
- 1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
 - 2) Satkriyas – Classification, Practising methods and benefits.
 - 3) Asana– Classification, Practising methods and benefits.
 - 4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.
- II Ghatayoga and its applications - II 12 Hrs**
- 1) Pratyahara– Classification, Practising methods and benefits.
 - 2) Pranayama– Classification, Practising methods and benefits.
 - 3) Meditation– Classification, Practising methods and benefits.
 - 4) A comparative study of Hathayoga and Ghata yoga.
- III Methods of Samadhi Practice in Siva yoga - I 12 Hrs**
- 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.
- IV Methods of Samadhi Practice in Siva yoga - II 12 Hrs**
- 1) 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.
 - 2) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

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1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403

2. Swami Niranjanda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
3. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
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5. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
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8. Swami Niranjandananda(1997), Hathayogapradipika, Bihar School of Yoga-811201

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

- | | | |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| I | Fundamentals of Dietics and Nutrition – Modern Concept | 12 Hrs |
| | 1) Nutrition, Nutrients – Macro and Micro nutrients
Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides | |
| | 2) Proteins – Importance of proteins in diet, Essential and non essential amino acids.
Lipids – essential fatty acids, Lipid profile. | |
| | 3) Vitamins – Fat soluble and Water soluble vitamins – Physiological role, deficiency signs, sources, requirement. | |
| | 4) Minerals – Calcium, Iron and other trace elements in nutrition.
Balanced diet, Energy requirement | |
| II | Ancient Concept of Food | 12 Hrs |
| | 1) Food and Triguna | |
| | 2) Food and Tridosa | |
| | 3) Yogic Diet – Pathya and Apathya | |
| | 4) Sadrasa, Pancamahabhuta and Food. | |

III Swara Yoga and Yoga Rahasya 12 Hrs

- 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.

IV Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama 12 Hrs

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

REFERENCE BOOKS

1. Jain D.K. (2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.
2. Dr.U.Satyanarayana(2002), Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.
3. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201
4. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028
5. Dr.S.Radhakrishnan(1948), Bhagavadgeetha, Harper Collins, New Delhi-201307
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7. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
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10. H R Nagendra(2011), Yoga, its Basis and Applications, Vivekananda Kendra, Bangalore-560105
12. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Karopady - 574279.
13. Swami Satyananda Saraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

- I Origin and Historical study of 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.
 - 3) Historical development of yoga – Post Patanjali period.
 - 4) Comparison between Sankhya and Yoga
- 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 Kundalini Yoga 12 Hrs**
- 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.
- IV Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques 12 Hrs**
- 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- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

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1. Ishwarakrishna (2000), Sankhyakarika, Parimala publication, Delhi-110007
2. Swami Virupakshananda (1995) Samkhya Karika of Ishwara Krishna. Shri Rama Krishna Math Mylapur, Madras 600004
3. Chandradhara Sharma(1987), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
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11. Stanger, R & Solley C.M. (1970), Basic Psychology, Tata Solley Charles M .JtAr. Mcgraw Hill, New Delhi- 110002.
12. Zimbardo(1979) , PGI Psychology and life, Foresonam Co., Illinvi.
13. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
14. Bhat K Krishna(2006), The Power of Yoga, Suyoga Publications, Mangalore.-574279

YSH454 HUMAN BIOLOGY – II

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.
- 4) Electrolyte and Acid-Base balance.

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2. Evelyn C.Pearce (1997), Anatomy and Physiology for Nurses, Jaypee Brothers, P.B.No.7193, Newdelhi 110002.
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6. Shirley Telles(1995), A Glimpse of the Human body ,V.K.YOGAS, Bangalore- 560019
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9. Dr. Sembu Lingam (2012), A text of Physiology.

YSP455 PRACTICAL – III : KRIYAS AND ASANAS

I	Selected Kriyas	24 Hrs
	1) Vastradhauti	
	2) Shankhprakashana.	
	3) Nauli	
	4) Kapalabhati - variations	
II	Asanas	24 Hrs
	1) Kukkutasana, Marichasana 3	
	2) Marichasana 4, Jatharaparivatha	
	3) Upavishtakonasana, Baddhakonasana	
	4) Suptapadangusthasana, Suptaparshvasahita	
III	Asanas	24 Hrs
	1) Ubhayapadangushtasana, Urdhwamukha Paschimottanasana	
	2) Bharadwajasana, Ardhamatsyendrasana	
	3) Simhasana, Akarna dhanurasana	
	4) Paryankasana, Shirshasana	

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2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
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YSP456 PRACTICAL – IV: ASANAS.

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|------------|-------------------------------------------|---------------|
| 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 | |

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1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403

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YSE457

YOGA FOR PERSONAL 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

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1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Dehi entally Road,Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-410403
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- 6.Taimini.I.K(1961), The Science of Yoga,Theosophical Publishing House, Adyar, Madras-600020
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18. Prof.Pattabhi Jois(2010), Yoga mala – Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18th street, New York 10011.
19. B.K.S.Iyengar(1966), Light on Yoga, Harper Collins publication, 77- 85 Fulham Palace road, London W6 8JB.
20. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
21. Swami Dharendra Brahmachari(1953), Yogasana Vijnana, Dharendra Yoga Publications, New Delhi-110001
22. O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
23. Yogeshwar(2004), The Text of Yoga, Yoga Centre, Madras – 600020
24. Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.

SPECIALISATION: YOGA THERAPY

III SEMESTER

YSH501A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

I Basics of Jnanayoga 12 Hrs

- 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachaturstaya, 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 12 Hrs

- 1) Nadabindupanishat
- 2) Dhyana-bindhupanishat
- 3) Kathopanishat
- 4) Shwethshwatara upanishat

III Yogic methods in Yogavasistha 12 Hrs

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

IV Yoga therapy concepts in classical text 12 Hrs

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

REFERENCE BOOKS

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403

2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
4. Dashopanisath, Chaukamba Oriental Series, Varanasi-221001
5. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
6. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
7. S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta 711202.
8. Krishna Chaitanya(1986), Gita for Modern man, Clarion Books, New Delhi-110003
9. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192
10. H.R.Nagenera(2011), Basis and Applications of Yoga, Published by SVYASA, Bangalore-560019
11. Srimadvalmiki, Yogavasista, Vol.1 & 2., Munshiram, Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
12. Pandit Mahadeva Shastri(2000), Yogopanisats, the Adyar Library and B.A. Research Centre, Adyar, Madras –600020
13. Swami Satyananda Saraswati(2002), Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger-811201
14. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama,Lonavala-410403
16. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
17. Nihilananda Swami (2006), Vedanta-Sara of Sadananda Yogindra, Advaita ashrama, 5 Dehi Entally Road, Kolkata 700014
18. Swami Harshananda(1995) , Vedanthasara of Sadananda, Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.

YSS502A **BASIC PRINCIPLES OF YOGA THERAPY**

I Basic Principles 12 Hrs

- 1) Sadvimsati tatva 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. Swatmarama(1998), Hathayoga Pradipika, Kaivalyadhama, Lonavala, Pune-410403
2. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
3. Dr.V.B.Athavale(2004), Basic Principles of Ayurveda, Chaukamba Sanskrit Pratishtan, Delhi-110007
4. Charaka, Charakasamhita, Chowkhamba Sanskrit Series office, Varanasi-221001
5. Dr.H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
6. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403

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8. M.M.Gore(2012), Anatomy and Physiology of Yogic Practices, Lonavala, Pune.-410403
9. K.N.Udupa(2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
10. Ishwara Krishna(1995), Sankhyakarika, Ramakrishna Muth, Mylapore, Madras-600004
11. Swami Satyananda Saraswati(2013), Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger-811201
12. Swami Satyananda Saraswathi(2004), A Systematic Course In The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
13. Hutchison(2012), Hutchison's Clinical Methods, Elsevier Ltd.
14. Davidson(1999), Principles & practice of Medicine, Churchil Livingstone, Harcourt Brace and Company
15. Wasley(1999), GDEd., Critical Laboratory techniques, Churchil Livingstone, Harcourt Brace and Company.
16. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi-574279.

YSS503A MODERN APPROACH OF HEALTH SYSTEM

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 were relevant.
- 4) Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases

II. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 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. Davidson(1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
2. Apley(2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
3. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Swami Kuvalayananda, Dr. S.L. Vinekar(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403
6. Yogendra, Yoga Essays, Yoga Institute, Santacruz, Bombay-400055
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8. K.N.Udupa (2007), Stress and its Management by Yoga, Motilal Banarsidas, Delhi-110007
9. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
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12. Bhat. K. Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279.

13. Harsha Mohan (1995), Text Book of Pathology, Jaypee brothers, Medical Publishers (P) Ltd. B – 3, EMCA House, 23/23B, Ansari Road, Dariyaganj, PB no.7193, New Delhi – 110002.
14. J Maheshwari(2011), Essential Orthopaedics, Jaypee brothers Medical Publishers (P) Ltd, 4838/24, Ansari Road, Dariyaganj, New Delhi – 110002.
15. Yash Pal Munjal(Ed in Chief) (2012) Text Book of Medicine, vol 1 & vol 2, 9th edition. The association of Physicians of India, Turf Estate # 6 & 7, Off Dr. E. Moses Road, opp Shakti Mills Comp, Near Mahalaxmi Station (west), Mumbai 400 011.

YSS504A

YOGA THERAPY PRACTICES

- | | | |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| I | Effect of yogic practices on following systems | 12 Hrs |
| | <ol style="list-style-type: none"> 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 |
| | <ol style="list-style-type: none"> 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 |
| | <ol style="list-style-type: none"> 1) Depression, Anxiety, Insomnia 2) Gastritis, Constipation 3) Menstrual disorders. 4) Thyroid problems, Sexual disorders. | |

REFERENCE BOOKS

1. Davidson(1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
2. Apley(2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
3. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403

4. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama,Lonavala-410403
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6. Yogendra, Yoga Essays, Yoga Institute, Santacruz, Bombay-400055
7. M.M.Gore(2012), Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavala, Pune-410403
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9. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
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12. Bhat. K. Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279

YSP505A PRACTICAL – V : BANDHAS AND MUDRAS

I	Bandhas	24 Hrs
	1) Mula Bandha	
	2) Uddiyana Bandha	
	3) Jalandhara Bandha	
	4) Jihva Bandha	
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

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.Pattabhi Jois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
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10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
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13. Swami Satyananda Saraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201

YSP506A **PRACTICAL – VI : PRANAYAMA & MEDITATION**

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

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.Pattabhi Jois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
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10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
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14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201

YSE507 SCIENTIFIC APPROACH OF YOGA

I. Basis of Yoga Therapy 12 Hrs

1. Sadvimsati tatva theory
2. Tridosha theory
3. Pancakosa theory
4. Application of the three theories.

II Principles of Yoga Therapy 12 Hrs

- 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), Rajayoga Ramakrishna Ashrama Publications, 5 Delhi entally Road, Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala-410403

3. Swami Satyananda(1983), Four chapters on Freedom (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger-811201
4. Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta-700019
5. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur-273005
6. Taimini.I.K(1961), The Science of Yoga, Theosophical Publishing House, Adyar, Madras-600020
7. Swami Niranjanananda, Yoga Darshan, Sri Pachadasham Paramahansa Alakh Bara, Deoghar-814113
8. Swami Niranjanananda, Hathayogapradipika, Bihar School of Yoga, Munger-811201
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13. Swami Jnanananda (1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
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24. Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.

IV SEMESTER

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

I	Introduction	12 Hrs
	<ol style="list-style-type: none">1) Introduction to research process2) Different types of studies in Yoga.3) Importance of Experimental and Control groups4) Literature survey in Yoga	
II	Statistics	12 Hrs
	<ol style="list-style-type: none">1) Introduction2) Measures of Central tendency3) Measures of Dispersion4) Processing operations	
III	Scientific studies in Yoga	12 Hrs
	<ol style="list-style-type: none">1) Scientific studies in Yoga - procedure2) Procedure for publication in Yoga3) Hypothesis, Level of significance, Types of errors4) Statistical tests: t-test, ANOVA.	

REFERENCE BOOKS

1. Kothari, C.R. (1985), Research Methodology, Methods & Techniques, Wishwa Prakashan, New Delhi-110002
2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
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5. Kerlinger, F.N (1986), Foundation of Behavioural research, Prism Books, Bangalore-560070
6. Mohisin (1984), Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi-110006
7. Nachmias D (1981),, Research Method in Social Sciences, Nachmias St.Martins Press, New York.
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YSS552A SCIENTIFIC STUDIES IN YOGIC SCIENCE - II 36Hrs

Analysis of 10 Research works in Yoga
(Decided by the BOS)
Presentation and Discussion

YSS553A SCIENTIFIC STUDIES IN YOGIC SCIENCE - III 36Hrs

Presentation of Yoga modules
(Decided by the BOS)

YSS554A PRACTICAL – VII : ADVANCED PRACTICES

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. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
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9. Thomas Von Elbe(1999), Yoga Self Taught
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YSS555A PRACTICAL - VIII : INSTRUMENTS

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) Polyride

YSP556A DISSERTATION / PROJECT WORK

SPECIALISATION: YOGA SPIRITUALITY

III SEMESTER

YSH501B BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

- I Basics of Jnanayoga 12 Hrs**
- 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatustaya, Subject matter, Qualification for study of Jnana Yoga.
 - 2) Guru, Adhyasa, Samasti and Vyasti aspects of Adhyasa.
 - 3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory
 - 4) Steps to realization, Samadhi and its obstacles.
- II Yogic methods in Upanishats 12 Hrs**
- 1) Nadabindupanishat
 - 2) Dhyanabindhupanishat
 - 3) Kathopanishat
 - 4) Shwethshwatara upanishat
- 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 text 12 Hrs**
- 1) Patanjala yoga sutra
 - 2) Hathayogapradipika
 - 3) Gheranda Samhita
 - 4) Shivayoga dipika

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1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403

2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
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8. Krishna Chaitanya(1986), Gita for Modern man, Clarion Books, New Delhi-110003
9. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192
10. H.R.Nagenera(2011), Basis and Applications of Yoga, Published by SVYASA, Bangalore-560019
11. Srimadvalmiki, Yogavasista, Vol.1 & 2., Munshiram, Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
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13. Swami Satyananda Saraswati(2002), Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger-811201
14. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama,Lonavala-410403
16. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
17. Nihilananda Swami (2006), Vedanta-Sara of Sadananda Yogindra, Advaita ashrama, 5 Dehi Entally Road, Kolkata 700014
18. Swami Harshananda(1995) , Vedanthasara of Sadananda, Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.

YSS502B BASIS OF YOGA AND SPIRITUALITY -I

1. **Introduction** **12 Hrs**
 - 1) Spirituality- Meaning and Aim
 - 2) Spirituality- Obstacles and Solution
 - 3) Spirituality-Fundamentals and Qualities of a Sadhaka
 - 4) Modern Sciences and Spirituality
2. **Basic methods of Spirituality** **12 Hrs**
 - 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. **Principles of Spiritual practice** **12 Hrs**
 - 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

REFERENCE BOOKS.

1. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta- 700014
2. Trasi Nitin(1999), The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation, D.K Printworld Ltd, New Delhi-110015
3. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007.
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6. Pandit Shri Bhawesh Nath Pathak, Dasopanisad, Chowkamba Varanasi-221001
7. Dasopanisad with English Translation, Motilal Banarsidas, New Delhi-110007
8. Dr.S.Radhakrishnan(1948), Bhagavadgeetha, Chapter II, VI, XIV, Harper Collins, New Delhi-201307
9. Swami Ranganathananda(2007), Message of Upanishads, Published by Bharatiya Vidya Bhavan, Bombay-400058

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16. Swami Satyananda Saraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201
17. Sir John Woodroffe (2000), The Serpent Power, Ganesh and company, Madras-600094
18. Swami Sivananda., Kundalini Yoga, Bihar School of Yoga, Munger-811201
19. Swami Satynanda Saraswathi, Sadhana Part I, II, III, & IV.
20. Golden A.S., Fundamental Philosophy of Upanisads
21. Dwivedi A.N.(1980), Essentials of Hinduism, Jainism and Buddhism, Astral International Pvt. Ltd., Delhi-110002

YSS503B BASIS OF YOGA AND SPIRITUALITY - II

- | | | |
|----|-----------------------------------------------------------------------|---------------|
| 1. | Basic Theories and Spirituality | 12 Hrs |
| | 1) Triguna theory | |
| | 2) Panchakosa theory | |
| | 3) 26 Tatva theory | |
| | 4) Tridosha 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** **12 Hrs**
- 1) Teacher & Student relationship
 - 2) Teaching method and Quality
 - 3) Learning method
 - 4) Practice.

REFERENCE BOOKS.

1. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta- 700014
2. Trasi Nitin(1999), The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation, D.K Printworld Ltd, New Delhi-110015.
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18. Sir John Woodroffe(2000),The Serpent Power,Ganesh and company, Madras-600094
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20. Swami Satynanda Saraswathi, Sadhana Part I, II, III, & IV.
21. Golden A.S., Fundamental Philosophy of Upanisads
22. Dwivedi A.N.(1980), Essentials of Hinduism, Jainism and Buddhism, Astral International Pvt. Ltd., Delhi-110002

YSS504B YOGA AND SPIRITUALITY FOR HEALTH

- | | | |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| I. | Health management and Development | 12 Hrs |
| | 1) Physical health | |
| | 2) Mental health | |
| | 3) Social health | |
| | 4) Spiritual health | |
| II. | Lifestyle | 12 Hrs |
| | 1) Brahmacharya | |
| | 2) Sauca | |
| | 3) Bath, Oil massage | |
| | 4) Fasting. | |
| III. | Food System | 12 Hrs |
| | 1) Preparation of food | |
| | 2) Quality and usages of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Karkati, Rambha, Balaramba, Mulak, Vartaki, Kalashaka. Himalocika, Navanita, Ghrta, Kshira | |
| | 3) Quality and usages of Sita, Ikshwam, Gudam, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti,. Nimba, Maricha, Brahmi, Bhumyamalaki | |
| | 4) Quality and usages of Amalaka, Bhranga, Jeeraka, Dhanyaka, Sita, Lashuna, Shirisha, Kutaja, Vayuvidanga, Haridra, Methika, Patra, Ushira, Jivanthi, Vasthumulaya, Punarnava, Tulasi, Amrta, Sigrū. | |

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2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Delhi Entally Road, Kolkata-700014.
4. U.Rustaji, Manusmriti, Chowkamba Press, Varanasi-221001
5. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore Kallenkra Hills, P.O.Karopady.-574279
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8. Swami Sivananda, Spiritual Lessons, The divine life society, Shivanandanagar, Rishikesh-249192
9. Swami Yogaswarupananda, Foundation of Spiritual Life.
10. Swami Yogaswarupananda, Sadhana – Its meaning and obstacles
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15. The Medical Advisor, The Complete Guide to Alternative and Conventional Treatments(1996), Time Life Education, US

YSP505B PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS

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

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1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
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5. Prof.Pattabhi Jois(2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
6. B.K.S.Iyengar (1966), Light on Yoga . Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi,-201307
8. Thomas Von Elbe(1999), Yoga Self Taught
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14. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore Kallenkra Hills, P.O.Karopady -574279.

YSP506B PRACTICAL – VI : PRANAYAMA & MEDITATION

I	Pranayama	24 Hrs
	<ol style="list-style-type: none"> 1) Recaka Kumbhaka 2) Puraka Kumbhaka 3) Ujjayi 4) Nadisuddhi 	
II	Pranayama	24 Hrs
	<ol style="list-style-type: none"> 1) Suryabhedana 2) Candrabhedana 3) Sitali 	
III	Pranayama	24 Hrs
	<ol style="list-style-type: none"> 1) Bhastrika 2) Bhramari 3) Sitkari 	
IV	Meditation	24 Hrs
	<ol style="list-style-type: none"> 1) Pranava 2) Soham 3) Akashadharana, Vayavidharana 4) Yoganidra 	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
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IV SEMESTER

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

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. Kothari, C.R. (1985), Research Methodology, Methods & Techniques, Wishwa Prakashan, New Delhi-110002
2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
3. H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
4. Goode (1952), W., Method in Social Research, Mcgraw-Hill Book Company, Inc.
5. Kerlinger, F.N (1986), Foundation of Behavioural research, Prism Books, Bangalore-560070
6. Mohisin (1984), Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi-110006
7. Nachmias D (1981),, Research Method in Social Sciences, Nachmias St.Martins Press, New York.
8. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.

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10. Davidson (1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
11. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.

YSS552B SCIENTIFIC STUDIES IN YOGIC SCIENCE - II 36Hrs

Analysis of 10 Research works in Yoga
(Decided by the BOS)
Presentation and Discussion

YSS553B APPLIED SPIRITUALITY - I

I. General Health Management 12 Hrs

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

II. Personality Development 12 Hrs

- 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. Gopalakrishna(1993), Kundalini – Path to Higher Consciousness, Orient Paperbacks, New Delhi-110002

2. Swami Shivananda(1999), The Science of Enlightenment; Liberation & God – A Scientific explanation, Divine Life Society, Rishikesh- 249192
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7. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
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9. Yogendra, Yoga Essays , Yoga Institute, Santacruz, Bombay-400055
10. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
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13. Michael Glynn, William M. Drake (edited2012), Hutchison's Clinical Methods, 23rd edition , Saunders Elsevier Ltd.
14. Stanger, R & Solley C.M. (1970), Basic Psychology, Tata Solley Charles M .JtAr. Mcgraw Hill, New Delhi- 110002.
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YSS554B APPLIED SPIRITUALITY-II

I. Human Consciousness Development

12 Hrs

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

- II. Human Resource Development** **12 Hrs**
- 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** **12 Hrs**
- 1) Isvarapranidhana
 - 2) Samprajnatha and Asamprajnata Samadhi
 - 3) Dharmamegha Samadhi
 - 4) Kaivalya

REFERENCE BOOKS

1. Gopalakrishna(1993), Kundalini – Path to Higher Consciousness, Orient Paperbacks, New Delhi-110002
2. Swami Shivananda(1999), The Science of Enlightenment; Liberation & God – A Scientific explanation, Divine Life Society, Rishikesh- 249192
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YSP555B PRACTICAL-X:ADVANCED STUDY OF PRANAYAMA&MEDITATION

I.	Pranayama (Advanced)	24 Hrs
	i) Ujjayee, Nadishuddhi	
	ii) Suryabhedana, Chandrabhedana	
	iii) Bhastrika, Bhramari	
	iv) Sitali, Sitkari	
II	Meditational Techniques	24 Hrs
	i) Pranava dhyana	
	ii) Soham	
	iii) Sthuladhyana	
	iv) Sukshmadhyana	
III.	Cittavisranti Techniques & Advanced practices	24 Hrs
	i) Shavasana	
	ii) Yoganidra	
	iii) Samavruti – Visamavruti pranayama	
	iv) Tejodhyana	

REFERENCE BOOKS

1. Swami Digambaraji(1997), Hathayoga Pradipika – Chapter I, II & III, Kaivalyadhama, Lonavala.-410403
2. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
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9. Dr.H.R.Nagendra, Promotion of Positive Health, SVYASA, Bangalore-560105
10. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
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12. Swami Satyananda Saraswathi(2004), A Systematic Course In The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger.
13. Swami Satyananda(2001), Yoga Nidra, Bihar School of Yoga, Munger-811201
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YSP556B DISSERTATION / PROJECT WORK

CBCS (All theory Papers)
MODEL QUESTION PAPER

Time: 3hours

Max Marks: 70

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

1X10=10

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

II. Write short notes to any SIX of the following

5X6=30

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

III. Explain any THREE of the following

10X3=30

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