

# UNIVERSITY OF LUCKNOW



## **DEPARTMENT OF YOGA**

### **FACULTY OF YOGA ALTERNATIVE MEDICINE**

#### **(BACHELOR OF ARTS IN YOGA)**

# **Ordinances and Syllabus**

## **B.A (Yoga)**

### **Introduction**

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. During the programme the student is taught the basic concepts of Yoga for wellness. This programme looks to train enthusiasts to teach general public wellness through yoga.

### **Title of the Programme-**

The programme shall be called "Bachelor of Arts in Yoga" (B.A)

### **Aim of the Programme-**

The aim of the programme is to produce "Yoga therapists for a clinical set up"

### **Objectives of the programme-**

To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders. To make the people aware of the therapeutic and preventive value of Yoga. To bring peace and harmony in the society at large by introducing the Yogic way of life. To create therapists of high calibre to make the society free from stress and lifestyle related diseases.

**Duration:** The minimum duration of the program will be three years (6 semesters).

**Seats:** 60 (Sixty)

**Eligibility:** The candidate should have completed 12th Standard in (Arts & Commerce) from a recognized board or equivalent.

**Medium of Instruction:** Hindi and English

**Attendance:** As per University norms.

**Fee:** As per University norms.

**Result:** As per University norms.

# B.A (YOGA) Syllabus in Credit System

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
BSY- I Year										
Semester – I										
1	BAY-CT101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BAY-CT102	Introduction to Hath Yoga and it’s texts	3	1	-	4	20	10	70	100
3	BAY -CT103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	BAY-AECCT104	AECC-1 (Communicative English)	1	1	-	2	15		35	50
5	BAY-GET105	GE-1 (Generic Elective)	2	-	-	2	10	05	35	50
6	BAY-CP106	Yoga Practicum-I	-	-	8	4	20	10	70	100
7	BAY-CP107	Yoga Practicum-II	-	-	4	2	10	05	35	50
8	BAY-CP108	Human Anatomy and Physiology Practicum-I	-	-	4	2	10	05	35	50
32 Hours						24	TOTAL			600
Semester – II										
1	BAY-CT201	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	BAY-CT202	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
3	BAY-CT203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	BAY-AEECT204	AECC-2 (Environmental Studies)	2	-	-	2	15		35	50
5	BAY-GET205	GE-2 (Generic Elective)	2	-	-	2	10	05	35	50
6	BAY-CP206	Yoga Practicum-III	-	-	8	4	20	10	70	100
7	BAY-CP207	Computer Lab	-	-	4	2	10	05	35	50
8	BAY-CP208	Human Anatomy and Physiology Practicum-II	-	-	4	2	10	05	35	50
32 Hours						24	TOTAL			600
BSY- II Year										
Semester – III										
1	BAY-CT301	Essence of Bhagavad Gita for holistic living	3	1	-	4	20	10	70	100
2	BAY-CT302	Yoga and Holistic Health	3	1	-	4	20	10	70	100
3	BAY-CT303	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
4	BAY-AECCT304	AECC-3 (Basics of Samskritam)	2	-	-	2	15		35	50
5	BAY-GET305	GE-3 (Generic Elective)	2	-	-	2	10	05	35	50
6	BAY-CP306	Yoga Practicum-IV	-	-	8	4	20	10	70	100
7	BAY-CP307	Yoga Practicum-V Teaching practice	-	-	4	2	10	05	35	50
8	BAY-FW308	Field Work	-	-	4	2	10	05	35	50
32 Hrs.						24	TOTAL			600
Semester – IV										
1	BAY-CT401	Four Streams of Yoga	3	1	-	4	20	10	70	100

2	BAY-CT402	Basis of Yoga Therapy	3	1	-	4	20	10	70	100
3	BAY-CT403	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
4	BAY-AECCT 404	AEEC-4 (Sanskrit)	2	-	-	2	15		35	50
5	BAY-GET405	GE-4	2	-	-	2	10	05	35	50
6	BAY-CP406	Yoga Practicum VI	-	-	8	4	20	10	70	100
7	BAY-CP407	Yoga Practicum VII	-	-	4	2	10	05	35	50
8	BAY-CP408	Biochemistry Practical	-	-	4	2	10	05	35	50
32 Hrs.						24	TOTAL			600
BSY- III Year										
Semester – V										
1	BAY-CT501	Basis of Indian Culture	3	1	-	4	20	10	70	100
2	BAY-CT502	Yoga and Human Consciousness	3	1	-	4	20	10	70	100
3	BAY-CT503	Yogic Management of Lifestyle related disorders	3	1	-	4	20	10	70	100
4	BAY-DSET504	DSE-1	2	-	-	2	10	05	35	50
5	BAY-DSET505	DSE-2	2	-	-	2	10	05	35	50
6	BAY-CP506	Yoga Practicum IX – Case Study	-	-	8	4	20	10	70	100
7	BAY-CP507	Psychology Practicum	-	-	4	2	10	05	35	50
8	BAY-FW508	Study Tour	-	-	4	2	10	05	35	50
32 Hrs.						24	TOTAL			600
Semester – VI										
1	BAY-CT601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	BAY-CT602	Applied Yoga	3	1	-	4	20	10	70	100
3	BAY-CT603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BAY-DSET604	DSE 3	2	-	-	2	10	05	35	50
5	BAY-DSET605	DSE-4	2	-	-	2	10	05	35	50
6	BAY-CP606	Yoga Practicum X – Case Study Reports	-	-	8	4	20	10	70	100
7	BAY-CP607	Research Project	-	-	4	2	10	05	35	50
8	BAY-CP608	Practical Statistics	-	-	4	2	10	05	35	50
32 Hrs.						24				600
TOTAL CREDIT						144				3600

*CT- Core Theory, CP- Core Practicle, AECC-Ability Enhancement Compulsary Course, AEEC - Ability Enhancement Elective Course, DSE - Discipline Specific Elective, GE- Generic Elective, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record,*

**Practical Papers will be evaluated by both External and Internal Examiners at the end of the semesters.**

## **Programme outcomes-**

1. Promoting positive Health in the student through yoga and enabling them by imparting skills to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development as well as spiritual evolution.
2. Invoking and inculcating inquisitive, scientific temper in the students regarding Traditional Indian Sciences specially Yoga and Spirituality.
3. A research attitude and orientation will also be inculcated into the students so that they further become able to undertake advance theoretical and applied research in the field of Yoga and Alternative Therapies.

## **Programme Specific Outcome:-**

After completion of the course candidates will be equipped with:-

**POS-1.** Remedial potential of ASANAS, PRANAYAM, SHATKARMA on various human diseases.

**POS-2.** The use of pranayam in mental disorder

**POS-3.** Able to understand education and training in professional field of yoga in order to create qualified personnel and provide equipped manpower in development and allied fields.

**POS-4.** Able to develop culture-sensitive, eclectic and evidence-based participatory practice at various levels in the field of yogic science.

**POS-5.** Able to imbibe the basic knowledge, skills, attitudes, ethics and values appropriate to the practices of yoga profession;

**POS-6.** Able to develop integration of theory and practice in the various fields of yoga profession.

**POS-7.** Able to develop and improve skills in interdisciplinary collaboration for better understanding of Adjustmental issues, Health problems, issues of Moral development and needed services.

# Semester-I

## COURSE DETAILS

### Paper Name: Foundation of Yoga

### Course Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: General introduction to yoga

[15Hrs.]

Brief about origin of Yoga, History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga, Principles of Yoga, Importance of Yoga.

### Unit - 2: General introduction to Indian philosophy

[15Hrs.]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Relationship between Yoga and Indian Philosophy.

### Unit - 3: Brief about Yoga in texts-I

[15Hrs.]

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada BhaktiSutras

### Unit-4: Brief about Yoga in texts-II

[15 Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas.

## TEXT BOOKS

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013.
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
3. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010.
4. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.
5. D.P Singh, Dr. Amerjeet Yadav: Yoga Ka Darshanik Evm Vaidhaneek Sawaroop, Nirmala Publication, Jaipur, Rajsthan, 2020.

## BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

## Paper Name: Introduction to Hatha Yoga & its Texts

### Objectives:

By introducing hatha Yoga & its texts, students shall be able to-

- Have an understanding about pre-requisites, principles about Hathayoga.
- Understand the relationship between Patanjala and Rajayoga.
- Have an understanding about the concept of yoga in other yogic texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit - I: General introduction to Hathayoga****[10 Hrs.]**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, its importance and relevance in Hatha Yoga sadhana.

**Unit -2: Pre-requisites****[15Hrs.]**

Badhaka Tattva (Obstacles) and Sadhaka Tattva, Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana.

**Unit - 3: Principles and Introduction to HathaYoga texts****[15 Hrs.]**

**Introduction to hatha yoga texts:** Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

**Unit-5: Relationship between Patanjala Yoga andHathaYoga****[20Hrs.]**

Patanjala Yoga: Ashtanga Yoga of Patanjali, Inter Relationship between Patanjali Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga.

**TEXT BOOKS**

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger,2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication,2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

**BOOKS FOR REFERENCE**

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla,2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition,2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla,2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasiddhantpaddhati, Kaivalyadhama, Lonavla,2005.

6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaj : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, HathaRatnavali

## Paper Name: Human Anatomy and Physiology-I

### Objectives:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	2	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### **Unit-1: Cell, Tissue and Muscular –Skeletal system**

**[15Hrs]**

Cell structure –Plasma membrane and protoplasm, Muscular - Skeletal , involuntary and cardiac; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Types of Muscle in the body (striated ,Smooth muscle, Cardiac muscle).

### **Unit-2: Biomolecules, Digestive and Respiratory system**

**[15 Hrs]**

Carbohydrates; Fats; Proteins; Minerals; Vitamins, Digestive system; Definition and parts, Respiratory System of Human.

**Unit-3: Cardiovascular system****[15Hrs]**

Composition and function of blood –Plasma ,RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation.

**Unit-4: Ayurvedic Anatomy**

Life, components of life (sharir, indriyas, maan, atma)

Concept of Dosh, Dhatus, Maal

Classification of individuals in 7 categories.

**TEXT BOOKS**

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Dr. Amarjeet Yadav, Dr. S. Tater, Medical Application of Yoga

**REFERENCE BOOKS:**

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for studentsnurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

**Paper Name: Communicative English (AECC-I)****Objectives:**

Following are the objectives of introducing this course

- To acquire the skill of communicating with others in English.
- To apply the value of English in diverse field.
- To understand the approach and theory of English.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit- 1: Evolution and functions of English language****[15 Hrs.]**

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory.

**Unit- 2: Acquisition of skills****[15Hrs.]**

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types.

**Unit- 3: English: its application****[15 Hrs.]**

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

**Unit- 4: Approaches and theories of English language****[15 Hrs.]**

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach.

**TEXT BOOKS**

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

**REFERENCE BOOKS**

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascull, Bill: Business vocabulary in Use. Cambridge: CUP, 2004

**Paper Name: Generic Elective****Objectives:**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	2	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Paper Name: Yoga Practicum-I****Objectives:**

Following the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

<b>Total Number of Hours: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	4
Hours/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : NA</b>		<b>Practical : 100</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Recitation of hymns & Hastamudra****[30 Hrs.]**

Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

**Unit-2: Shatkarmas****[30Hrs.]**

Dhauti (Kunjal, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneiti); Kapalabhati and its variants; Agnisara

**Unit-3: Breathing practices****[30Hrs.]**

Breathing practices: Hands in and out, Breath Awareness Shwas-prashwas samyama; Abdomen, Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).

**Unit-4: Continuous evaluation by the Teachers****[30 Hrs.]****TEXTBOOKS**

1. Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi,2003.
2. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi,2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi,2009
4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore,2005

**BOOKS FOR REFERENCES**

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi,2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi,2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla,2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia,1998
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar,2005.

**Paper Name: Yoga Practicum 2****Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthulavyayama.
- Explain and demonstrate the above mentioned practices skillfully.
- Have a in depth understanding anout Surya namskara and Yogasanas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Yogic suksma and sthul Yogic suksma vyayama****[10Hrs.]**

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti- vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti- vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara- tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti- vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti- vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

**Unit- 2: Yogic sthula vyayama, Suryanamaskara****[10Hrs.]**

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body), Suryanamaskara with mantras, Benefits, Precautions.

**Unit-3: Yogasana (Standing Postures and body alignment)****[15 Hrs.]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations

**Unit-4: Continuous evaluation by the Teachers****[15 Hrs]****TEXTBOOKS**

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966

**BOOKS FOR REFERENCES**

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.

4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

### **Name: Human Anatomy and Physiology (practical)**

#### **Objectives:**

The objectives behind teaching Anatomy and Physiology is to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Demonstration of Osteology & Myology [15 Hrs.]**

**Unit-2: Demonstration of Organs and Viscera [15 Hrs.]**

**Unit-3: Demonstration of Bones, Joints [15Hrs.]**

**Unit-4: Demonstration of Human Skeleton [15Hrs.]**

## Semester-II

## Paper Name: Essence of Principal Upanishads

### Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.

### Unit-1: Introduction essence of Ishaand Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; **Ishavasyopanishad, Kenopanishad**: Definition, Importance, and Relevance with Yoga

### Unit-3: Essence of Kathoand Prashna upanishad [15 Hrs.]

**Kathopanishad. Prashnapanishad**: : Definition, Importance, and Relevance with Yoga

### Unit-3: Essence of Mundaka, Mandukyaand Taitriya [15 Hrs.]

**Mundaka, Mandukyopanishad**: Definition, Importance, and Relevance with Yoga

### Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka [15Hrs.]

Aitareya: Everything is only that Atman, All this is Brahman only, Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman.

## Paper Name: Patanjala Yoga Darshana

### Objectives:

Following the completion of this course, students shall be able to

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalyapada.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Cittavritti nirodhopaya [15Hrs.]**

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S), Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar.

**Unit - 2: Samadhipada [15Hrs.]**

Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

**Unit-3: Sadhanapada [15Hrs.]**

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh, Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

**Unit - 4: Vibhuti and Kaivalya Pada [15Hrs.]**

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satva purushan yatakyati and its Siddhis, four types of Karmas, Nature of Kaivalyapada.

**TEXT BOOKS**

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras,1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

**BOOKS FOR REFERENCE**

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi,2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. NewDelhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona,1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I &II

## Paper Name: Human Anatomy and Physiology-2

### Objectives:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit -1: Nervous system and special senses

[15Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Reflex action, Structure and function of eye, ear, nose, tongue and skin.

**Unit -2: Endocrine system****[10Hours]**

Structure and function of important endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads).

**Unit -3: Reproductive and Excretory systems****[15 Hrs]**

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle; Excretory system of human-Kidney, ureter, urinary bladder, urethra.

**Unit -4: Lymphatic system and immune system****[15Hrs]**

Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

**TEXT BOOKS**

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

**BOOKS FOR REFERENCE**

1. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, Khel Sahitya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007
6. Dr. Amarjeet Yadav, Medical Application Of Yoga

**Paper Name: Environmental studies (AECC-2)****Objectives:**

Following the completion of these course students shall be able to

- Understand the ecosystem and different type of it.
- Have an idea about the natural resources and understand what is a renewable and non renewable natural resource.
- Have an understanding about different biodiversities and their conservation.
- Understand Pollution and its impact on our health.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	2	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit- 1: Introduction to environmental studies and Ecosystem [15 Hrs.]**

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness, What is an ecosystem? Structure and function of ecosystem, food chains, food webs and ecological succession.

**Unit-2: Natural Resources: Renewable and Non-renewable Resources [15Hrs.]**

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts.

**Unit-3: Biodiversity and Conservation [15Hrs.]**

Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-biodiversity nation; Endangered and endemic species of India.

**Unit 4: Environmental Pollution, policies and practices [15Hrs.]**

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices.

**TEXT BOOKS**

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune.361.

2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

#### REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013):36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

### Paper Name: Yoga Practicum-3

#### Objectives:

Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- Have an understanding about the practices that help practitioners to lead to meditation.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit-1: Shatkarma-2

[15Hrs.]

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)

#### Unit-2: Pranayama

[15Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama

**Unit-3: Practices leading to meditation****[15 Hrs.]**

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique(MSRT)

**Unit- 4: Continuous evaluation by the Teachers****[15 Hrs.]****TEXTBOOKS**

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

**BOOKS FOR REFERENCES**

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, NewDelhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla,2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005,Bangaore.
6. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002,Bangaore.

**Paper Name: Yoga Practicum- 4****Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	



Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

**Unit-2: Yogasana (Supinely Postures) [20 Hrs.]**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

**Unit-3: Yogasana (Proneline Postures) [20Hrs.]**

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

**Unit-4: Continuous evaluation by the Teachers [20Hrs.]**

**TEXT BOOKS**

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

**BOOKS FOR REFERENCES**

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
4. Dr. Amarjeet yadav, Yoga and Holistic Health, Litraay Publication, Jaipur

**Paper Name: Computer Lab**

**Objectives:**

Following the completion of this course, students shall be able to

- Understand the application of computer in our day today life.
- To represent the data and organize them.
- Understand about operating system and importance of file management.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks:50				
Theory :		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

**Unit-1: Basics of computer and its applications****[15 Hrs.]**

Definition of a Computer, Computer Hardware & Software, Computer, Types of Computers; Primary Memory—RAM, ROM, PROM, EPROM, CPU, I/O devices; Secondary storages, Magnetic Tape, Disk, Compact disks; Hardware and Software.

**Unit-2: Representation of data and of software concepts****[15 Hrs.]**

Decimal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII, Data and Information Types of Softwares, System software's, Application software's, Firmware software's.

**Unit-3: Operating system****[15Hrs.]**

General introduction to Operating system, Definition of Operating System Functions of OS, Types of OS.

**Unit – 4: File management****[15Hrs.]**

Concept of file; File organization and accessing techniques-Indexed, Line; Rules for naming of the files, sequential, Hashed; File handling functions; Types of computer files.; Other related issues

**TEXT BOOKS**

1. Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
2. Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
3. Timothy N. Trainor, Diane Krasnewich: Computers! McGraw Hill, 2000

**BOOKS FOR REFERENCE**

1. V Rajaraman : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
2. P. K. Sinha : Computer Fundamentals, BPB Publications, 1992
3. James Martin : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
4. Donald H Sanders : Computers Today, McGraw Hill, First edition, 1983

## Paper Name: Anatomy and Physiology Lab

### Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and procedure of every experiment.
- Demonstrate an experiment with the interpretation of their results.
- Explain the procedure of each step of an experiment skillfully.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<b>Theory : NA</b>		<b>Practical : 50</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### Unit-1: Hematology and physical examination

[30Hrs.]

Anthropometry measurements, Blood Groups, Pulse, BMI, Calculation, Recording of Temperature.

### Unit-2: Vivavoce

[15Hrs.]

### Unit-3: Continuous evaluation by the Teachers

[15Hrs.]

### TEXT BOOK

1. Parvati Mahapatra: Practical physiology, Jaypee publishers, 2<sup>nd</sup> edition, 2004

## Semester-III

## Paper Name: Essence of Bhagavad Gita for holistic living

### Objectives:

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhaktiyogi.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit – 1: Significance of Bhagavadgita as synthesis of yoga [15 Hrs.]

Introduction to Bhagavadgita, Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

### Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita [15 Hrs.]

Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita.

### Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita [15Hrs.]

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita, Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

### Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living [15Hrs.]

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita, Theory of Adjustment in healthy living as described in Bhagavadgita

### TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras

2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata,2003
3. SwamiRamsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita PressGorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

#### BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human ExcellenceHyderabad
2. Swami Tapasyananda ; Srimadbhgavadgita Sri Ramkrishna MathaMadras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata,1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata,2000

### Paper Name: Yoga and Holistic Health

#### Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha- prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

**Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJAL [15Hrs.]**

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health.

**Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING- I [15Hrs.]**

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health.

**Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-II [15Hrs.]**

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling.

**TEXT BOOK**

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi,1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthana, AndhraPradesh.

**REFERENCE BOOKS:**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003
5. Dr. Amarjeet Yadav, Yog Evam Samagr Sawasthya, Rithwrthy Publication, New Delhi, 2014

## Paper Name: Methods of Teaching Yoga

### Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: Principles and methods of teaching yoga

[15 Hrs.]

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Quality of perfect Yoga Guru; Yogic Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

### Unit-2: Basics of yoga class management

[15 Hrs.]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.)

### Unit-3: Lesson planning in yoga

[15hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan, Lesson Plan and its Practical applications.

### Unit-4: Educational tools of yoga teaching

[15 hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc., Classroom Characteristics and essentials of good Yogateaching, Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching.

### TEXT BOOKS

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

### BOOKS FOR REFERENCE

2. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

## Paper Name: Basics of Samskritam

### Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: संस्कृत भाषा परिचय :

संस्कृत भाषा परिचय, योग शास्त्र के अध्ययन में संस्कृत का महत्व और योग एवं संस्कृत का अन्तः सम्बन्ध, महेश्वर सूत्र, संस्कृत वर्णमाला, स्वर, व्यंजन वर्ण ज्ञान सहित (रोमन लिपि में लेखन और पठन), वर्णों के उच्चारण स्थान और प्रयत्न ज्ञान, प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान, कारक, विभक्ति, लिंग, वचन, पुरुष, लकार, वाक्यांग परिचय, संस्कृत संख्याएं 1 से 100 तक।

### Unit-2: शब्दरूप।

अजन्त शब्दरूप—राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों रूप अर्थ ज्ञान सहित। अजन्त शब्दरूप— नदी, भानु, धेनु, मधु, पितृ, मात्र, शब्दों के रूप अर्थ ज्ञान सहित। सर्वनाम, शब्दरूप—अस्मद्, युष्मद्, तत्, एतद्, किम्, चार सर्व, भवत(तीनों लिंगों में), शब्दों के रूप अर्थ ज्ञान सहित। हलन्त शब्द रूप—भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थ ज्ञान सहित।

### Unit-3: धातुरूप।

भू, अस, पठ्, मुद्, कृ, लिख्, नम्, दृश्, धातु के पांच लकारों के रूप ज्ञान एवं वाक्य निर्माण अर्थ ज्ञान सहित। वद्, गम्, स्था, पा, द, शक्, आप, प्रच्छ, धातुओं के पांच लकारों में रूप ज्ञान एवं वाक्य निर्माण अर्थ ज्ञान सहित। ज्ञा, कथ्, चिन्त्, ब्रू, श्रु, नी, याच्, खाद्, शीड धातुओं के पांच लकारों में रूप ज्ञान एवं वाक्य निर्माण अर्थ ज्ञान सहित। प्रथम दीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्य निर्माण एवं अर्थ ज्ञान का अभ्यास।

#### Unit-4: वाक्य निर्माण :

प्रथम दीक्षा के तृतीय अध्याय से वाक्य निर्माण एवं अर्थ ज्ञान का अभ्यास। प्रथम दीक्षा के चतुर्थ अध्याय से वाक्य निर्माण एवं अर्थ ज्ञान का अभ्यास।

प्रथम दीक्षा के पंचम् अध्याय से वाक्य निर्माण एवं अर्थ ज्ञान का अभ्यास। प्रथम दीक्षा के षष्ठम् अध्याय से वाक्य निर्माण एवं अर्थ ज्ञान का अभ्यास।

#### TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom P R : Devavanopraivesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

#### BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sasnkrit Grammer for college students, MLBD, New Delhi, 2011

#### Paper Name: Generic Elective

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## Paper Name: Yoga Practicum 4

### Objectives:

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### Unit-1: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

### Unit-2: Yogasana (Supine lying Postures)

Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

### Unit-3: Yogasana (Prone line Postures)

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana  
Continuous evaluation by the Teachers

### TEXT BOOKS

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

### BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.

3. Tiwari, O.P: Asana Why and How? Kaivalyadhama, Lonavla.
4. Jayadev, Yogendra: Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

### **Paper Name: Yoga Practicum 5 (Practice teaching)**

#### **Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

<b>Total Number of Hours: 64</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<b>Theory : NA</b>		<b>Practical : 50</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

#### **Unit-1: Bandha**

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

#### **Unit-2: Pranayama (with Antar & Bahya Kumbhaka)**

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama

#### **Unit-3: Practices leading to Meditation**

Ajapa Dharana (Stage 4, 5, 6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices.

#### **Unit-4: Continuous evaluation by the Teachers**

#### **TEXT BOOKS**

1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012
2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

## BOOKS FOR REFERENCES

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangalore
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
6. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003
7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

## Paper Name: Field Work

### Objectives:

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages.

## Semester-IV

## Paper Name: Four Streams of Yoga

### Objectives:

Following the completion of this course, students shall be able to

- Understand the four paths/streams of yoga with in depth understanding.
- Have an in depth understanding about their similarities and simillarities.
- Understand the principle and conceptualize eachstream

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: Jnana Yoga

[15Hrs.]

Sadhana Chatustaya, Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana), States of consciousness, the concepts of ida, pingla and the sushumna the central channel of energy running along the spine.

### Unit-2: Bhakti Yoga

[15Hrs.]

Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the up lifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing

### Unit-3: Karma Yoga

[15Hrs.]

The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajn alakshana, the law of karma

### Unit-4: Raja Yoga

Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
2. Swami Vivekananda: J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta,2000

## Paper Name: Basis of Yoga Therapy

### Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit-1: Yogic concepts of health and disease

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, role of Yoga in preventive health care.

#### Unit-2: Yogic concepts for health and healing

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.

#### Unit-3: Yogic principles and practices of healthy living

[15 Hrs.]

Yogic Principles of Healthy Living: Aahara, Vihara, and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

**Unit-4: Health benefits of yogic practices****[15Hrs.]**

Psycho-physiological effects and health benefits of Yogasana, Pranayama, Shatkarma, Bandha and Mudra, and Meditation

**TEXTBOOKS**

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

**BOOKS FOR REFERENCE**

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanjali Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla

**Paper Name: Fundamentals of Biochemistry****Objectives:**

Following the completion of this course, students shall be able to

- Understand the biomolecules and their role in our body.
- Have an understanding about the protein, carbohydrate, lipid metabolism.
- Understand the role of Biochemistry and its test as the indicators to know about the progress of a disease.

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit - 1: Introduction to Bio-chemistry**

Introduction to Bio-chemistry; chief intracellular components; Definition and classification of Vitamins and their Clinical importance

**Unit – 2: Metabolism of carbohydrates**

Carbohydrates: Definition, classification with examples and general functions; Basics of Carbohydrate Metabolism.

**Unit-3: Metabolism of lipids and proteins**

Lipids: definition, classifications and general functions; Introduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism.

**Unit- 4: Functional Bio-chemistry**

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders.

**TEXT BOOKS**

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. N. Haridas: Bio-chemistry made easy: A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004

**BOOKS FOR REFERENCE**

1. Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
2. M. K. Ganesh : Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. S. K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers Ltd. 2006
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

**Paper Name: AEEC-2 (Sanskrit)****Objectives:**

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0

Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : 100</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

#### कर्मवाच्य एवं भाववाच्य

[15Hrs.]

पठ् एवं कृ धातु का कर्मवाच्य रूप ज्ञान पांच लकारों में वाक्य निर्माण अर्थ ज्ञान सहित। अस् एवं भू धातु का भाववाच्य रूप ज्ञान पांच लकारों में एवं वाक्य निर्माण अर्थ ज्ञान सहित। कृत वाच्य एवं कर्मवाच्य का परिचय वाक्य रचना, वाक्य रूपान्तरण एवं अनुवाद।

#### Unit-2: कृदन्त

[15Hrs.]

सत्, एवं शानच् प्रत्ययों से शब्द निर्माण, वाक्य रचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्द निर्माण, वाक्य रचना एवं अनुवाद। क्त एवं क्तवत् प्रत्ययों से शब्द निर्माण वाक्य रचना और अनुवाद। तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्द निर्माण वाक्य रचना।

#### Unit-3:संधि एवं भाषा अभ्यास

[15Hrs.]

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं संधि विच्छेद का अभ्यास। भगवद् गीता के द्वितीय अध्याय के अभ्यास के प्रथम 20 श्लोकों में कारक एवं क्रिया पदों का अनुसंधान एवं स्वर श्लोक पाठ। संस्कृत से हिन्दी अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।

**Unit-4: भाषा दक्षता****[15Hrs.]**

द्वितीय दीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्य निर्माण एवं अर्थज्ञान का अभ्यास। द्वितीय दीक्षा के तृतीय अध्याय से वाक्य निर्माण एवं अर्थज्ञान का अभ्यास। द्वितीय दीक्षा के चतुर्थ अध्याय से वाक्य निर्माण एवं अर्थज्ञान का अभ्यास। द्वितीय दीक्षा के पंचम एवं षष्ठम् अध्याय से वाक्य निर्माण एवं अर्थज्ञान का अभ्यास।

**TEXT BOOKS**

1. DEVAVANIPRAVESIKA- : Robert p. goldman: MLBD-NEWDELHI.

## Paper Name: Yoga Practicum 7

### Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

#### Unit-1: Shatkarmas

[20Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara

#### Unit-2: Yogasanas-I

[50Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana

#### Unit-3: Yogasanas-II

[30Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana

#### Unit-4: Teacher's evaluation

[20Hrs.]

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should be at least 1 minute and maximum can be 5 minutes.

## TEXT BOOKS

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi,1980
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi,1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla,1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

## BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers,2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited,2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger,2004
6. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla,2011

## Paper Name: Yoga Practicum 8

### Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

**Unit-1: Bandha and Mudras**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, SimhaMudra

**Unit-2: Pranayama**

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

**Unit-3: Practice leading to meditation**

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation , Preksha Meditation

**Unit-4: Continuous evaluation by the Teachers****TEXT BOOKS**

1. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla,1983
2. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

**REFERENCE BOOKS**

1. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers,2009
2. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited,2001
3. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger,2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla,2011

**Paper Name: Biochemistry Practicals****Objectives**

Following the completion of this course, students shall be able to

- Understand the principle and procedure of each experiment.
- Demonstrate each experiment skillfully.
- Interpret the result during experiment.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Demonstration**

Identification and Analysis of Constituents in Normal Urine –Urea-Uric acid – creatinine – Calcium and Phosphorous. Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Gastric juice

**Unit-2: Writing of Procedure and repeatation of all the above mentioned biochemical tests****Unit-3: Teacher's continuous evaluation****TEXT BOOKS**

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5th edition
2. V.K.Malhotra: Practical Biochemistry for students,4thedition,2008, 12<sup>th</sup> edition 2012, Jaypee Brothers medical Publishers Ltd.

**REFERENCE BOOKS**

1. Shruti Mohanty & Aparna B. Varma:Practical Clinical Biochemistry, Jaypee Brothers medical Publishers Ltd.2013
2. D.M. Vasudewan & Subir Kumar Das :Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers Ltd.2013

## Semester-V

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## Paper Name: Basis of Indian Culture

### Objectives:

Following the completion of the course, students shall be able to

- Understand meaning and process of culture with respect to the settlement of human in India.
- Have an understanding about the religious movements and cultural configuration in India.
- Understand the development and progress of India during Guptas and their legacies.
- Understand the Indoislamic architecture and change in the trend during thattime.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit- 1: Meaning & process of culture and early human settlements in India [15 Hrs.]

Meaning and process of culture Indus Civilization – Origin extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period.

### Unit - 2: Religious movements and cultural configurations in India [15 Hrs.]

Religious movements in the sixth and fifth centuries BC with special reference to Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam age – Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock Ayurveda; Religious sects and schools – Hindu, Buddhist and Jain.

### Unit - 3 : Developments during the Gupta and legacies [15 Hrs.]

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting,

### Unit-4: Indo-Islamic architecture and new cultural trends inMughal India [15Hrs.]

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture, Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions.

### Unit – 5: Western ideas relationship with ancillary disciplines [15Hrs.]

Influx of Western ideas and Indian response; English education and press; Bengal renaissance; Reform movements in Bengal and other regions, Administrative Measures for Social Reforms (

1828 – 1857 ), Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed .Ahmad Khan; Indian nationalism-Rise, salient features and its cultural expressions in literature, art and education, Gandhian ideas – tradition and modernity.

## TEXT BOOKS

1. Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987

## REFERENCE BOOKS

1. R.S. Sharma; India's ancient past, Oxford publication, 2006

## Paper Name: Yoga and Human Consciousness

### Objectives

Following the completion of the course, students shall be able to

- Understand the necessity and significance of psychology.
- Have an understanding about utility of psychology in the society.
- Understand human behavior with regard to therapy.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit- I: Psychology: a science of behaviour [15Hrs.]**

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness.

**Unit- 2: Domains and dynamics of behaviour–I [15Hrs.]**

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives.

**Unit- 3: Domains and dynamics of behaviour–II [15Hrs.]**

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

**Unit- 4: Personality and its development [15Hrs.]**

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facts and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality.

**Unit-5: Yoga for mental health [15 Hrs.]**

Psychotherapy: Nature and Process of Psychotherapy, Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and *Bhagwadgita* for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style.

### TEXT BOOKS

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

### BOOKS FOR REFERENCE

1. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
5. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007

### Paper Name: Yogic Management of Lifestyle related disorders

#### Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit -1: Introduction to common ailments and Respiratory disorders [8 Hrs.]**

**Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma COPD: Chronic Bronchitis, Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management.

**Unit -2: Cardiovascular disorder [8Hrs.]**

Introduction to Cardiovascular disorders, Hypertension, Atherosclerosis / Coronary artery disease, Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation, Congestive Cardiac failure, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

**Unit- 3: Endocrinal and Metabolic Disorder [8 Hrs.]**

Diabetes Mellitus (I&II): Hypo and Hyper- thyroidism: Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management

**Unit -4: Obstetrics and Gynecological Disorders [8 Hrs.]**

Menstrual disorders, Premenstrual Syndrome, Menopause and peri-menopausal syndrome, Yoga for Pregnancy and Child birth PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

**Unit-5: Cancer and gastrointestinal disorders [8 Hrs.]**

Cancer, Gastro Intestinal Disorders, Constipation and Diarrhoea Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

**Unit-6: Musculo-Skeletal Disorders [7Hrs.]**

Back Pain; Classification Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Cervical Spondylosis, Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

**Unit-7: Neurological Disorders [7Hrs.]**

Headaches: Migraine, Tension headache, Cerebro vascular accidents, Epilepsy, pain; Autonomic dysfunctions, Parkinson's disease: Causes, clinical features, Medical and Yogic management.

**Unit- 8: Psychiatric disorders [7Hrs.]**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Depression Medical and Yogic management.

**TEXT BOOKS**

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi,

2009

3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications,1998

#### **BOOKS FOR REFERENCE**

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger,2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep9,2004) Sparrowe, L., Walden, P.and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3,1992)
4. agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore,2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K.,1990

**Paper Name: Discipline Specific Elective-1: Human System According To Yoga**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Paper Name: Discipline Specific Elective-2: Yogic Diet and Nutrition**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## Paper Name: Yoga Practicum 9 – Case Study

### Objectives:

1. Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.

<b>Total Number of Hours: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	4
Hours/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical : 100</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

#### Unit-1: Case taking-I

Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

#### Unit-2: Case taking-II

Students shall be permitted to take remaining four cases and parameters will be recorded.

#### Unit-3: Preparation of the cases

Candidate shall write a report of a most improved and least improved case.

#### Unit-4: Presentation

Following the presentation, candidate will present the case to the examiners and the same will be examined.

## Paper Name: Psychology Practicum

### Objectives:

1. Objectives of this course is to make the students familiar about the tests and the scales and the procedure of administering them.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<b>Theory : 100</b>			<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## Practical & Practicum

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief ; Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study

**Note:** Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.

## Paper Name: Study Tour

### Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: Study tour

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged by the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator.

The Study Tour will carry marks as mentioned in the Scheme of examination

### Unit-2: Presentation

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

### Unit-3: Continuous evaluation by the Teachers

## Semester-VI

## Paper Name: Yoga and Human Values

### Objectives

Following the completion of the course, students shall be able to

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an understanding about our social responsibility.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit-1: Harmony in Human Being and in Myself

[15Hrs.]

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body.

#### Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship [15Hrs.]

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society.

#### Unit -3: Concept of Human values: Moral Education

[15Hrs.]

Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga.

#### Unit -4: Social Responsibility and Yoga

[15Hrs.]

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga;

## TEXTBOOKS

1. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi,2007
2. Chand Jagdish : Value Education, Anshah Publishing House, Delhi,2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi,2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad,2008

## BOOKS FOR REFERENCE

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi,1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi,2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

## Paper Name: Applied Yoga

### Objectives

Following the completion of the course, students shall be able to

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, sports, technostress and geriatriccare.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit -1: Yogic Health for school

[15Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health.

**Unit -2: Yoga in Physical Education, Sports Sciences [15Hrs.]**

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other Faculties.

**Unit -3: Yoga for techno stress [15Hrs.]**

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals.

**Unit -4: Yoga for geriatric care [15Hrs.]**

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management.

**TEXT BOOKS**

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai,2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London,2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd,2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain,2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd,2007

**BOOKS FOR REFERENCE**

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd,2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi,2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi,2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

**Subject Name: Research Methodology & Statistics****Objectives**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for performing minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	2	0
SCHEME OF EXAMINATION			

Total Marks: 100			
<b>Theory : 100</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Unit- 1: Introduction to research methodology**

**[15 Hrs.]**

Definition of research; Importance of Research,  
Research Methods: Evaluating Research, Reports writing;  
Types of research: Applied Research & Basic Research;

**Unit- 2: Introduction to Research Process**

**[15 Hrs.]**

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Hypothesis Operational definition; Sampling and Generalization - Population and Sample.

**Unit-3: Introduction to Research Design**

**[15 Hrs. ]**

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages.

**Unit-4: Statistics**

Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data.

**Unit-5: Research Reporting**

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

**TEXT BOOKS:**

1. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi

**REFERENCE BOOKS:**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi



**Subject Name: DISCIPLINE ELECTIVE III**

<b>Total Number of Hours: 30</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		2	0	0
Hours/ week		2	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Subject Name: DISCIPLINE ELECTIVE IV**

<b>Total Number of Hours: 30</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		2	0	0
Hours/ week		2	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			



## Subject Name: Yoga Practicum IX – Case Study Reports

<b>Total Number of Hours: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	4
Hours/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : NA</b>		<b>Practical : 100</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### Unit-1: Case taking-I

[30 Hrs.]

Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded everyday.

### Unit-2: Case taking-II

[30 Hrs.]

Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded everyday.

### Unit-3: Preparation of the cases

[30 Hrs.]

Candidate shall write a report of a most improved and least improved case.

### Unit-4: Presentation

[30 Hrs.]

Prepared presentation will be presented by the candidate before the examiner and examiners will be examined.

## Subject Name: Research Project

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : NA</b>		<b>Practical : 100</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

## Subject Name: Practical statistics

### Objectives

Following on the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the methods of analyzing the data efficiently.
- Have an idea about various statistical reareach tests and their application.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : NA</b>		<b>Practical : 100</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

#### List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
  - a. Creating a table, Entering text and contents in a table.
  - b. Toolbars in word,Using various toolbars options.
  - c. Watermarks and Water-marking a document.
  - d. Inserting clip arts/picture, Hyper-linking a text.
  - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
  - a. Creating and Saving a new Workbook.
  - b. Deleting and Renaming a Worksheet.
  - c. Creating Formulas, Using Formulas.
  - d. Using Functions.

6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account