

**Maharshi Dayanand Saraswati University
Ajmer 305009 Rajasthan**



FACULTY OF VEDIC SCIENCES

SYLLABUS

SCHEME OF EXAMINATION AND COURSES OF

STUDY

B.Sc. (Naturopathy and Yogic Science)

EFFECT FROM 2023-24 NEP AND AS PER UNIVERSITY ORDINANCE

Department of Yogic Science & Human Consciousness

(Maharshi Dayanand Saraswati University, Ajmer)

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SCHEME OF EXAMINATION OF B.Sc NATUROPATHY AND YOGIC SCIENCE

"Scheme of examination for end of semester examination applicable to All Undergraduate courses (Pass course)

All courses have continuous Assessment which would include In Term Continuous (ITC) assessment (30% marks) by the course leader and an End of the Term (EOT) examination (70%) at the level of the University. Students have to pass End of the Term (EOT) examination and In Term Continuous (ITC) assessment separately.

All Question Papers for the End Semester will be set out of a maximum of 70 marks.

The question paper of semester Exam for the discipline specific core courses (DSC), Discipline specific elective (DSE), ability Enhancement Course (AEC), Value Added Course (VAC) and Skill Enhancement Course (SEC) will be of 70 marks and it will be divided in two parts i.e Part A and Part-B. Part-A will consist of 10 Compulsory questions . There will be at least three questions from each unit and answer to each question shall be limited upto 50 words. Each question will carry two marks.

Total 20 Marks.

Part-B will consist of 10 questions. Atleast three questions from each unit be set and student will have to answer five question, selecting atleast one question from each unit. The answer to each question shall be limited to 400 words. Each question carries 10 marks.

Total 50 Marks.

S.N O	SUBJECT CODE	SUB TITLE	PERIODS PER WEEK			CREDIT S	EVALUATION SCHEME			TOTAL
			L	T	P		CT	TA	SE E	
SEMESTER –I			L	T	P		CT	TA	SE E	
1	NYS5101T-C	Foundation of Yoga	3	-	-	3	20	10	70	100
2	NYS5102P-C	Yoga Practicum-I ,		-	3	3	10	5	35	50
3	NYS5103T-C	Human Anatomy And Physiology-I	4	2	-	6	20	10	70	100
4	NYS5104T-C	Sanskrit and Shrimad Bhagwad Geeta	4	2	-	6	20	10	70	100
5	NYS5105T-E	(Select Any One Language) Hindi/English/Rajasthani	2	-	-	2	20	10	70	100
						20				
SEMESTER-II			L	T	P		CT	TA	SE E	
1	NYS5201T-C	Introduction to AYUSH	3	-	-	3	20	10	70	100
2	NYS5202P-C	Yoga Practice-II	-	-	3	3	10	5	35	50
3	NYS5203T-C	Human Anatomy And Physiology-II	4	2	-	6	20	10	70	100
4	NYS5204T-C	Essence Of Upanishads	4	2	-	6	20	10	70	100
5	NYS5205T-E	(Select Any One) Communication skill Hindi/English/Rajasthani	2	-	-	2	20	10	70	100

S. NO	SUBJECT CODE	SUB TITLE	PERIODS PER WEEK			CREDITS	EVALUATION SCHEME			TOTAL
			L	T	P		CT	TA	SE	
SEMESTER -III			L	T	P		CT	TA	SE	
1	NYS6301T-C	Yoga for Common Ailments-I	4	-	-	4	20	10	70	100
2	NYS6302P-C	Yoga Therapy Practices-I		-	2	2	20	10	70	100
3	NYS6303T-C	Alternative Therapy	4	2	-	6	20	10	70	100
4	NYS6304T-C	Patanjal Yog Darshan-I	4	2	-	6	20	10	70	100
5	NYS6305P-S	Practices of Advance Asana	-	-	2	2	10	5	35	50
			12	4	4	20				450
SEMESTER-IV			L	T	P		CT	TA	SE	
1	NYS6401T-C	Yoga for common Ailments -II	4	-	-	4	20	10	70	100
2	NYS6402T-C	Yoga Therapy Practices-II	-	-	2	2	20	10	70	100
3	NYS6403T-C	Concept of Dharma	4	2	-	6	20	10	70	100
4	NYS6404T-C	Patanjal Yog Darshan-II	4	2	-	6	20	10	70	100
5	NYS6405P-S	Pranayama & Shatkarma Practices of Hatha Yoga	-	-	2	2	10	5	35	50
			12	4	4	20				450

S.N O	SUBJECT CODE	SUB TITL	PERIODS PER WEEK			CREDI TS	EVALUATION SCHEME			TOTA L
			L	T	P		CT	TA	SEE	
SEMESTER –V			L	T	P		CT	TA	SEE	
1	NYS7501T-E	Basis of Naturopathy ,method & practice-I	4	2	-	6	20	10	70	100
2	NYS7502P-E	Mental Health ,Stress Management Through Yoga	4	2	-	6	20	10	70	100
3	NYS7503T-E	Applied Yoga In Sports	4	-	-	4	20	10	70	100
4	NYS7504T-P	Naturopathy Practical	-	-	2	2	20	10	70	100
5	NYS7505P-S	Chanting of Bhagawat Geeta,Mantra & Strotum	-	-	2	2	10	5	35	50
			12	4	4	20				450
SEMESTER–VI			L	T	P		CT	TA	SEE	
1	NYS7601T-E	Research Methodology	4	-	-	4	20	10	70	100
2	NYS7602T-E	Foundation of Indian Culture	2	-	-	2	20	10	70	100
3	NYS7603T-E	Basis of Naturopathy, method & practice-II	4	2	-	6	20	10	70	100
4	NYS7604T-P	Clinical Report/Dissertation/ Survey	-	-	6	6	20	10	70	100
5	NYS7605P-S	Chanting Of Patanjali Yog Sutra	-	-	2	2	10	5	35	50
			10	2	8	20				450

Department of Yogic Science & Human Consciousness
(Maharshi Dayanand Saraswati University, Ajmer)
Syllabus B.Sc. (Bachelor in Naturopathy and Yogic Science)
2023-24

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. 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". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus on the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various Somatic & psychosomatic ailments. This course looks at the training enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called " **B.Sc. (Naturopathy and Yogic Science)**

II. Aim of the Programme

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

III. Objectives of the programme

- To introduce Yoga therapy, its principles and practices of Yoga to the 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 caliber to make the society free from stress and lifestyle related diseases.

Duration: -The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

Eligibility:- The candidate should have completed 12th standard in any discipline from a recognized board or equivalent.

Programme specific outcomes
B.Sc. (Naturopathy and Yogic Science)
2023-24

First Year	<ul style="list-style-type: none"> ➤ Bachelor of Yogic Science will create professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing. ➤ It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully. ➤ It will guide the students by showing various spiritual paths through which they can enhance self knowledge as well as divine inner peace ➤ Through yoga education students will get spiritual and scientific knowledge of Indian culture.
Second Year	<ul style="list-style-type: none"> ➤ It will provide all that which is required to develop the highest level of consciousness. ➤ It will help the students to prepare Yoga programs and events. ➤ Student will get complete detail of psychosomatic disease and their treatment in scientific form. ➤ It will help the students to practice teaching at various platforms.

Third Year	<ul style="list-style-type: none">➤ It will help the students to set up Yoga studios and provide them with nature cure treatment.➤ It will create chances of self employment.➤ The student will get communication skill in social behaviour and he will find a way out only from the violent tendencies prevailing in the society.➤ It will create Assistant medical officers and Assistant ayurvedic doctors.
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Course Details

Semester-I (2023-24)

DSC COURSE: FOUNDATIONS OF YOGA

SUBJECT CODE: NYS5101T- C

Objective of Course

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 and Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 45	Theory	Tutorial	Practical
Credits	3	-	-
Hours/ week	3	-	-
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 YOGA

Yoga Need Of The Hour, History And Development Of Yoga, Aim And Objective Of Yoga And Misconceptions, Etymology And Definition Of Yoga, Principles Of Yoga, Importance Of Yoga, Towards Yoga -Foundation Of Science And Arts ,Analysis -The Core Of Science Technology, Creativity, New Horizon,

Directions Of Science, Modern Physics, Life Science, Neuroscience, The Transition, A Social Metamorphosis, Repercussions, The Fermentation, Review Of World History India In The Scene.

UNIT - II

GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

Stream Of Yoga- Gyan, Bhakti, Raj, Karma And Hath Yoga Application Of Yoga- Yoga In Education ,Yoga And Personality, Stress And Yoga. Introduction Of Indian Philosophy-(Astika And Nastika Darshan)The Science Of Happiness,Yoga The Individual And The Society.

UNIT - III

BRIEF ABOUT YOGA GURUS

Concept Of Guru Parampara, Contribution Of Various Yogacharya -Maharshi Patanjali, Sankaracharya, Shri Arivindo, Swami Vivekananda, Maharshi Swami Dayananda Saraswati, T. Krishnamacharya, Maha Avatar Babaji, Lahiri Mahashay ,Swami Sivananda. Brief To Upanishads And Yoga In Principal Upanishads, Yoga In Yoga Upanishad,Yogic Perspective Of: Bhagavad Gita, Yoga Vashishtha, Narada Bhakti Sutras.

References Books

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarasidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarasidas, 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. Yoga: Its basis and applications. - Dr.HR.Nagendra, SVYP, Bangalore.
6. Essence of Yoga- Swami Sivananda, The Divine life Society.

DSC COURSE: YOGA PRACTICUM-I**SUBJECT CODE: NYS5102P-C****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.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		-	-	3
Hours/ week		-	--	6
SCHEME OF EXAMINATION				
Total Marks: 100				
		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	70	30	

PRAYER (Om Chanting& Mantras)

SOOKSHMA VYAYAMA - Greeva Shakti Vikasaka, Skandhtatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Tadasana, Tiryaka-tadasana, Katichakrasana, Trikonasana.

Sitting pose: Sukhasana, Siddhasana, Ardha padmasana, Swastikasna, Vajrasana.

Supine pose: Halasana series (Uttanpadasana, Ardhahalasana, Sarvangasana, Purnahalasana, Shavasana)

Prone pose: SaralBhujangasana, Triyaka-Bhujangasana, Ardha shalabhasana, Makarasana.

PRANAYAMA

Bhastrika(According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika &Gherand Samhita), Mahamudra (According to Hathpradipika &Gherand Samhita), Mahavedha mudra (According to Hathpradipika &GherandSamhita), Vipareeta karani mudra (According to Hathpradipika &Gherand Samhita).

MEDITATION

Vipassana &Preksha (According to buddhism & Jainism)

SHATKARMA (Shodhan kriyayen)

Kunjal, Jal Neti, Kapalbhati (According to Hathpradipika &GherandSamhita)

SHANTIPATH

References Books

1. Saraswati,SwamiSatyananda: SuryaNamaskar,YogaPublicationTrust,Munger,2004
2. Tiwari,O.P.: AsanaWhyandHow?Kaivalyadhama,Lonavla,2011
3. SwamiSatyanandaSaraswati: AsanaPranayamaMudra-Bandha,BiharSchoolofYoga, Munger,2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, NiranjananandSaraswati (2013) Gherand Samhita, BiharSchoolofYoga, Munger.

DSC COURSES: HUMAN ANATOMY AND PHYSIOLOGY-I

SUBJECT CODE: NYS5103T-C

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: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	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: CELL, TISSUE AND MUSCULAR – SKELETAL SYSTEM

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgiboby, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane,chromosome,nucleolus; Homeostasis; Tissue: types, structure, and function of tissues,Skeletal and Muscular System; Types and structure of joint; Mechanism of muscle contraction.

UNIT-2: DIGESTIVE SYSTEM AND RESPIRATORY SYSTEM & ENDOCRINE GLANDS

Structure and functions of Digestive and Respiratory systems; Physiology of digestion and absorption; malnutrition and under nutrition; Structure and functions of Respiratory system; Mechanism of breathing (Expiration and inspiration). Endocrine glands; Types, location and their functions

UNIT-3: CARDIOVASCULAR SYSTEM & NERVOUS SYSTEM

Composition and function of blood–Plasma,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Blood pressure and regulation of blood pressure Nervous System; Central, Peripheral and Autonomic Nervous System and their functions..

TEXT BOOKS

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

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 students nurse
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

DSE COURSES: SANSKRIT AND SHRIMAD BHAGWAD GEETA

SUBJECT CODE: NYS5104T-E

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.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	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

History And Development Of Sanskrit Language Varn evam varnochharan, Dhatu evam shabd roop, sandhi, upsarg, pratyay in sabhi ka samanya parichaya, Karak, vakyanirman, Sanskrit ka parichay aur mahatwa, vyakaran ka mahatwa, aadarsh vakya,

UNIT-II

Honorable introduction of Shrimad Bhagavad Gita, its meaning, chapter number and its historical background, Nature of soul and its characteristics according to Bhagavad Gita An instruction by Krishna to Arjuna to follow the Kshatriya religion and the consequences of following it and the consequences of not following it Concept of Sthithaprajna according to Bhagavad Gita Concept of stress according to Bhagavad Gita, Definitions of Yoga according to Bhagavad Gita: Selfless action, Samatvam yoga, skill in action and nature of action Duty Karma (Dharma) according to Bhagavad Gita.

UNIT-III

Types of Karma according to Bhagavad Gita, according to Bhava, according to Guna and their comparison with Indian philosophy Study the characteristics of a yogi man, the characteristics of a yogi man Meditation Yoga (Rajyoga) method of posture, place, diet

Types of diet, nature of perception, meditation and samadhi, nature of movement of mind and ways to control it Description of the meaning and results of a corrupt seeker on the path of yoga Saguna Bhakti - Nirguna Bhakti Description of the benefits of Saguna Bhakti, the difficulty of Nirguna Bhakti Types of devotees and their form The symptoms of divine wealth and demonic wealth and their result, the form of surrender to Bhagavad.

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. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
5. प्रारम्भिक रचनानुवाद कौमुदी द्विवेदी देव कपिल : विश्वविद्यालय प्रकाशन वाराणसी ।
6. रचनानुवादकौमुदी द्विवेद देव कपिल : विश्वविद्यालय प्रकाशन वाराणसी ।

References Books

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
5. प्रौढ द्विवेदी देव कपिल : रचनानुवादकौमुदी -; विश्वविद्यालय प्रकाशन वाराणसी ।
6. प्रथमदीक्षा नईदिल्ली संस्थान संस्कृत राष्ट्रिय -
7. . द्वितीयदीक्षानईदिल्ली संस्थान संस्कृत राष्ट्रिय -

SEMESTER –II

DSE COURSE-4: INTRODUCTION TO AYUSH

SUBJECT CODE: NYS5105T-E

Objectives:

- You will also get information about how diseases can be cured according to Indian tradition.
- Students will be exposed to the concept of health and disease as per the Indian tradition.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		4	2	-
Hours/ week		4	4	-
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

UNIT-I : YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

Health and disease define by who concept of yoga aadhi vyadhi ,principal of yoga therapy in relation to Yog Vashishth, illness according to yoga, Ayurveda, Naturopathy, practice at panchkosha level anmayakosha ,Pranmayakosha, manomaya kosha , Vigyanmaya kosha , Anandmaya kosha

UNIT-II: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

History of Naturopathy Indian and foreigner naturopathist principle of naturopathy concept of five element and its application yoga and Naturopathy and relation to Ayurveda. Foreign matters definition origin Effect on body acute and chronic disease.

UNIT- III: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

General introduction to Ayurveda ,definition of health, panchmahabhuta the five element theory, shardaRas .the basic attributes of tridosas(vaat, Pitt, and cough)three upsthama (Aahar,- nidra and Brahmachaya)concept of Sapta dhaatu, Swastha Vrattra ,introduction ,importance, dincharya,ritucharya ,and ratrihariya.

References Books -

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Prakartik swasthya avam yog-Dr. brajbhushan goyal

DSC COURSE: YOGA PRACTICES-II

SUBJECT CODE: NYS5202P-C

Objectives

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

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 180		Theory	Tutorial	Practical
Credits		-	2	4
Hours/ week		-	4	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	

PRAYER

SOOKSHMA & STHOOL VYAYAMA

Skandh-tatha Bahu-mula Shakti Vikasaka (for Shoulders), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka, Hridaya Gati (engine Doud), Urdhva gati, Sarvang Pushti.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Vrikshasana, Utkatasana, Katichakrasana, Trikonasana.

Sitting pose: Padmasana, Swastikasna, Goumukhasana, Vajrasana, Mandukasana.

Supine pose: Uttanpadasana, Sarwanganasana, Halasana, Karnapeedhasana, Shavasana.

Prone pose: Bhujangasana, Triyaka-Bhujangasana, shalabhasana, Balasana.

PRANAYAMA

Suryabhedan (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Mahabandha (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Hathpradipika & Gherand Samhita)

Vipreetkarani mudra (According to Hathpradipika & Gherand Samhita)

Shambhavi Mudra (According to Hathpradipika & Gherand Samhita)

MEDITATION

Pranav Meditation, Soham Meditation

SHATKARMA (Shodhan kriyayen)

Kunjal Rubber Neti, Nauli, Kapalbhata (According to Hathpradipika & Gherand Samhita)

SHANTIPATH

References Books

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004

2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.

4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadhama Lonavala, Pune.

5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

DSC COURSE : HUMAN ANATOMY AND PHYSIOLOGY-II

Subject Code:NYS6302T-C

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 bodyparts while practicing various postures of yoga.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	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: EXCRETORY SYSTEMS & LYMPHATIC SYSTEM

Excretory system: Structure and functions of Kidney, Ureter, Urinary bladder, Urethra; Mechanism of urine formation; Role of kidney in Osmo-regulation. Lymphoid organ: Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph,

UNIT -II: IMMUNE SYSTEM & BIOMOLECULES

Immunity: Meaning and types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development.

UNIT -III: INTEGUMENTARY SYSTEM

Integumentary system-Functions & Organs; Skin: Structure & Functions, Nail: Structure & Functions, Hair: Structure & Functions, Glands: Structure & Functions.

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, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

DSE Course : -ESSENCE OF UPANISHADS**Subject Code:NYS6403T-E****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.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	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: INTRODUCTION ESSENCE OF ISHA AND KENOPANISHAD PRASHNAPANISHAD

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); Kenopanishad: The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (KenII.5) Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul

UNIT-2: ESSENCE OF KATHO AND, MUNDAKA , KATHOPANISHAD:

Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state;. Mundaka: The greatness of Brahavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha;

UNIT-3: ESSENCE OF, MANDUKYA AND TAITRIYA , AITAREY, CHANDOGYA, BRIHADARANYAKAM

Mandukyopanishad: All this is Brahman, The fourth state of being .Essence of Aitareya, Chandogya and Brihadaranyaka Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman;

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, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

Reference's Books :-

- Upnishad Anka- Geeta Press Gorakhpur
- Akadash Upnishad -Geeta Press Gorakhpur

SEMESTER-III

PAPER NAME : YOGA FOR COMMON AILMENTS-I

SUBJECT CODE:NYS6301T-C

- **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	4	-	-
Hours/ week	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

Introduction to common ailments and Respiratory disorders Introduction to stress and stress related disorders; Introduction to Yoga therapy- AdhijaVyadhi concept, IAYT; Cardiovascular disorder - Introduction to Cardiovascular disorders, **Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, **Atherosclerosis / Coronary artery disease**: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; **Ischemic Heart disease - Angina pectoris / Myocardial Infarction/ Post rehabilitation**: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, **Cardiac asthma**: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management. Endocrinal and Metabolic Disorder - **Diabetes Mellitus (I&II)**: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; **Hypo and Hyperthyroidism**: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; **Obesity**: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndromes.**

UNIT -II

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, **Bronchial Asthma:** Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis

Cancer and gastrointestinal disorders Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; Gastro Intestinal Disorders: APD: Introduction to **Gastritis** – Acute & Chronic, **Dyspepsia, Peptic Ulcers**, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features, Medical and Yogic management; **Irritable Bowel Syndrome:** Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

UNIT -III

Obstetrics and Gynecological Disorders Menstrual disorders: Dysmenorrhea, Oligomenorrhea, **Menorrhagia** Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; **Premenstrual Syndrome:** Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; **Menopause and peri-menopausal syndrome:** Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; **Yoga for Pregnancy** : Introduction to pregnancy, **PCOS & PCOD:** Definition, Etiopathogenesis, Classification, Clinical Features, 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 45/Dept. of Yogic Art&Science/Syllabus/Syllabus Bsc-Hons- Yogic Science.doc

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 - Sep 9, 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

PAPER NAME: YOGA THERAPY PRACTICES -I

SUBJECT CODE:NYS6302P-C

OBJECTIVES:

- Physical Well-being: Yoga therapy aims to enhance physical well-being by promoting physical strength, flexibility, balance, and overall fitness.
- Stress Reduction and Relaxation: A major objective of yoga therapy is to reduce stress and induce relaxation

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

UNIT - I,

Cardiovascular disorder- Hypertension: Atherosclerosis / Coronary artery, Ischemic Heart disease – Angina pectoris / Myocardial Infarction, Congestive Cardiac failure, Cardiac asthma

Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II): Hypo and Hyper- thyroidism, Obesity, Metabolic Syndrome.

UNIT - II

Respiratory disorders -Bronchial Asthma, Allergic Rhinitis & Sinusitis, Cancer,

Gastrointestinal disorders - APD,Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation and Diarrhoea, Irritable Bowel Syndrome, Ulcerative colitis.

UNIT - III

Obstetrics and Gynecological Disorders - Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia, Menopause and peri-menopausal syndrome, Pregnancy(I,II,III Trimester), PCOD & PCOS.

REFERENCES 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 45/Dept. of Yogic Art&Science/Syllabus/Syllabus Bsc-Hons- Yogic Science.dox
5. (Yoga Practice through IAYT)
6. Books By Dr R Nagarathna Dr H R Nagendra (Diseases Books,Vkyp,Bangluru)
7. Yoga Publication Trust,Munger,Bihar, India
8. Kaivalaya dhama,SMYM Samiti,Lonavala-Pune

PAPER NAME: ALTERNATIVE THERAPY

SUBJECT CODE: NYS6303T-C

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

- Promoting holistic well-being: Alternative therapies often aim to address the physical, mental, emotional, and spiritual aspects of a person's well-being. The objective is to support overall health and balance in all areas of life.
- Enhancing self-awareness and personal growth: Alternative therapies often focus on self-reflection, self-discovery, and self-improvement. The objective is to help individuals gain a deeper understanding of themselves, their thoughts, emotions, and behaviors, and to facilitate personal growth and transformation.

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

UNIT-I

Mantra, Yagya and Magnet therapy - meaning, form, type, basis of mantra, elemental knowledge of mantra, science of mantra, importance of mantra, mantra in materialism, benefits, methods and precautions & stress management. **Yagya**- Meaning, nature, types, form of Panch Mahayagya, importance, effect on the body, method of Yagya therapy, analysis and precautions of size and material of Yagya Kund, method of Yagya therapy & stress management.

Magnet- Man, Earth and Magnet, Effect of Sun and Magnet, Effect of Moon and Magnet, Man and Magnetism, Effect of Electricity and Magnetism, History of Magnet Therapy, What is Magnet, Properties of Magnet, Measurement of Magnet Strength, Magnet Effect of magnet, use of magnet, precautions in magnet therapy, time of magnet, magnet, water and liquid, and precautions.

UNIT II

Hasta Mudra Science-Panchamahabhuta and Mudra, Purpose, Action, Kaulavali Decision and Mudra Science, Mudra Shodhan, Gyan Mudra, Gyan Meditation Mudra, Gyan Vairagya Mudra, Abhay Gyan Mudra, Tatva Gyan Mudra, Bodhisattva Mudra, Vayu Mudra, Aakash Mudra, Zero Mudra, Prithvi Mudra, Aditi Mudra, Surya Mudra, Varuna Mudra, Ascites Mudra, Types of Five Prana Mudra- Apana, Vayu Mudra, Kidney-Bladder Mudra, Linga, Yoni, Conch, Sahaj Shankh Mudra, Dhyana Mudra, Types of Surabhi Mudra - Surabhi, Jal, Prithvi, Shunya, Vayu, Surabhi Mudra, Panch Parmeshthi types of Mudras- Arham Mudra, Siddha Mudra, Acharya Mudra, Upadhyaya Mudra, Muni Mudra, importance, benefits, precautions and methods of disease and mudra therapy.

UNIT III

Acupressure, autourine and sparsha therapy - meaning of acupressure, history, acupressure in Indian lifestyle, ear piercing tradition, jewelery of hands and feet, wearing of gems, sacrificial tradition, fundamentals of acupressure therapy, causes and prevention and principles of disease according to acupressure, Equipment, method and method of use and precautions of various acupressure.

Self urine and touch therapy - meaning, history, principle, method and method of use and precautions.

References books -

- "The Complete Homeopathy Handbook: Safe and Effective Ways to Treat Fevers, Coughs, Colds, and Sore Throats, Childhood Ailments, Food Poisoning, Flu, and a Wide Range of Everyday Complaints" by Miranda Castro
- "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk
- "Energy Medicine: The Scientific Basis" by James L. Oschman
- "Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad

PAPER NAME: - PATANJAL YOG DARSHAN -I
SUBJECT CODE : NYS6304T-C

OBJECTIVES:

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

- 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 Vibhooti and Kaivalya pada.

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

UNIT-I SAMADHI PADA-SUTRA NO. 1 TO 35

UNIT-II SAMADHI & SADHAN PADA -SUTRA NO. 36 TO 51 & 1 TO 19

UNIT-III SADHAN PADA -SUTRA NO. 20 TO 55

1. Swami Digambara Ji and others: Glossary of the Samkhyakarika, Kaivalyadhama, Lonavala, 2012.
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachaspati 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, Chowkhambha 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. New Delhi
4. Gaspar M. Coleman, 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 26

PAPER NAME –PRACTICE OF ADVANCE ASANA

SUBJECT CODE: NYS6305P-S

Objectives

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

- Understand the concept of Basic Asana And Advance Asana
- Have an idea about various Yogasana With Flexibility And Strengthen.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		-	-	2
Hours/ week		-	-	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	

➤ **ADVANCE ASANA**

- Kroncaasana
- Virbhadrasana
- Setubandha Sarvangasana
- Karnapidasana
- Kurmasana
- Purna Dhanurasana
- Sirsasana
- Eka Pada Rajkapotasana
- Eka Pada Sirasana
- Pari purna Navasana

- Mayurasana
- Purna Ustrasana
- Bakasana
- Eka Pada Padahasthana
- Janu Sirasana
- Hanumanasana
- Chakrasana
- Eka Pada Setu Bandha Sarvangasana
- Yoga Nidra
- Vrikchikasana
- Purna Ustrasana
- Natarajanasana
- Purna Salabhasana

Reference Books -

Concise Light on Yoga

- Available in -English, Hindi, Italian, Portuguese and Spanish
- Published in 1982 by Schocken Books.
- Iyengar Yoga for Beginners (Published by Dorling Kindersley in 2006.

SEMESTER-IV

YOGA FOR COMMON AILMENTS-II

PAPER NAME: NYS6401T-C

- **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	4	-	-
Hours/ week	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

Musculo-Skeletal Disorders - Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

UNIT-II

Neurological Disorders - Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

UNIT-III:

Psychiatric disorders- Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, 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 45/Dept. of Yogic Art&Science/Syllabus/Syllabus Bsc-Hons- Yogic Science.dox
5. (Yoga Practice through IAYT)
6. Books By Dr R Nagarathna Dr H R Nagendra (Diseases Books,Vkyp,Bangluru)
7. Yoga Publication Trust,Munger,Bihar, India
8. Kaivalaya dhama,SMYM Samiti,Lonavala-Pune

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 - Sep 9, 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 - YOGA THERAPY PRACTICES -II

SUBJECT CODE:NYS6402P-C

OBJECTIVES:

- Physical Well-being: Yoga therapy aims to enhance physical well-being by promoting physical strength, flexibility, balance, and overall fitness.
- Stress Reduction and Relaxation: A major objective of yoga therapy is to reduce stress and induce relaxation

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

UNIT - I

Musculo-Skeletal Disorders Back Pain;- Lumber,Spondylosis,Intervertebral disc prolapse,(IVDP), Spondylitis,spondylosis. Neck pain- Cervical Spondylosis,rheumatoied Arthritis, Osteo Arthritis

UNIT - II

Neurological Disorders – Headaches, Migraine,epilepsy,Parkinson’s disease,

UNIT - III

Psychiatric disorders - Anxiety disorders:- Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Depression, Dysthymia.

Psychosis:- Schizophrenia, Bipolar affective disorder.

BOOKS FOR REFERENCE

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. (Yoga Practice through IAYT)
5. Books By Dr R Nagarathna Dr H R Nagendra (Diseases Books,Vkyp,Bangluru)
6. Yoga Publication Trust,Munger,Bihar, India
7. Kaivalaya dhama,SMYM Samiti,Lonavala-Pune

PAPER NAME: CONCEPT OF DHARMA

SUBJECT Code:NYS6403T-C

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

- **Establishing Moral and Ethical Codes:** Dharma provides a framework for ethical living, guiding individuals towards right conduct and proper behavior. It emphasizes virtues like truthfulness, non-violence, compassion, self-restraint, and generosity.
- **Maintaining Social Order:** Dharma outlines the duties and responsibilities of individuals based on their social position, Varna (caste), and Ashrama (stage of life). This stratification helps maintain social order and harmony by ensuring everyone fulfills their designated roles.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	2	-
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

Dharma- concept, Definition,Features,Part-1 Epics[Ramayana, Mahabharath , GeetaPuras] Importance of Dharma, Dharma and Science. Difference & Similarity between dharma & religion.

UNIT -II

Hindu Dharma - General introduction of veda, upnishad , smarti grantha, purusharth chitusthya, shodhas sanskar,basic principle of hindu dharma, IntIdeals of Dharmas- [Guru Dharma, pitra Dharma, shishya Dharma, Matra Dharmas,Mitra Dharma,Putra Dharma,

UNIT -III

Comparative religions-

Part-I Partially from comparative religion-Islam, Christianity.

Part-II-Partially from comparative religion other religion other religions, Buddhism, Jainism, Sufism,Dharma according to ancient india- Vedic kal,Uttar Vedic kal,Upanishad,Sutra kal.

Reference books -: Dharma: Hindu Approach to a Purposeful Life" by Nanditha Krishn Dharma: Studies in its Semantic, Cultural and Religious History" edited by Balbir N. Kapur.

PAPER NAME: -PATANJAL YOG DARSHAN -II

SUBJECT CODE:NYS6404T-C

OBJECTIVES:

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

- 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 Vibhooti and Kaivalya pada.

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

UNIT - TEXT BOOKS

UNIT-I VIBHUTI PADA-SUTRA NO. 1 TO 30

UNIT-II VIBHUTI PADA -SUTRA NO. 31 TO 55 & 1 TO 5

UNIT-III KAIVALYA PADA -SUTRA NO NO. 6 TO 34

1. Swami Digambara Ji and others: Glossary of the Samkhyakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachaspati 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, Chowkhambha 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. New Delhi
4. Gaspar M. Coleman, 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 26.

PAPER NAME: PRANAYAMA & SHATKARMA PRACTICE OF HATHYOGA

SUBJECT CODE:NYS6405P-S

OBJECTIVES:

Following the completion of the course, students shall be able

- Improve lung capacity and respiratory function
- Increase energy levels and vitality
- Promote relaxation and stress reduction
- Enhance mental clarity and focus
- Prepare the body and mind for meditation

Total Number of Hours: 30	Theory	Tutorial	Practical
Credits		-	2
Hours/ week		-	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

Methods ,Benefits & Limitations :-

- 1.Sahit
2. Suryabhada
- 3.Ujjai
- 4.Sitkari
- 5.Sitli
6. Bhastrika
- 7.Bharmari
8. Murcha
- 9.Palavni
- 10.Kavli

SHATKARMA- DHAUTI,BASTI,NETI,TRATAKA,NAULI,KAPALBHATI

Refrence books – hathyog pardipika & Gharand Samhita (Kaivalyadhama lonavla) Gharand Samhita (Yog Publication trust, mungar,Bihar)

SEMESTER -V

PAPER NAME: BASIC OF NATUROPATHY, METHOD & PRINCIPLE -I

SUBJECT CODE:NYS7501T-E

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

- the objective of naturopathy is to facilitate the body's ability to heal itself, promote wellness, and prevent future health problems through natural and holistic means.
- Stimulating the healing power of nature: Naturopathic practitioners believe in the body's inherent ability to heal itself. The objective is to support and enhance this natural healing process by identifying and removing obstacles to health and promoting optimal conditions for healing.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	2	-
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

Meaning of Naturopathy - Definition, foreign matter ,principle, health and disease, physical, mental and social health, causes of disease, diagnosis by shape, facial diagnosis, diagnosis by face, eyes and Iris diagnosis, Basic Rules of Health Living, Panchmahabhoot principles, field of Naturopathy.

UNIT -II

fasting therapy- Meaning of fasting therapy, definition, types of fasting, difference in starvation in fasting, effect of fasting on the body, preparation for fasting, termination, nuisance or crisis during fasting, precautions to be taken during fasting, classification of food, acidic and alkaline Food, Balanced diet, Fibrous food, Combination of food (Mid-mismatched food), Methods of cooking food, Eating habits and Diet therapy.

UNIT-III

Meaning of air element therapy, importance of air element therapy, pranayama, wind bath or air intake, chromatherapy, therapeutic importance and history of chromotherapy ,definition, Types of colors in sun rays. , primary and secondary colors, Use of colors in various diseases , sun bath (rikli and kuna)method of making colored water and main properties of colors,

References Books -

4. Dr R Nagaratha and : Yoga and Health
5. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
6. Prakartik swasthya avam yog-Dr. brajbhushan goyal
7. Prakartik chikitsa avam siddhdanth – Dr. P.D Sharma
8. Prakartik ayurvedigyan

DSC COURSE : MENTAL HEALTH ,STRESS MANAGEMENT THROUGH YOGA
SUBJECTCODE: NYS7502T-E

Objectives:

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

- Understand the significance of Stress
- Understand the concept of Stress And physiology of Stress .
- Understand the role of yoga & Use of Alternative therapy during the stress.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	2	-
Hours/ week		4	2	-
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

Basic challenge of stress, Yogic concept of stress, Eustress and Distress, Physiology of stress. Stress induced problems and yogic Management for stress.

UNIT -II

Stimulation- Relaxation combine- the core. Recognition is half the Solution.Stress levels, Stimulations and pointed of awareness. Depth of Perception and expansion of awareness. Working through the group, progress in tune with nature, A Holistic life style for the effective stress Management.

UNIT-III

Yoga and Mental Health, Normality, Freud's Psychoanalysis and Self-Association of Yoga as Causes of Existential Disorders, Yoga Remedy, Kriya Yoga.

Stress (Tragedy) and Yoga, Personality: Indian Perspective, Adjustment, Conflict, Frustration, Yama-Niyam, Asana, Pranayama: Spiritual Aspects. Role of Yoga in Attitude Building, Omkar and Meditation: Concept and Practice, Prayer: Applied Perspectives Effective Practice.

Refrence Books :

1. Stress Management : Top Ways to Reduce Your Stress in Personal Life and Workplace.
2. A new Perspective of stress management, Dr. HR Nagendra SVYP Bangloure
3. The Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (The Gaia Little Books)
4. Pracharya ranjit singh bhogal ,kaivalyadhama, lonavala

PAPER NAME:APPLIED YOGA IN SPORTS

SUBJECT CODE:NYS7503T-E

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 geriatric care.

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

UNIT-I

Yogasana and physical education-planning in a sports meaning and objective of planning various committees and their responsibility (pre during and post tournament), tournament knock-out, league or round Robin and combination,Procedure to draw fixtures- knock-out (bye and seeding) and league (staircase and cycle),intramural and extra mural meaning objective and significance, Specific sports programme (sports day, health ran, run for fun, run for specific cause and run for unity.

UNIT-II

sports & nutrition, biomechanics & sports-Balance diet and nutrition: macro and micro nutrient, Nutritive and non nutritive components of diet,Eating for weight control a healthy weight the pitfalls of dieting, food intolerance and food myths.Meaning and importance of biomechanism in sports, Types of movement (flexion, extension, Abduction & Adduction),Newton's law of motion and their application in sports, Friction and sports.

UNIT-III

physiology and Injuries in sports- Physiological factors determining components of physical fitness, Effect of exercise on cardio respiratory system, Effect of exercise on muscular system, Physiological changes due to aging, Sports injuries classification: (soft tissue injury - Abrasion, contusion, laceration, sprain strain, incision) Bone and joint injuries: (dislocation, fracture: stress fracture, green stick, comminuted, transverse oblique and impacted) cause prevention and treatment, First Aid.

- 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 , 2010
 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

PAPER NAME: NATUROPATHY PRACTIAL
SUBJECT CODE: NYS7504T-P

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

- The objective of practical naturopathy is to promote and support the body's natural healing abilities using natural and holistic approaches to health and well-being. Naturopathy is a system of healthcare that focuses on treating the whole person—body, mind, and spirit—rather than just the symptoms of a specific condition.
- Supporting the body's innate healing power: Naturopathy recognizes that the body has an inherent ability to heal itself. The goal is to identify and remove obstacles to healing and support the body's natural processes.

Total Number of Hours: 30	Theory	Tutorial	Practical
Credits	-	-	2
Hours/ week	-	-	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

- Antiquity of Naturopathy Tools
- Method of Applying, limitation & benefits of all the Acute & chronic Diseases

Unit-I: Mud Therapy & fasting Therapy

Unit-II: Hydrotherapy & Chromotherapy

Unit-III: Air Therapy, (pranayama) ,massage & Aahar chikitsa

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Prakartik swasthya avam yog-Dr. brajbhushan goyal
4. Prakartik chikitsa avam siddhdanth – Dr. P.D Sharma
5. Prakartik ayurvigyan

PAPER NAME:CHANTING OF SHREEMAD BHAGWAD GEETA ,MANTRA ,STROTUM

SUBJECT CODE:NYS7505P-S

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

- The pronunciation of Mantra and Srotram will affect the pronunciation ability of the student, so that he will choose the right words and speak Well
- Recitation of Bhagavad Gita enables the student to control his emotions and empowers his decision making ability.

Total Number of Hours: 30	Theory	Tutorial	Practical
Credits	-	-	2
Hours/ week	-	-	4
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory:		Practical: 50	
Final Exam (SEE)	Internal Assessment (CT+T)	FinalExam (SEE)	Internal Assesent (CT+TA/PR)
-	-	35	15

REFERENCE BOOKS:

Followed by Vysapuspanjali, vivekanand yog prakashan , Bangalore

SEMESTER-VI

PAPER NAME: RESEARCH METHADODOLOGY

SUBJECT CODE:NYS7601T-E

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

- Understand the concept of research and its Methodology for carrying 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	4	-	-
Hours/ week	4	-	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessm ent (CT+TA)	Final Ex am(SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT-I

Meaning, Definition, Types, Field And Importance Of Research-

Definition Of Research, Nature Form And Characteristic Of Scientific Research, Research Objectives, Types Of Research, Stage Of Research, Area Of Research, Need And Importance Of Research.

Meaning Types And Characteristic Of Research Problem And Hypothesis- Meaning And Nature Of Research Problem, Selection Of Research Problem, Source Of Research Problem, Types Of Scientific Problem Or Research Problem, Characteristic Of Scientific Research Problem, Hypothesis, Characteristic Of A Good Scientific Hypothesis.

UNIT-II

Meaning Types And Importance Of Variable-

Meaning Of Variable, Definition Of Variables, Types Of Variables.

Sample And Sampling- Meaning Of Sample, Definition Of Sample, Characteristic Of A Good Sample, Limitation Of Sample, Meaning Of Sampling, Types Of Sampling.

UNIT-III

Research Method-

Observation Method, Experimental Method, Correlational Method, Other Research Method.

Research Design And Research Report Writing- Meaning Of Research, Design Characteristic Of A Good Research Design, Types Of Research Design, Research Report Writing, Style And Precautions Of Research Report Writing, Research Ethics.

Reference books-Yog Anusandhan Aur Sankhaki –Dr. Satya Pal Singh & Malik (Kitab Mahal New,Delhi)

PAPER NAME: FOUNDATION OF INDIAN CULTURE**SUBJECT CODE:NYS7602T-E**

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

- **Spiritual realization:** Many see a core objective as seeking a deeper understanding of the self and the ultimate reality. This can involve concepts like moksha (liberation) in Hinduism or enlightenment in Buddhism.
- **Dharma:** The concept of dharma, loosely translated as duty or right action, is another foundational aspect. Indian culture emphasizes living a life aligned with dharma to achieve spiritual progress.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	-	-
Hours/ week	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

Main features of Indian culture, Indus religion, Vedic religion, Jainism and Buddhism, main features of mythological religion, Varna system, Ashram system, Upanayana and marriage rituals, efforts of man, main centers of education in ancient times.

UNIT-II

Ramayana, Mahabharata, cultural importance of Puranas, development of science in Gupta period, Kalidas, and Tulsidas.

Main features of Indus and Maurya art, Mathura art, Gupta period temples, Mughal architecture, branches of Rajput painting.

UNIT-III

Bhakti movement and Sufism and their impact on Indian culture, contribution of Brahmo Samaj, Arya Samaj and Ram Krishna Mission in the social and religious field, contribution of Tagore's social and cultural thoughts.

REFERENCE BOOKS:-

1. Govind Chandra Pandey: Vedic Culture, Allahabad, Lokbharti, Original Voices of Indian Tradition, National Publishing House, Delhi.
2. Shivkumar Gupta (ed.), History of Indian Thought, Panchsheel Prakashan, Jaipur.
3. Shivkumar Gupta and Kamal Nayan: Foundations of Indian Culture, College Book House, Jaipur
4. Shivkumar Gupta Comprehensible History of Indian Art, Sanskriti Prakashan, Jaipur
5. Satyaprakash Indian tradition of scientific development, Bihar National Language Council
6. Ramji Upadhyay: Ancient Culture of India, Lok Bharati, Allahabad
7. Ramdhari Singh Dinkar: Four Chapters of Indian Culture 8. Mangaldev Shastri Development of Indian Culture
9. Vasudev Sharan Agarwal Indian Art, Prithvi Prakashan Varanasi
10. Kalishankar History of Indian Culture

PAPER NAME: BASIC OF NATUROPATHY, METHOD & PRINCIPLES-II

SUBJECT CODE: NYS7603T-E

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

- the objective of naturopathy is to facilitate the body's ability to heal itself, promote wellness, and prevent future health problems through natural and holistic means.
- Stimulating the healing power of nature: Naturopathic practitioners believe in the body's inherent ability to heal itself. The objective is to support and enhance this natural healing process by identifying and removing obstacles to health and promoting optimal conditions for healing.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	2	-
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

Definition of hydrotherapy, Types of water, Principles of hydrotherapy, Physical property of water, Physiological effect of water on skin ,Respiration, Digestion, Short term and long term cold and hot effects of water ,Common uses of water ,(Usha Pan Kunjal ,Simple bath, and enema ,) Major methods of hydrotherapy, hip Bath ,arm bath sitz bath , hot and cold foot bath ,steam bath spinal bath,eye bath, full immersion bath. hydrotherapy bandage compress - chest, stomach,back (hot and cold)

UNIT -II

Meaning of mud therapy. Definition, properties of soil, principles of mud treatment, precautions, types of mud, how to collect mud, mud therapy of various diseases, methods of mud therapy, mud bath, balu bhakshan, pank snan, major strips of mud therapy - hot and cold bandage, poultice

UNIT -III

Meaning of massage therapy, definition, types of massage, physical effect of massage on skin, muscle system, circulatory system, digestive system, nervous system, important rules related to massage for men, women and children, major methods of massage

- Dr R Nagaratha and : Yoga and Health
- Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
- Prakartik swasthya avam yog-Dr. brajbhushan goyal
- Prakartik chikitsa avam siddhdanth – Dr. P.D Sharma
- Prakartik ayurvedigyan

PAPER NAME: DISSERTATION / CLINICAL REPORT /SURVEY

SUBJECT CODE :NYS7604T-P

Objectives:

- Exploration: To explore and investigate a particular research question or problem thoroughly, using appropriate research methodologies and techniques.
- Knowledge Gap: To identify and address gaps in existing literature or knowledge within the chosen field of study.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		-	-	6
Hours/ week		-	-	12
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory :			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by University). Marks will be given by the both the examiners i.e., Internal and External Examiners.

The distribution of marks for the dissertation will be as below:

Periodical presentation -	20 Marks
Dissertation -	60 Marks
Viva-voce -	20 Marks

Total 100 Marks

Dissertation / Clinical Report /Survey shall be valued jointly by External and one Internal examiner.

PAPER NAME: CHANTING OF PATANJALI YOG SUTRA

SUBJECT CODE:NYS7605P-S

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

- Mindfulness and Concentration: Chanting requires focus and concentration, which helps in cultivating mindfulness. By chanting the sutras, one can bring their attention to the present moment and develop a heightened awareness of the sounds, vibrations, and meaning of the verses.
- Vibrational Healing: The vibrations produced by chanting the Yoga Sutra are believed to have a positive impact on the physical, mental, and energetic levels. It is thought to harmonize the subtle energy centers (chakras) and promote overall well-being.

Total Number of Hours: 30	Theory	Tutorial	Practical
Credits	-	-	2
Hours/ week	-	-	2
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory:		Practical: 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/P)
		35	15

- Sutras 1 to 195 chant with aaroha & avroha order
- **Text book –**
- **Patanjali yog sutra, geeta press Gorakhpur**

