

Maharshi Dayanand Saraswati University

Ajmer 305009 Rajasthan

SYLLABUS

SCHEME OF EXAMINATION AND COURSES OF STUDY

2019-2020

2026-27(Revised)

FACULTY OF VEDIC STUDIES

MYS&TM

(Master of Yoga Studies & Therapy Management)



Objectives:

1. To promote the ancient Gurukula System of Education with the wisdom of Vedanta principle and practice of integrated modules of yoga technique with a scientific flavour of the west.
2. To introduce Yoga Research Dimension and make them conduct internal research.
3. To promote yogic counsellors to train in the techniques of counselling and therapy rooted in both yoga and modern psychology.
4. To unearth the hidden treasure of our ancient yoga and spiritual lore and study its usefulness and efficacy for modern experimental research in various fields of modern Science.
5. To train medical professionals to become consultants in Yoga Therapy.
6. To create counsellors to serve therapy participants with utmost love, care and dedication by understanding the total personality of the therapy participants and bring solace, new vision and positive health in life.

Scheme of Examination and course of study

1. **ELIGIBILITY:** Bachelor's degree in any discipline from a recognised university with minimum of 48% marks
2. Duration : Two years
3. The Minimum Attendance required for the course will be as per university rules.
4. This will be necessary for a candidate to pass in the theory as well as in the practical part of a paper/ subject separately.
5. A candidate should pass each and every semester examination and shall be required to obtain :-
 - a. At least 36 % marks in the aggregate of the papers prescribed for examination and
 - b. At least 36 % marks in the practical.
6. No division will be awarded at the semester level. Division shall be awarded at the end of the IV-Semester on the basis of the aggregate marks obtained in every semester as noted below:
First Division 60% marks.

Second Division 48% marks.

Other rules are followed as per University Post Graduate rules.

Program of the Study & Scheme of Examination

2.0 SCHEME OF TWO YEARS POST GRADUATE DEGREE PROGRAM IN YOGA STUDIES & THERAPY MANAGEMENT

Programme Code:

Programme Faculty: VEDIC STUDIES

**Programme Name: TWO YEAR POST-GRADUATE DEGREE PROGRAM IN
YOGA STUDIES & THERAPY MANAGEMENT**

SCHEME AND WEIGHTAGE OF COURSES

S. N o.	Course Category	Title of the Course	Credits			Credits earned	Evaluation			Remarks
			L	T	P		IA	ESA	Total	
SEMESTER - I										
1	YOG DCC – 01	HISTORICAL BASIS OF YOGA	4	0	0	4	30	70	100	All Courses re compulsory Courses
2	YOG DCC – 02	PHILOSOPHICAL BACKGROUND OF YOGA	4	0	0	4	30	70	100	
3	YOG DCC – 03	YOG DARSHAN-I	4	0	0	4	30	70	100	
4	YOG DCC – 04	HUMAN STRUCTURAL AND FUNCTIONAL BIOLOGY I	4	0	0	4	30	70	100	
5	YOG DCC – 05	PRACTICAL-LIMBS OF YOGA PRACTICE-I & SEMINAR	0	0	4	4		100	100	
			Total Credits in Semester I			20	Total Marks in Semester I		500	
SEMESTER - II										

6	YOG DCC – 06	ETHICAL VALUES FOR YOGA EDUCATION	4	0	0	4	30	70	10 0	
7	YOG DCC – 07	YOG DARSHAN-II	4	0	0	4	30	70	10 0	
8	YOG DCC – 08	HUMAN STRUCTURAL AND FUNCTIONAL BIOLOGY -II	4	0	0	4	30	70	10 0	
9	YOG DSE– 01A	PSYCHOLOGY AND ITS RELEVANCE	4	0	0	4	30	70	10 0	Student may opt any one
	YOG DSE– 01B	PSYCHOTHERAPY AND COUNSELLING	4	0	0	4	30	70	10 0	
10	YOG DCC – 09	PRACTICAL-LIMBS OF YOGA PRACTICE-II & SEMINAR	0	0	4	4		10 0	10 0	
			Total Credits in Semester II			20	Total Marks in Semester II		50 0	
SEMESTER - III										
11	YOG DCC – 10	THEORETICAL STUDY OF YOGA PRACTICE	4	0	0	4	30	70	10 0	
12	YOG DCC – 11	SADHANA & THERAPY OF HATH YOGA	4	0	0	4	30	70	10 0	
13	YOG DSE – 02A	STUDY OF NATUROPATHY	4	0	0	4	30 30	70 70	10 0	Student may opt any one
	YOG DSE – 02B	APPLIED YOGA IN SPORTS								
14	YOG DSE – 03A	ADVAITA VEDANTA OF SANKARA	4	0	0	4	30 30	70 70	10 0	Student may opt any one
	YOG DSE – 03B	YOGA UPANSIHAD								
15	YOG DCC – 12	PRACTICAL-LIMBS OF YOGA PRACTICE-III & SEMINAR	0	0	4	4		10 0	10 0	
			Total Credits in Semester III			20	Total Marks in Semester III		50 0	

SEMESTER - IV										
16	YOG DCC – 13	YOGIC MANAGEMENT FOR DISEASE	4	0	0	4	30	70	10 0	
17	YOG DCC – 14	RESEARCH METHODS & STATISTICS	4	0	0	4	30	70	10 0	
18	YOG DSE – 04A	DIET & DIETARY MANAGEMENT	4	0	0	4	30	70	10 0	Student may opt any one
	YOG DSE – 04B	CLINICAL REPORT & PRESENTATION					30	70		
19	YOG DSE – 05A	STUDY OF KUNDALINI YOGA	4	0	0	4	30	70	10 0	Students may opt any one
	YOG DSE – 05B	INTEGRATIVE YOGIC DIAGNOSIS					30	70		
20	YOG DCC – 15	PRACTICAL- SURVEY/SOCIAL WORK/ORGANISING YOGA CAMP-30 DAYS/INTERNSHIP IN ANY HOSPITAL	0	0	4	4		10 0	10 0	
			Total Credits in Semester IV			20	Total Marks in Semester IV		50 0	
		Total Credits in all semester (20+20+20+20)				80	Total Marks in all semesters		20 00	

Note:

Course Categories: DCC–Discipline Core Course ;DSE–Discipline Specific Elective;

Contact Hours: Lecture-1 Credit=1Hour/ Week

Practical-1 Credit=2 Hours / Week

SEMESTER- I

YOGDCC-01

Historical Basis of Yoga

Objectives

1. To understand the historical and mythological background of the origin and development of Yoga.
2. To study the definitions and concepts of Yoga as explained in various Yoga texts and schools of thought.
3. To gain knowledge of Yoga in the Vedas, Upanishads, Adhyatma Ramayana, Puranas, and Yoga Vasistha.
4. To understand the principles of Jnana Yoga, Bhakti Yoga, Karma Yoga, Dhyana Yoga, Yama, Niyama, and Prana Sadhana.
5. To study the concepts of Shat Darshana, Tantra, Kundalini, and Shat-Chakra Sadhana in relation to Yoga.

Outcomes

1. Students will be able to compare and interpret different definitions of Yoga given in classical Yoga texts and philosophical traditions.
2. Students will be able to describe the various forms of Yoga presented in the Vedas, Upanishads, Puranas, Adhyatma Ramayana, and Yoga Vasistha.
3. Students will be able to explain the fundamental concepts of Shat Darshana, including Pramana, Atma, Paramatma, Ishwara, Karma, and Tattva.
4. Students will be able to describe the basic principles of Tantra Yoga, Kundalini awakening, and Shat-Chakra Sadhana and their significance in spiritual development.
5. Students will be able to describe the basic principles of Tantra Yoga, Kundalini awakening, and Shat-Chakra Sadhana and their significance in spiritual development.

Note- The question paper will divided in to three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents:

Unit- I

Historical and Mythological aspects leading to the origin of yoga, history and development of yoga, Definition of yoga in different yoga text and school of thought.

Unit- II

Yoga in Veda- Jnana, Bhakti, Karma, Dhyana yoga, Yama- Niyama and Prana sadhna. Yoga in Upanishad- Jnana, Bhakti, Karma, Astanga, Sadanga yoga, Nada, Mantra, Dhyana .Nature and types of yoga in Adhyatma- Ramayan, Puranas, & Yoga Vasistha.

Unit- III

Yoga in shat darshana- General introduction, aim and objective of shat darshan with special reference to yoga (Pramana-the source of knowledge, Atma, Paramatma, Ishwara, karma and tattva etc.). Yoga in Tantra- Introduction, Kundalini & shat- chakra-sadhana.

Reference Books .

1. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
2. Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore
3. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
4. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993
5. Fenerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002.
6. T.R Srinivasa ayyangar amarta-Nadopanishad

SEMESTER- I

YOGDCC-02

Philosophical Background of Yoga (Gita & Sankhya)

Objectives

1. To understand the fundamental concepts and philosophical principles of Sankhya Darshana.
2. To study the theory of causation (Satkaryavada), Prakriti, its Gunas, and the process of evolution.
3. To gain knowledge of Purusha, its characteristics, existence, and relationship with Prakriti.
4. To understand the concepts of bondage, liberation (Moksha), and yogic practices for self-realization.
5. To study the teachings of the Bhagavad Gita related to Atma, Karma, Dharma, Dhyana, Bhakti, Jnana, and Nishkama Karma Yoga.

Outcomes

1. Students will be able to explain the basic concepts of Sankhya Philosophy, including Satkaryavada, Prakriti, and the three Gunas.
2. Students will be able to describe the nature of Purusha, its plurality, and its relationship with Prakriti.

3. Students will be able to analyze the concepts of bondage, liberation, and the role of Yoga in attaining Moksha.
4. Students will be able to explain the teachings of the Bhagavad Gita regarding Atma, Sthitaprajna, Karma Siddhanta, Dharma, and Dhyana.
5. Students will be able to differentiate and interpret the principles of Nishkama Karma Yoga, Bhakti Yoga, Jnana Yoga, Pravritti, and Nivritti as explained in the Bhagavad Gita.

Note- The question paper will divided in to three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents:

Unit- I

General Introduction of Sankhya Philosophy, Theory of causation, forms of satkaryavada, prakrti and it gunas, evolution and arguments for its existence, characteristic of prakrti, objection against prakrti.

Unit- II

Purusa, and its gunas, arguments for its existence, plurality of purusas, relationship between prakriti and purusa, theory of bondage and liberation, types of liberation, practices of yoga.

Unit- III

Geeta ke anusar atma ka swaroop, shitha- pragya (ch.II) karma sidhant, Dharam ka swaroop (ch.III), Gyan ki again (ch.IV), Sanyaas ka swaroop, Moksha (ch.V), Brahmagyan ka upaya, Abhyaas aur Bairagya, Dhyana (ch.IV), Maya ka swaroop (ch.VII), Nishkam karma yoga, Bhakti yoga, Gyana yoga (ch.XII), praviti & Nivriti (ch.XIV),

Reference Books-

1. Shri Madnjagwat Geeta Bhashya – Acharya Sankar
2. Shri Madnjagwat Geeta- Ramsukh das maharaj
3. Sankhaya Tatva kaumudi – vachaspati Mishra
4. Sankhyakarika - Ishwor Krishna Virchit
5. H.P. Sinha- Outlie of Indian Philosophy
6. N.K. Devraj – Indian Philosophy
7. C.D. Sharny – A crtical survey of Indian Philosophy.

SEMESTER- I

YOGDCC-03

YOG DARSHAN-I

Objectives

1. To understand the meaning, objectives, and definitions of Yoga as described in Patanjali Yoga Darshana.
2. To study the concepts of Chitta, its states (Avasthas), and Chitta Vrittis along with their classifications.

3. To gain knowledge of Abhyasa (practice) and Vairagya (detachment) as means of attaining mental control.
4. To understand the nature, types, and significance of Samadhi, including Sabija and Nirbija Samadhi.
5. To study the concepts of Kleshas, Karmashaya, suffering (Dukha), and the methods for achieving liberation.

Outcomes

1. Students will be able to explain the meaning, objectives, and definitions of Yoga according to Patanjali Yoga Sutra.
2. Students will be able to describe the different states of Chitta and classify various Chitta Vrittis.
3. Students will be able to explain the role of Abhyasa and Vairagya in controlling the mind and progressing in Yoga.
4. Students will be able to differentiate between Sabija and Nirbija Samadhi and explain their characteristics and benefits.
5. Students will be able to analyze the concepts of Pancha Klesha, Karmashaya, Dukha, Drashta-Drishya relationship, and the methods for overcoming suffering and attaining higher wisdom.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents:

Unit-I

Meaning of the word yoga, chapters, objective, and definition. Chitt ki bhumiKa, chitt ki avasthayen, chitt ki vrathiyaen and its types, Abhyas and Varagya.

Unit- II

Its types, characters, sabeej and nirbeej Samadhi phal of Samadhi. Yog marg ki badhaiye, Badhao ka upayie kriya yog, kriya yog ka phal.

Unit III

Pancha kalesh- swaroop & Types, karmashy swaroop and phal. Drishya aur drashha ka swaroop, Sanyotg aur viyog ka kaaran, Dukh ka swaroop ,gunno ki char awasthaye, haan ka oopaye, pragya ki supt bhumiyaa.

Reference Books-

1. Mukti ke upaya- Sami Norajanand Bhihar
2. Yoga Bhayasy Vachaspati Mishra
3. Patanjali yog pradeep Omanand tisth
4. Yoga sutra Vadhaspati Tika- Hariharnanda
5. Patanjali yoga sutra- Dr. Karmbetkar Lonavala.

SEMESTER- I

YOGDCC-04

HUMAN STRUCTURAL AND FUNCTIONAL BIOLOGY -I

Objectives

1. To understand the structure, classification, properties, and functions of the muscular system.
2. To study the skeletal system, including bones, joints, vertebral column, and their functions.
3. To gain knowledge of the respiratory system and the mechanisms of respiration and gas exchange.
4. To understand the structure and functions of the digestive system, including digestion, absorption, and hormonal regulation.
5. To study the circulatory system, blood, lymph, blood pressure, and their roles in maintaining body functions.

Outcomes

1. Students will be able to explain the types, properties, and mechanisms of muscle contraction and describe the functions of the muscular system.
2. Students will be able to identify different types of bones and joints and explain the structure and functions of the skeletal system.
3. Students will be able to describe the process of respiration, gas exchange, oxygen transport, and the functions of the respiratory system.
4. Students will be able to explain the mechanisms of digestion, absorption, and hormonal control of the digestive system.
5. Students will be able to describe the structure and functions of the heart, blood vessels, blood, and lymph, and explain the regulation of blood pressure and cardiac output.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents:

Unit-I

Muscular system - Types of muscles, Theory of contraction, categories of muscles, and properties of muscles. Skeletal system - Introduction of skeletal system, function of skeletal system. Types of joints, composition of bone, Types of bones, vertebral column of human body.

Unit-II

Respiratory system- Definition of respiration, structure and function, mechanism of respiration, exchange of gases, oxygen transportation, and co-transportation of respiration. Digestive system - definition of digestion, structure and function, mechanism of absorption of various product of digestive system control of digestion in various part of alimentary, hormonal control of digestive system.

Unit-III

Circulatory system- structure and function of heart and blood vessels, cardiac cycle, regulation of cardiac output, blood pressure and factor affecting it, Hypertension. Blood & lymph-composition of blood, blood cells, function of blood, lymph, composition of lymph & functions.

Books for Reference-

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.C. (1985)
4. Human Physiology – Chatterjee C.C. (1992)
5. Text book of Physiology - Jain A.K

Semester -I (Practical)

YOGDCC-05

Limbs of Yoga Practices-I & Seminar - (Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique etc.)

(Demonstration + Viva Voce +Teaching Technique)

Lists of Yoga Practices

ASANA

- | | |
|--------------------------|---------------------------|
| 1. Ardha Kati Chakrasana | 2. Laghu Vajrasana |
| 2. Ardha Chakrasana | 3. Padma Mayurasana |
| 3. Padahasthasana | 4. Vrischikasana |
| 4. Vajrasana | 5. Ubhaya Padangusthasana |
| 5. Shashankasana | 6. Baddha Sarvangasana |
| 6. Paschimottanasana | 7. Nirālamba Sirsasana |
| 7. Halasana | 8. Tittibhasana |
| 8. Sarvangasana | 9. Padma Bakasana |
| 9. Matsyasana | 10. Purna Chakrasana |
| 10. Bhujangasana | 11. Purna Shalabhasana |
| 11. Shalabhasana | 12. Hanumanasana |
| 12. Ardha Sirsasana | 13. Kukkutasana |
| 13. Sirsasana | 14. Yoga Nidrasana |
| 14. Padmasana | 15. Parshvottanasana |
| 15. Sukhasana | |
| 16. Siddhasana | |
| 17. Siddha Yoni Asana | |

Advanced Asanas

1. Natarajasana

PRANAYAMA

BANDHA

Sectional Breathing – 4

Nadi sudhi

Bhramari

Bhastrika

Jalandhara Bandh

Moola Bandh

MUDRA

Chin Mudra

KRIYA

Kapalabhati

Trataka (Joyti, Jatru)

Chin Maya Mudra

Adhi Mudra

Brahma Mudra

MEDITATION

OM Meditation

Cyclic Meditation

Relaxation Technique

IRT (Instant Relaxation Technique)

QRT (Quick Relaxation Technique)

DRT (Deep Relaxation Technique)

CHANTING

Prayer, Bhagvad Geeta (Karma yoga & Bhakti Yoga) Peace Chant Bhajan & etc.

PAPER II - Seminar on topic given by the faculty

SUKSHAMA VYAYAMA

1. Netra - Sakti - Vikasa (Improving The Eye Sight)
2. Kopala - Sakti - Vardhaka (Rejuvenating The Cheeks) Ujj
3. Karna - Sakti - Vardhaka (Improving The Power Of Hearing)
4. Griva - Sakti - Vardhaka (Strengthening The Neck) 1
5. Griva - Sakti - Vardhaka (Strengthening The Neck) 2
6. Griva - Sakti - Vardhaka (Strengthening The Neck) 3
7. Skandha - Tatha - Bahu - Mula - Sakti - Vikasara (Developing The Strength Of The Shoulder Blade And Joints)
8. Bhujanga Bandha - Sakti - Vardhaka (Strengthening The Upper Arms)

SEMESTER II

YOGDCC-06

Ethical Values for Yoga Education

Objectives

1. To understand the meaning, nature, sources, classification, and characteristics of ethics.
2. To study the ethical teachings of the Bhagavad Gita, including Nishkama Karma, Dharma, Duty, and Gunas.
3. To gain knowledge of Dharma according to Mimansa and Ramanuja and the concepts of Pravritti and Nivritti.
4. To understand the concept, importance, and application of the four Purusharthas in human life.
5. To study the ethical and spiritual teachings of Jainism, Buddhism, and modern Indian thinkers such as Gandhi, Tagore, Aurobindo, and Vivekananda.

Outcomes

1. Students will be able to explain the meaning, sources, classifications, and characteristics of ethics.
2. Students will be able to describe the ethical principles of the Bhagavad Gita, including Nishkama Karma, Dharma, Adharma, and the role of Gunas.
3. Students will be able to explain the concepts of Dharma, Pravritti, Nivritti, and the four Purusharthas and their significance in life.
4. Students will be able to analyze the ethical teachings of Jainism and Buddhism, including Triratna, Panch Mahavrata, Arya Satya, and Ashtanga Marga.
5. Students will be able to evaluate the contributions of modern Indian thinkers such as Mahatma Gandhi, Rabindranath Tagore, Sri Aurobindo, and Swami Vivekananda to ethical and spiritual thought.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately 250 words each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in 500 words each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit- I

Meaning of ethics, definition, source, classification of ethics, characters of ethics, main ethical thought of Geeta- Niskama karma, Sarvadharmā, Vanaprastha Ashram, duty & Gunas, characters of Hindu ethics, Rebirth, Rita (truth) Yoga, dharma & adharma (Manu & Prashastapada).

Unit – II

Dharma according Mimamsa and Ramanuja, pravriti & Nivriti, meaning of purusharthas, importance, concept & detail of four purushartha's.

Unit- III

Jain-Trirasthan, Panchmahavrat, Anuvrat, Buddha- Aryastya, Astangic marga, Bodhisattava & Modern Indian thinkers like – Gandhi, Tagore, Aurobindo & Vivekananda.

Reference-

1. Dr. S. Radhakrishnan – *Indian Philosophy* (Vol. I & II) – Oxford University Press.
2. M. Hiriyanna – *Outlines of Indian Philosophy* – Motilal Banarsidass Publishers.
3. M. Hiriyanna – *The Essentials of Indian Philosophy* – Motilal Banarsidass.
4. Swami Ranganathananda – *The Universal Message of the Bhagavad Gita* (Vol. I– III) – Advaita Ashrama.
5. Swami Chinmayananda – *The Holy Geeta* – Central Chinmaya Mission Trust.
6. Swami Gambhirananda (Translator) – *Bhagavad Gita with the Commentary of Adi Shankaracharya* – Advaita Ashrama.

7. Patrick Olivelle (Translator) – *The Law Code of Manu (Manusmriti)* – Oxford University Press.
8. Ganganath Jha (Translator) – *The Purva Mimamsa Sutras of Jaimini* – Motilal Banarsidass.
9. Swami Tapasyananda – *Bhakti Schools of Vedanta (Ramanuja)* – Sri Ramakrishna Math.
10. Acharya Mahaprajna – *Jain Dharma evam Darshan* – Jain Vishva Bharati.

SEMESTER II

YOGDCC-07

YOG DARSHAN-II

Objectives

1. To understand the necessity and importance of Yoga practice and the principles of Bahiranga Yoga Sadhana.
2. To study the concepts and benefits of Yama and Niyama, including Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha, Shaucha, Santosha, Tapa, Swadhyaya, and Ishwara Pranidhana.
3. To gain knowledge of Asana, Pranayama, and Pratyahara, their characteristics, methods, and benefits.
4. To understand the concepts of Dharana, Dhyana, Samadhi, Samyama, and their role in spiritual development.
5. To study the nature of Siddhis, Viveka Jnana, Kaivalya, Dharma Megha Samadhi, and the ultimate goal of Yoga.

Outcomes

1. Students will be able to explain the importance of Yoga practice and describe the components of Bahiranga Yoga Sadhana.
2. Students will be able to explain the characteristics, significance, and benefits of Yama, Niyama, Asana, and Pranayama.
3. Students will be able to describe the concepts of Pratyahara, Dharana, Dhyana, Samadhi, and Samyama and their practical applications.

4. Students will be able to analyze the sources, types, and significance of Siddhis and the development of Viveka Jnana.
5. Students will be able to explain the concepts of Karma, Kaivalya, Dharma Megha Samadhi, and the attainment of the highest state of liberation according to Yoga philosophy.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit-I

Yoga abhyaas ki avashatetaye ,Bahiranga Yoga sadhana aur aanga's [limbs] Yama ,niyama Ahimsa ,Satya ,asteya ,Brahmacharya, and aparigraha ka Swaroop and sidhhi ka phala. Niyaam-Soucha ,santosha, Tapa, swadhyaya and ishwar pranidhana ka phal. Asana ka charita , sidhhi ka swaroop and sidhhiyon ka upaya aur phala .

Unit-II

Pranayama- characters, types and benefit . Pratyahara swaroop and phal. Dharna, Dhyana ,Samadhi ke characters ,Sanyama phala, Viniyoga ki importance, Result of chitt, Kaivalya ka swaroop.

Unit-III

Siddhiyon ke stotra, siddhi ke bhedh, vivek gyana ke characters, phala upayah; Kaivalya ki prapti , hetu samast Vibhuyon se Viragya, Nirmal

chitt, Karma swaroop, type and phala. Dharmamedha Samadhi and phala, Klesha karmon ki nivriti hone pen gyana ka uday, Kaivalay yoga sadhana ki charam Prapti.

Reference Books

1. Mukh ke upaya- swami Nirjanananda, Bikan.
2. Yoga bhashya- Vachaspath Mishra.
3. Patanjali Yoj Pradeep- Osharananda fifth.
4. Yoga Sucha- Yachaspath Tika – Hanisharnanda.
5. Patanjali Yoga sucha-Dr kanmbelkan- lonavale.

SEMESTER II

YOGDCC-08

HUMAN STRUCTURAL AND FUNCTIONAL BIOLOGY -II

Objectives

1. To understand the structure, functions, and organization of the nervous system, including the central, peripheral, and autonomic nervous systems.
2. To study the immune system, types of immunity, antigens, antibodies, and immune responses.
3. To gain knowledge of the endocrine system, hormonal regulation, and disorders of endocrine glands.
4. To understand the anatomy and physiology of the reproductive system, including pregnancy and related physiological changes.
5. To study the excretory system, urine formation, and the structure and functions of various sense organs.

Outcomes

1. Students will be able to explain the structure and functions of neurons and describe the central, peripheral, and autonomic nervous systems.
2. Students will be able to differentiate between various types of immunity and explain antigen-antibody reactions and immune mechanisms.

3. Students will be able to describe the functions of endocrine glands, hormonal regulation, and common endocrine disorders, including diabetes and stress-related conditions.
4. Students will be able to explain the anatomy and physiology of the male and female reproductive systems, menstrual cycle, and physiological changes during pregnancy.
5. Students will be able to describe the structure and functions of the kidneys, nephron, urine formation process, and the physiology of the eye, skin, ear, nose, and tongue.

Note- The question paper will divided into three part- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit –I

Nervous System – Definitions , Role of Nervous System , Structure of neuron , Type of neuron , Morphological and function , Conduction of nervous system (Brain & Spinal cord) Peripheral nervous system , Autonomic nervous system. Immune System - Definition, types of Immunity (Innate, direct,, indirect, acquired, direct, indirect, hormonal and cell mediate) Antigen , Antigen , antigen antibody reaction.

Unit II

Endocrine system – Endocrine gland – structure , function, secretion , regulation of hormonal secretion, mechanism of action of hormone , Emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary , thyroid , parathyroid , hormones, adrenal and reproductive hormones. Disorders of endocrine glands. Reproductive system – Definition, Types of Reproductive, male reproductive system, Female reproductive system, menstrual cycle, Pregnancy changes during Pregnancy.

Unit III

Excretory System – Definition , Anatomy & Physiology of Kidneys , Structure and function of nephron , Mechanism of urine formation , Regulation of urine formation Sense organ – Structure & Functions (Eye , Skin, Ear, Nose and Tongue) Physiology of different sense organ

Books for Reference:

1. A Glimpse of Human Body – Dr Shirley Telles.
2. Human Anatomy & physiology – Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4th Edition
4. Human Physiology – Chatterjee C.C (1992)
5. Text book of Physiology – Jain A.K.

SEMESTER II

YOGDSE-01A

Psychology and its relevance to Yoga (Elective)

Objectives

1. To understand the meaning, nature, scope, branches, and applications of Psychology.
2. To study the relationship between Psychology, Yoga, human behavior, and spiritual growth.
3. To gain knowledge of personality development and various theories of personality proposed by Hippocrates, Kretschmer, Sheldon, and Jung.

4. To understand the concepts of educational psychology, cognitive development, motivation, emotion, and intelligence.
5. To study the concept of stress, its causes, effects, and yogic approaches for stress management.

Outcomes

1. Students will be able to explain the meaning, nature, scope, branches, and practical applications of Psychology.
2. Students will be able to analyze human behavior and explain the relationship between Yoga, Psychology, and spiritual development.
3. Students will be able to describe various theories of personality and explain personality development from both psychological and yogic perspectives.
4. Students will be able to explain the concepts of cognitive development, language, motivation, emotion, and Intelligence Quotient (IQ).
5. Students will be able to identify the causes and effects of stress and explain yogic methods for stress management and mental well-being.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 questions from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit I

Definition of Psychology , meaning,Nature of Psychology ,scope of Psychology , application Branches of Psychology, subfields of Psychology , Utility of Psychology,relation of Psychology to other fields of study , Psychology of human behaviour Psychology of spiritual growth and yogic management.and yoga & modern psychology.

Unit II

Personality Development, its meaning and nature, Characteristic of personality, Hippocrates, Kretschmer's Sheldon's ,Jung's theories of personality ,trait approach, developmental approach and its assessments personality according to yoga text.

Unit III

Education Psychology , Cognitive development and languages ,Motivation ,aspects of behaviour aspects of behaviour ,Emotion , IQ its meaning, IQ testing and its controversies , Stress , its concepts , causes and Stress according to Yoga and its Challenges to Modern Science.

Reference Book :-

1. Robert Frager James Fadiman – Personality and personnel growth .
2. C.G Jung - Analytical Psychology: its theory and practice.
3. Adler – Individual Psychology.
4. A unit of Global – Personality Development institutes.
5. Ayanger T.B Srinivas – The yoga Upanishad
- 6 Goyeche J.R.M – The yoga perspective, Abo Y Ikemi y part II
- 7 Green, E. E and Green , A.M. On the meaning of transpersonal, Some Metaphysical perspectives.
- 8 Introduction to Physiological Psychology - Charles F. Levinthal.
- 9 Psychological Testing - Anne Anastasi and Susana Urbina.
- 10 Manovigyan jeevan ka Rahasya - Vijay Singhal.
- 11 Psychopathology - Dr. O. P. Sharma
- 12 S.K mangel

Semester-II

YOGDSE-01B

Psychotherapy and counselling (Elective)

Objectives

1. To understand the meaning, principles, scope, and significance of counselling and psychotherapy.
2. To study the relationship between counselling, guidance, clinical psychology, and human problem-solving.
3. To gain knowledge of various approaches, processes, and stages involved in counselling.
4. To understand counselling practices in special areas such as family, marriage, education, vocational guidance, women, children, and drug addiction.
5. To develop knowledge of counselling techniques, interviewing methods, case history preparation, and evaluation procedures.

Outcomes

1. Students will be able to explain the concepts, objectives, scope, and importance of counselling and psychotherapy.
2. Students will be able to describe different counselling approaches, stages, and processes used in helping individuals solve personal and social problems.
3. Students will be able to identify and explain counselling needs in special populations such as families, children, women, drug addicts, students, and marital clients.
4. Students will be able to demonstrate knowledge of counselling techniques, interviewing skills, case history collection, and counselling relationship building.
5. Students will be able to evaluate the effectiveness of counselling interventions and explain the roles and responsibilities of counsellors and counsees in the counselling process.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit I

Psychotherapy, definition, counselling and psychotherapy related fields, guidance clinical psychology, its categories, counsels as hagiology, helping relationship, solution to human problems, counselling and guidance expectation, and goals, Approach of counselling and counselling, process of counselling and stages in the counselling process.

Unit II

Special Areas in counselling, counselling families, reluctant clients, parents, children, Delinquent marriage, premarital, women, drug addicts, Educational counselling and vocational counselling.

Unit-II

Counselling techniques, Interviewing & Methods. Preparation of counselling, pre-counselling, interview, case History process of counselling, Reason for Making appointment counselling relationship, counselling context process. Steps of counselling process, counsellor variables, counselee's skills, counselling interview, counselee- counsellor relationship, interview technique, approaches to evaluation usefulness of counselling.

Reference book:

- 1.Yoga Psychotherapy and its application-by Ganesh shanker.
- 2.Psychotherapy and Counselling -By a unit of global institute,Kolkata.
- 3.Counselling techniques,interviewing and evaluation method-Do-
- 4.Yoga Philosophy of Patanjali-Acharya Hariharananda
- 5.Psychology East & West-Ajay Swami
- 6.The synthesis of Yoga –Sri Aurobindro
- 7.SMET –Dr.H.R.Nagendra,Dr.R .Nagarathna.
- 8.The Yoga Upanisad- Ayanger.T.B.Srinivas.
- 9.On the meaning of Transpersonel:Some metaphysical perspectives.
10. Concise Dictionary of Psychology-

SEMESTER – II

YOGDCC-09

Limbs of Yoga Practices-II & Seminar - (Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique etc.)

(Demonstration +Viva Voce +Teaching technique)

Max marks 100

Min. Pass marks 50

Asana

- | | |
|--------------------------------------|-------------------------|
| 1. Tadasana | 15. Veerbhadradasana –I |
| 2. Urdhvamukha pachimottasana | |
| 3. Trikonasana | |
| 4. Parivrtta Trikonasana | |
| 5. Supta Vajrasana | |
| 6. Ustrasana | |
| 7. Vakrasana / Ardha Matsyendrasana | |
| 8. Setu Bandhasana | |
| 9. Eka Pada Setu Bandha Sarvangasana | |
| 10. Chakrasana | |
| 11. Dhanurasana | |
| 12. Mayurasana | |
| 13. Ardha chandrasana | |
| 14. Uttanasana | |

Advance Asana

- | | |
|--------------------------------|---------------------------|
| 1. Vatayanasana | 11. Parnavasana |
| 2. Purna Bhujangasana | 12. Skanda pada dandasana |
| 3. Kurmasana | 13. Ramadootasana |
| 4. Purna Matsyendrasana | 14. Suptatitibhasana |
| 5. Ardha Baddha Padmottanasana | 15. Saraghasana |
| 6. Eka Pada Rajakapotasana | 16. bheemasana |
| 7. Padma Mayurasana | |
| 8. Purna Dhanurasana | |
| 9. Prasarit pash-padootanasana | |
| 10. Suptakonasana | |

PRANAYAMA - 1. Sheetali 2. Shitkari 3. Sadanta 4. Ujjaiyi

BANDH

- | | | |
|--------------------|----------------|--------------|
| 1. Uddiyana Bandha | 2. Mana Bandha | 3. Agni Sara |
|--------------------|----------------|--------------|

MUDRA

- | | |
|--------------------|----------------|
| 1. Shambhavi Mudra | 2. Kalvi Mudra |
| 3. Shanmukti Mudra | |

KRIYAS

Niti – Jala neti , Sutra neti

Dhouti– Danda , Vastra, Vamana

MEDIATION

Preksha Meditation

Creative Mediation

SUKSHAMA VYAYAMA

1. Kaphoni-Sakti-Vikasaka (Strengthening The Elbow)
2. Bhuj-Bali-Sakti-Vikrasara (Strengthening The Fore Arms)
3. Mani-Bandha-Sakti -Vikasaka (Developing The Wrists)
4. Kara-Prastha-Sakti-Vikasaka (Developing The Back Of The Hand)
5. Kara-Tala-Sakti-Vikasaka (Developing The Back Of The Palms)
6. Anguli-Sakti-Vikasaka (Strengthening The Finger)
7. Kati - Sakti - Vikasaka (Strengthening Of The Back) 1
8. Kati - Sakti - Vikasaka (Strengthening Of The Back) 2

CHANTING

Prayer, Bhagavad Geeta (Jnana Yoga , Raj yoga) peace chant, Bhajans etc

Advance tech.for chronic ailments –Pranic Energisation Technique (PET).

PAPER II - Marks: 50

Seminar topic allotted by the faculty

National/international level Seminar or Conference (compulsory to participate)

or

Review of one book allotted by the faculty.

SEMESTER III

YOGDCC-10

The Theoretical Study of Yogic practice

Objectives

1. To understand the concepts, classifications, techniques, benefits, and limitations of Asanas and Surya Namaskara.
2. To study the principles, types, techniques, benefits, and physiological effects of Pranayama and breathing practices.
3. To gain knowledge of different types of meditation and their effects on physical, mental, and emotional well-being.
4. To understand the concepts, techniques, benefits, and physiological effects of Bandhas and Mudras.
5. To study the classification, techniques, benefits, limitations, and physiological effects of Shatkarma practices.

Outcomes

1. Students will be able to explain the definitions, classifications, techniques, benefits, and limitations of various Asanas and Surya Namaskara.

2. Students will be able to demonstrate and describe different types of Pranayama and breathing practices and explain their physiological effects on the human body.
3. Students will be able to explain the concepts, techniques, and benefits of meditation and analyze its impact on different body systems.
4. Students will be able to describe the types, techniques, benefits, and physiological effects of Bandhas and Mudras.
5. Students will be able to explain the classification, techniques, benefits, limitations, and physiological effects of various Shatkarma practices and their role in health promotion.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit-I

Asana- Definition, classification, categories, benefits & limitation. Eight step technique of asana. Technique of asana according to different text.
Surya Namaskara-Technique, benefits, limitation and its mudras.
Physiological effect of asana and surya-namaskar on human system.

Unit-II

Pranayama- Definition, classification, types, technique of Pranayama, benefits & limitation. Pranayama method according to different schools. Breathing practices, types, techniques, benefits and limitations. Physiological effect of various Pranayama on human body. Meditation- Definition, types, techniques of meditation. Effect of meditation on various system of human body.

Unit-III

Bandha -Definition, Types, techniques, benefits & limitations. Physiological effects of Bandha on various system of human body . Mudra- Definition, types, techniques, benefits & limitations. Physiological effects of Mudra on various system of Human body. Shat karma- Definition, classification, categories, benefits & limitations. Physiological effect of various shat karmas on human body.

References books:

1. PPH – Dr.H.R. Nagendra, Dr Nagratana
2. Asana kyo Aur kaise – OM Prakash Tiwari
3. Yogasana – Swami Kavalyanand
4. Text book of yoga – Yogeshwar
5. Asana , Pranamaya, band & Mudra
6. Pranamaya – Swami Satyananda Sarswati
7. Yoga in Daily life – Dr Shekar Sharma
8. Light on Yoga- B.K.S Iyengar

SEMESTER III

YOGDCC-11

SADANA & THEORY OF HATHYOGA

Objectives

1. To understand the concepts, principles, and practices of Hatha Yoga as described in Hatha Yoga Pradipika.
2. To study the importance of Yama, Niyama, Asana, and Pranayama in Hatha Yoga Sadhana.

3. To gain knowledge of Shatkarma practices, their techniques, benefits, limitations, and precautions.
4. To understand the concepts and applications of Bandhas, Mudras, Kundalini, Nadanusandhana, and Samadhi.
5. To study the teachings of Gheranda Samhita and compare its practices with those of Hatha Yoga Pradipika.

Outcomes

1. Students will be able to explain the definition, objectives, and essential practices of Hatha Yoga according to Hatha Yoga Pradipika.
2. Students will be able to describe the techniques, benefits, and limitations of Yama, Niyama, Asana, and Pranayama.
3. Students will be able to demonstrate knowledge of Shatkarma practices such as Dhauti, Basti, Neti, Nauli, Trataka, and Kapalabhati along with their benefits and precautions.
4. Students will be able to explain the significance and applications of Bandhas, Mudras, Kundalini awakening, Nadanusandhana, and Samadhi in yogic practice.
5. Students will be able to compare and differentiate the teachings and practices of Hatha Yoga Pradipika and Gheranda Samhita with respect to Asana, Pranayama, Kriya, and other yogic disciplines.

Note- The question paper will divided into three part- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit-I

Hatha Yoga Pradipika-Hath yoga ki Paribhasha , Abhyaas hetu uchit sthaan, Ritu kal , Sadhana mein Sadhak evam Budhaktatva, detail of Yama – Niyama , Asanonki Vidhi ,vah Labh , Pranayama ki paribhasha , Prakar Vidhi , benifits & limitations.

Unit- II

Shatkarma -Dhoti, Basti, Neti, Nauli, Trataka , kapalabhati ke vidhi vah Labh , Bandh – Mudra , Mahamudra, Mahabandh, Mahavedh, Khechari, Udiyaana , Jalandhara, Moolbandha , Viparitkarni , Vajaroli, Shaktichalani, Samadhi, Nadanusandhana , Kundalini ka Swaroop evam, jagraat ke Upaya.

Unit III

Gherand shamhita-Sapta Sadhan , Shaktikarma – Dhouti , Basti, Neti, Nauli, Trataka , Kapalabhati ki vidhi , Savdhaniyan labh, Asana , Pranayama , Mudrayein , Pratyahara , Dharana,Dhyana & Samadhi kie Vivechana, Difference between Hathayoga Pradipka & Gharand Shamhita Asana, Pranayama, kriya, adi mein antar.

Reference books :-

- 1 Hathayogapradipika –Prakashak Kaivalyadhama Lonavla pune
- 2 Gharand Samhita - Prakashak Kaivalyadhama Lonavla pune
- 3 Gharand Samhita – Swami Niranjana
- 4 Hath Yoga Pradipika – Swami Mukti Bodhananda

SEMESTER III

YOGDSE-02A

Study of Naturopathy (Elective)

Objectives

1. To understand the philosophy of body, mind, life, spirit, and spiritual body in relation to Naturopathy.
2. To study the fundamental principles, history, and concepts of Naturopathy, including Pancha Mahabhutas and toxin elimination.
3. To gain knowledge of diagnostic procedures in Naturopathy such as facial and iris diagnosis.
4. To understand the principles, methods, and physiological effects of Hydrotherapy and Mud Therapy.
5. To study Manipulative Therapy, Massage Therapy, and Fasting Therapy along with their benefits, indications, contraindications, and therapeutic applications.

Outcomes

1. Students will be able to explain the philosophical foundations and basic principles of Naturopathy and their role in health promotion.
2. Students will be able to describe the concept of Pancha Mahabhutas, toxin accumulation, and various natural methods of elimination.
3. Students will be able to explain the procedures and significance of facial and iris diagnosis in Naturopathy.
4. Students will be able to describe the techniques, applications, and physiological effects of Hydrotherapy and Mud Therapy on different body systems.
5. Students will be able to explain the principles, benefits, precautions, and therapeutic effects of Massage Therapy and Fasting Therapy and differentiate between fasting and starvation.

Note- The question paper will divided into three part- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit – I

Philosophy of the body, mind, life, spirit and spiritual body. Fundamental principles of Naturopathy, History of naturopathy (Indian and foreign), Pancha mahabhutas. Foreign matter and toxins accumulation in the body, its importance in elimination through different ways or Channels. Diagnostic procedure in Naturopathy (Facial and Iris).

Unit- II

Introduction to Hydrotherapy- Physical and chemical properties of water, Importance of water to human body, Anatomy of skin, its functions, temperature of sense in respects of hydrotherapy. Physiological effect of water on different system of body – skin, Respiration, Circulation, Nervous system. Its action and reaction. Introduction to mud therapy -collections and composition of mud, Preparation of pack. Types of application, physiological effect of mud on the body.

Unit-III

Introduction of Manipulative Therapy, benefit, and introduction to massage, rules regulation and characteristics of massage. Basic therapy message techniques, indication and contra- indication of massage while applying to the patient. Physiological of effect of message on human body .Fasting therapy – History and types of fasting (Religious, Political, therapeutic). Physiological effect of fasting, rules and regulation of fasting. Difference between fasting and starvation.

Reference Books :-

1. Philosophy of nature curse- Henary lidahinn
2. Practice of Nature curse – Henary lindlahan
3. Practice Nature curse – Dr. k. Laxman sharma
4. History and philosophy of- S. T. Singh.
5. My Nature curse- M. K. Gandhi
6. nature curse treatonents- I. N. Y. S. publication Bangalore
7. Massage thearaphy – Dr J. H. kelloy.
8. Rational hydrotherapy – Dr. J.H. kelloy.
9. Essentials of food and Nutritin – Swannition.
10. Baths- S. J. singh.

SEMESTER III

APPLIED YOGA IN SPORTS

YOGDSE-02B (Elective)

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.

Reference 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
6. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
7. 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
8. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
9. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
10. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

SEMESTER III

YOGDSE-03A

The Advaita Vedanta Of Sankara

Objectives

1. To understand the fundamental concepts and principles of Advaita Vedanta philosophy.
2. To study the nature of Brahman, Atman (Soul), Jivatman (Individual Soul), and their interrelationship.
3. To gain knowledge of the three states of Jiva and the three bodies associated with the individual self.
4. To understand the concepts of Maya, the theory of causation (Vivartavada), and the nature of the world according to Advaita Vedanta.
5. To study the concepts of Karma, Bondage, Liberation (Moksha), and the role of knowledge in attaining liberation.

Outcomes

1. Students will be able to explain the basic principles and philosophical foundations of Advaita Vedanta.
2. Students will be able to describe the concepts of Brahman, Atman, Jivatman, and the relationship between the individual self and the Absolute.
3. Students will be able to explain the three states of consciousness (Jagrat, Swapna, Sushupti) and the three bodies of Jiva.
4. Students will be able to analyze the concepts of Maya, Vivartavada, and the nature of reality and existence according to Advaita Vedanta.
5. Students will be able to explain the theory of Karma, Bondage, Liberation, and the significance of knowledge (Jnana) in achieving Moksha.

Note- The question paper will divided into three part- ABC

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately 250 words each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in 500 words each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Unit-I

General introduction of Advaita Vedanta, Conception of absolute [Brahman], Conception of soul and individual soul, the nature of soul and individual soul, three states of Jiva, the relations between jiva and Brahman, three bodies of the jiva.

Unit-II

Theory of world- Three grades of existence, [Satya], Theory of Maya, functions of Maya, characteristics of Maya, theory of causations- vivartvada, conceptions of God, the proof of existence God.

Unit-III

Theory of Bondage and liberation- concept, meaning, types of karma, knowledge and action [karma] knowledge and liberation.

Refrence Books-

1. डा. जगदीश सहाय श्रीवास्तव (Dr. Jagdish Sahay Srivastava) – *अद्वैत वेदान्त की तात्त्विक भूमिका*.
2. C. D. Sharma – *A Critical Survey of Indian Philosophy*.
3. J. S. Vinayaka – *Indian Philosophy*.
4. H. P. Sinha – *Indian Philosophy*.
5. डॉ. डी. एन. सिंह (Dr. D. N. Singh) – *अद्वैत और विशिष्टाद्वैत वेदान्त*.
6. आदि शंकराचार्य (Adi Shankaracharya) – *Brahmasutra Bhashya* (Chapters 1–4).

Semester-III

YOGDSE-03B

Yoga Upanishad (Elective)

Objectives

1. To introduce students to the philosophical and practical teachings of the major Yoga Upanishads and their significance in the Yogic tradition.
2. To develop an understanding of Dhyana Yoga, Raja Yoga, Kundalini Yoga, Mantra Yoga, Laya Yoga and Shadanga Yoga as described in the Yoga Upanishads.
3. To acquaint students with the concepts of Omkara, Jivatma, Paramatma, Maya, Brahman, Vidya–Avidya, Karma, Moksha and Self-realization.
4. To impart knowledge of Chakras, Nadis, Prana, Kundalini, Mudras, Bandhas, Pranayama and meditation techniques for spiritual advancement.
5. To enable students to understand the Yogic path leading to Samadhi, Jivanmukti and Kaivalya through the study of classical Yoga Upanishads.

Outcomes (COs)

1. Explain the philosophical foundations and spiritual teachings of the **Shvetashvatara Upanishad** and **Yogaraja Upanishad**, including Dhyana Yoga, Raja Yoga, Omkara, Samadhi, Kundalini and the relationship between Jivatma and Paramatma.
2. Describe the principles of **Dhyanabindu Upanishad**, **Yoga Tattva Upanishad** and **Yoga Kundalya Upanishad**, including Pranayama, Shadanga Yoga, Nadi Shuddhi, Mudras, Kundalini awakening, Shatkarma and Yogic discipline.
3. Interpret the concepts presented in the **Amritanada Bindu Upanishad**, **Trishikhi Brahmana Upanishad** and **Yoga Chudamani Upanishad**, including Chakras, Nadis, Mahabhutas, Ajapa Japa, Pranava, Hamsa Sadhana and Self-realization.
4. Analyze the practical application of meditation, Pranayama, Mudras, Kundalini Sadhana and Yogic ethics for achieving physical, mental, spiritual well-being and liberation (Moksha).
5. Evaluate the relevance of the Yoga Upanishads in contemporary Yoga education, research, spiritual practice and holistic personality development.

Note- The question paper will divided into three part- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

UNIT–I

Shvetashvatara Upanishad (श्वेताश्वतर उपनिषद्)

Curiosity to know the Self and its solution; power and importance of Dhyana Yoga for realizing the Supreme Reality; meaning and description of the Triad Principle; Omkara Sadhana and its results; nature and method of meditation; Dharana, glory of meditation and the Unmani state; Siddhi of the five elements; concept of Maya and Mayapati; omnipresence of the Supreme Being and the importance of realizing Him; nature and relationship of Jivatma and Paramatma; knowledge of the Lord of Maya and His Maya; result of Self-knowledge and liberation (Moksha); nature of Vidya and Avidya; Karma, Karmaphala and Rebirth; Dhyana Yoga, Jnana Yoga and Upasana.

Yogaraja Upanishad (योगराजोपनिषद्)

Nature and importance of Raja Yoga; four types of Yoga—Mantra Yoga, Hatha Yoga, Laya Yoga and Raja Yoga; superiority of Raja Yoga; nature and state of Samadhi; process of piercing the six Chakras (Shat Chakra Bhedana) from Muladhara to Sahasrara; awakening and ascent of Kundalini Shakti; attainment of Brahmananda through Nada-Anusandhana; characteristics of a Jivanmukta Yogi; and the types of Samadhi—Savikalpa Samadhi and Nirvikalpa Samadhi

UNIT–II

Dhyanaabindu Upanishad (ध्यानबिंदु उपनिषद्)

Nature of effect; method of meditation in Yoga; meditation with Pranayama; meditation on sacred texts; meditation in the heart and its results; Ashtanga Yoga; six Chakras, Nadi Chakra, ten Vayus, movement of Prana and Apana; Atma Hamsa Vidya; liberation through Kundalini; Jivhabandha, Khechhari Mudra, Vajroli Mudra, Mahamudra; and Self-realization through Nada-Anusandhana.

Yoga Tattva Upanishad (योग तत्त्वोपनिषद्)

Superiority of the path of Yoga for attaining Kaivalya; Mantra, Laya, Hatha and Raja Yoga; four stages of Shadanga (Six-limbed) Yoga—Arambha, Ghata, Parichaya and Nishpatti; Nadi Shuddhi; diet and daily routine of a Yogi; initial signs of success in Yoga and necessary precautions; and the description of the eight Siddhis.

Yoga Kundalya Upanishad (योग कुण्डल्युपनिषद्)

Methods for attaining Siddhi through Pranayama; types of Pranayama; moderate diet and self-restraint; obstacles in Ashtanga Yoga and their remedies; process of Kundalini awakening; nature and benefits of Khechhari Mudra; Siddhi through Mantra Japa; Shatkarma and sequence of practice; results of Khechhari Siddhi; attainment of Brahma-Jnana through the Guru's teachings; nature of Supreme Brahman and means of its realization; Jivanmukti and Videhamukti.

UNIT–III

Amritanada Bindu Upanishad (अमृतनादबिंदु उपनिषद्)

Number of Mantras; types of Yoga; Asana and Pranayama; description of Dhyana and Samadhi; nine Chakras; and the process and results of meditation on the Chakras.

Trishikhi Brahmana Upanishad (त्रिशिखिब्राह्मण उपनिषद्)

The five Mahabhutas (Great Elements), their divisions and sublimation; Sapta-Panchaka and Pancha-Panchaka; Mukti and Beeja; Karma Yoga, Jnana Yoga and Ashtanga Yoga (Yama, Niyama, Asana, Pranayama and Pratyahara); various methods of Pranayama; Nadi system and important Nadis; renunciation of attachment and delusion; methods, types and sub-types of Dharana; meditation and its results; attainment of higher knowledge and liberation through Self-knowledge.

Yoga Chudamani Upanishad (योगचूडामण्युपनिषद्)

Shadanga (Six-limbed) Yoga; knowledge of Asanas and Tattvas; knowledge of Chakras and Kundalini; Nadi Chakra, locations of Nadis, functions of Prana Vayu flowing through the Nadis; Ajapa Japa; piercing the gateway of liberation; nature of Khechari Mudra, Vajroli Mudra and Mahamudra; process of Pranava (Om) chanting; identity of Pranava with Brahman; components of Pranava; Hamsa Sadhana; necessity of Pranava Japa for Self-realization; and Siddhi through Nadi Shuddhi.

Reference Books

1. **Ayyangar, T. R. Srinivasa** (Ed.). *The Yoga Upanishads*. Adyar Library and Research Centre, Chennai.
2. **Swami Digambarji & Pt. M. L. Gharote**. *The Yoga Upanishads*. Kaivalyadhama, Lonavala.
3. **Swami Madhavananda (Trans.)**. *The Major Upanishads*. Advaita Ashrama, Kolkata.
4. **Swami Gambhirananda (Trans.)**. *Eight Upanishads* (Vol. I & II). Advaita Ashrama, Kolkata.
5. **Swami Chinmayananda**. *The Holy Upanishads*. Central Chinmaya Mission Trust, Mumbai.
6. **Swami Sivananda**. *Kundalini Yoga*. Divine Life Society, Rishikesh.
7. **Swami Satyananda Saraswati**. *Kundalini Tantra*. Yoga Publications Trust, Munger.
8. **Swami Satyananda Saraswati**. *Asana, Pranayama, Mudra and Bandha*. Yoga Publications Trust, Munger.
9. **Swami Muktibodhananda**. *Hatha Yoga Pradipika*. Yoga Publications Trust, Munger.
10. **Swami Niranjanananda Saraswati**. *Prana and Pranayama*. Yoga Publications Trust, Munger.
11. **Dr. Ishwar V. Basavaraddi**. *Yoga: Its Philosophy and Practice*. Morarji Desai National Institute of Yoga (MDNIY), New Delhi.
12. **Dr. Nagendra, H. R.** *The Art and Science of Pranayama*. Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru.
13. **Georg Feuerstein**. *The Yoga Tradition*. Hohm Press.
14. **Dr. S. Radhakrishnan**. *The Principal Upanishads*. HarperCollins / Oxford University Press.
15. **M. Hirianna**. *Outlines of Indian Philosophy*. Motilal Banarsidass Publishers.

SEMESTER III

Practical

YOGDCC-12

Limbs of Yoga Practices-III & Seminar - (Asana, Pranayama, Kriya, Bandha Mudra, Relaxation Technique etc.)

(Demonstration +Viva Voce +Teaching technique)

ASANA

- | | |
|----------------------|-------------------------------|
| 1.Parsva Konasana | 2.Paruttasana |
| 5.Janu Sirasan | 6.Gomukhasana |
| 7.Padmasana | 8.Hansasana |
| 9.Navasana | 10.Karnapidasana |
| 11.Viparita Karni | 12.Garbhasana |
| 13. Parvatasana | 14. Pada pasha Parshvottanasa |
| 15.Virbhadrasana –II | |

ADVANCE ASANA

- | | |
|-------------------------------------|-------------------------------|
| 1. Marichayasana-III | 9. Sputa dimbasana |
| 2. Urdhamukha tittibhasana | 10. Amit-vikramasana |
| 3. Skandasan - I | 11. Parivritta ustrasana |
| 4. Tryanga mukhotanasana | 12. Pari vritta uttanasana |
| 5. Eka pada urdhva dand dhanurasana | 13. Maroodasan-I |
| 6. Ek pada Rajakapotanasana-3 | 14. Dwihasta pada Natrajasana |
| 7. Mahaveerasana | 15. Niralamba vatayanasana |
| 8. Sugreevasana | |

PRANAYAMA

- | | |
|--------------------------|-------------------------|
| 1.Chandra Bhedana | 2.Surya Bhedana |
| 3.Chandra Anulom- Viloma | 4..Surya Anulom –Viloma |

MUDRA

- 1.Viparita Karni Mudra
- 2.Ashwini Mudra
- 3.Vajroli or Sahajoli Mudra

KRIYA

Nauli- Madhayama

Vama

Dakshini

Basti

Sankh prakhalana (Lagu &Purn)

MEDITATION

Yoga Nidra etc

Advance Tech. For chronic ailments- Mind Sound Resonance Technique (MSRT)

***Dissertation topic given by faculty & synopsis submission**

Teaching Tech Plan & classes for General Public –15 days

SUKSHAMA VYAYAMA

1. Jangha - Sakti - Vikasaka (Developing The Thighs) -I
2. Jangha - Sakti - Vikasaka (Developing The Thighs)-Ii
3. Jangha - Sakti - Vikasaka (Developing The Knees)-Iii
4. Pindali - Sakti - Vikasaka (Developing The Calves)
5. Gulpha-Pada-Prastha-Pada-Tala-Sakti-Vikasaka(Developing The Strength Of Ankles & Feet)
6. Pada-Mula-Sakti-Vikasaka (Developing The Strengths Of The Sole)
7. Pad-Anguli-Sakti-Vakasaka (Developing The Thoes)

SEMESTER IV

YOGDCC-13

Yogic management for Diseases

Objectives

1. To understand the causes, symptoms, and yogic management of common respiratory, cardiovascular, digestive, reproductive, endocrine, neurological, musculoskeletal, and psychiatric disorders.
2. To study the role of Yoga Therapy in the prevention and management of lifestyle-related and psychosomatic diseases.
3. To gain knowledge of the relationship between stress and various physical and mental health disorders.
4. To understand the therapeutic applications of yogic practices in maintaining health and improving quality of life.
5. To develop awareness of integrated approaches for managing chronic diseases through Yoga and healthy lifestyle practices.

Outcomes

1. Students will be able to explain the causes, symptoms, and yogic management of respiratory disorders such as nasal allergy and asthma, and cardiovascular disorders such as hypertension and coronary artery disease.
2. Students will be able to describe the yogic management of digestive disorders including hyperacidity, irritable bowel syndrome (IBS), constipation, and flatulence.
3. Students will be able to explain the role of Yoga in managing reproductive, endocrine, and neurological disorders such as infertility, menstrual disorders, diabetes, obesity, thyroid disorders, epilepsy, and migraine.
4. Students will be able to analyze the therapeutic benefits of Yoga in musculoskeletal disorders including arthritis, back pain, and ankylosing spondylitis.
5. Students will be able to explain the yogic management of psychiatric disorders such as anxiety, depression, insomnia, phobia, OCD, schizophrenia, and visual problems related to refractive errors.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

A Comprehensive study of the definition, classification, types, sign, symptom and yoga therapy for diseases of the following system:-

Unit- I

Respiratory system- Nasal Allergy and Asthma ,Cardiovascular system- Hypertension and coronary artery diseases, Digestive system- hyperacidity, Irritable bowel syndrome constipation, Gas (Flatulence).

Unit II

Reproductive system- Infertility, Menstrual disorder, Role of stress in problems of Pregnancy, Nervous system-Epilepsy, migraine, Endocrine System- Diabetes, obesity, Thyroid (Hypo & Hyper)

Unit III

Musculo skeletal system Arthritis, Back pain, ankylosing spondylitis, Psychiatry Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive Compulsive disorder) schizophrenia, Special senses - eyes (Error of Refraction).

Reference Books-

1. Yoga for common ailments series published by svyp
2. Yoga therapy- by swami kuvalayanand, Lonavala
3. Yoga for different ailments Robin monro, Nagarathna & Nagendra.
4. Light on pranayama B.K.S. Iyenger
5. Bandh & madras swami geetananda.
6. PPH- SVYP Bangalore

SEMESTER IV

YOGDCC-14

Research methods and statistic in yoga Education

Objectives

1. To understand the meaning, significance, scope, and importance of research in Yoga Education.
2. To study different types of research and the process of formulating and developing research problems.
3. To gain knowledge of statistical measures such as central tendency, dispersion, correlation, and regression.
4. To understand sampling techniques, hypothesis testing, and statistical inference in research.
5. To develop the ability to apply statistical tools and research methods for analyzing data and interpreting research findings.

Outcomes

1. Students will be able to explain the meaning, objectives, types, and importance of research in Yoga Education.
2. Students will be able to formulate research problems and apply appropriate research methodologies in academic studies.
3. Students will be able to calculate and interpret measures of central tendency (Mean, Median) and measures of dispersion (Standard Deviation, Coefficient of Variation).
4. Students will be able to analyze relationships between variables using correlation and regression techniques and differentiate between them.
5. Students will be able to apply sampling methods, hypothesis testing, and statistical tests such as Z-test, t-test, F-test, Chi-square test, and Analysis of Variance (ANOVA) for research data analysis.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

Unit – I-

Introduction: - Meaning object, Significance, need and important of research and its scope in yoga Education. Types of research, formulation and Development of research problem, methods central tendency :- objective of Averaging types averages mean and median .

Unit-II-

Dispersion:-Measures of dispersion Standard Deviation and Coefficient of Variations. Correlation and Regression: - Meaning and Definition of Correlation. Types of correlation, methods of Determining Correction. Regression Analysis :- meaning and use, regression lines . Regression equations, regressions Coefficient and Calculations, Difference between correlation and Regression.

Unit-III

Statistical Inference I- Sampling, Advantage of Sampling, types of sampling, sampling distribution, sampling Error, Estimation Hypothesis Testing: - Types I and Type II Error, level of significance. Statistical Inference II- test of Significance small and large sample test and (z, t, f and χ^2 test) Analysis of variance.

Reference Books:

1. Research Methods- H.K. kapil.
2. Research Methodology. C.R. Kotar.
3. Statistical method- S.P. Gupta.
4. Statistical psychology and education – garret.
5. Vagyanik Malish.- shri satpal.

6. research methods – Dr. H.R. Nagendra sharlley Telles V KY P. Bangalore.

SEMESTER IV

YOGDSE-04A (Elective)

DIET AND DIETARY MANAGEMENT FOR COMMON DISEASES

Objectives

1. To understand the basic concepts of food, nutrition, dietetics, and therapeutic nutrition.
2. To study the principles of diet therapy and the planning of therapeutic diets for different health conditions.
3. To gain knowledge of nutrients such as proteins, carbohydrates, fats, minerals, vitamins, water, and their physiological functions.
4. To understand the effects of nutrient deficiencies and excesses on human health.
5. To develop knowledge of dietary modifications and nutritional management for various diseases and disorders.

Outcomes

1. Students will be able to explain the concepts of food, nutrition, dietetics, therapeutic nutrition, and the principles of diet therapy.
2. Students will be able to describe the functions, sources, metabolism, and deficiency effects of proteins, carbohydrates, fats, and water in the human body.
3. Students will be able to identify the functions, food sources, and deficiency or excess effects of important minerals and vitamins.
4. Students will be able to plan and modify therapeutic diets for common illnesses such as fever, typhoid, influenza, jaundice, diabetes, obesity, and underweight conditions.
5. Students will be able to recommend appropriate dietary management for cardiovascular diseases, liver disorders, kidney diseases, peptic ulcers, and food allergies.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 questions from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents

UNIT- I

Definition of the terms: Food, Nutrition, Nutrition and dietetics, Principle of diet therapy, Therapeutic Nutrition, Planning of Therapeutic diet, Protein, Carbohydrate and Fat: Its functions, sources and effect of deficiency, energy, metabolism, Energy metabolism and water balance.

UNIT- II

Minerals-Functions, effect of deficiency and excess and food sources of calcium, phosphorous, Iron, Iodine, Fluorine and sodium. Vitamin functions, food sources, effect of deficiency and excess of fat soluble vitamin A, D, E, K and water soluble vitamin B1, B2, Niacin, Folic acid and Vitamin C.

UNIT- III

Planning and Dietary Modification of therapeutic diet for fever, typhoid, influenza, jaundice, metabolism of diabetes, diabetes diet prescription, diet for obesity and underweight, diet in disease of cardio vascular system, diet in the disease of liver, diet in disease for kidney, diet in peptic ulcer, food allergy and summary of therapeutic diet.

Reference book:

- 1 .SHILS, M.E, Olson ,J.A, Shike ,M And Ross ,A.C.(1999): Modern Nutrition In Health And Disease 9th Edition.
2. Williams,S.R.(1993):Nutrition Anddiet Therapy 7th Edition.Times Mirror,Mosby College,Publishing.
- 3.Mohan,L.K,And Escolt-Students (2000)Krauses Food Nutrition Diet Therapy.
- 4.Seth ,Y And Singh K.Diet Planning Through Lifestyle In Health And Disease.
- 5.Srilakshmi S.Dietetics 1999.
- 6.Davison,A,Passmore,R.Brock J.F.And Truewell,A.S.Human Nutrition And Diets

Clinical Report & presentation (30+70=100 marks)

YOGDSE-04B

Semester-IV

Study Of Kundalini Yoga (Elective)

DSE-05A

Objectives

After studying this course, students will be able to:

1. Understand the philosophical foundations of **Prana Vigyan**, including the concepts of Prana, Nadis, Kundalini, and Consciousness as described in Indian yogic literature.
2. Explain the structure, functions, and significance of the **five Pranas, Upapranas, Nadis, and Chakras** in the human subtle body.
3. Develop theoretical knowledge of **Kundalini physiology**, chakra system, and their relationship with the mind, brain, and spiritual evolution.
4. Learn the principles, precautions, and practical methods of **Kundalini Yoga and Chakra Sadhana** for holistic health and self-awareness.

5. Apply yogic practices safely to promote physical, mental, emotional, and spiritual well-being.

Outcomes

1. Explain the concepts, philosophical foundations, and significance of **Prana, Nadis, and Kundalini** as described in Indian yogic literature.
2. Describe the structure, functions, and importance of the **five Pranas, Upapranas, and major Nadis** in the human body.
3. Analyze the characteristics and significance of the **seven major Chakras**, including their location, elements, symbols, seed mantras, and spiritual relevance.
4. Understand the **principles, methods, and safety precautions** associated with Kundalini Yoga and Chakra Sadhana.
5. Apply the concepts of **Prana Vigyan, Chakra Vigyan, and Kundalini Yoga** to promote holistic health, self-awareness, and spiritual growth.

Unit -I

Prana Vigyan - Introduction and Philosophical Foundations of Prana Science, The Meaning, Definition, and Significance of the Word Prana in Indian Literature, The Concept of Prana in the Upanishads, Prana and Consciousness, The Triangular Relationship Between Prana, Soul, and Mind, The Theory of Mahaprana and Vyashti Prana, The Five Pranas, Upapranas, and Their Locations, Functions, and Significance, Nadi Vigyan - Meaning, Definition, and Significance of the Word Nadi in the Human Body Depiction of Nadi Vigyan in the Upanishads and Hatha Yoga Texts, Physical Nerves - Difference Between Nadis and Subtle Energy Pathways, Major Nadis and Their Centers, Three Major Nadis and Their Locations and Functions, Introduction to Kundalini, Kundalini Physiology, Kundalini and the Brain, Dangers and Precautions

Unit -II

Chakra Vigyan - Meaning of Chakras Definition, Their Location in the Subtle Body, Depiction of the Chakras in the Upanishads and Hatha Yoga Texts, Muladhara Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and Deity, Swadhishtana Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and

Deity, Manipura Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and Deity, Anahata Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and Deity, Vishuddhi Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and Deity, Ajna Chakra - Position, Geometry, Elements, Colors, Petals, Seed Mantras, Presiding Goddess and Deity, Sahasrara and the Nature of Samadhi

Unit -III

Kundali Yoga Introduction to the Practice, Rules and Preparation, Asanas for Chakra Sadhana, Chakra Sadhana Session, Practices for the Ajna Chakra, Practices for the Muladhara Chakra, Practices for the Manipura Chakra, Practices for the Anahata Chakra, Practices for the Vishuddhi Chakra, Practices for Bindu Visarga, Practices for Awareness of All the Chakras, Sadhana Program

Reference Books:

1. Swami Satyananda Saraswati. *Kundalini Tantra*. Bihar School of Yoga, Munger.
2. Swami Niranjanananda Saraswati. *Prana Pranayama Prana Vidya*. Bihar School of Yoga, Munger.
3. Swami Satyananda Saraswati. *Asana Pranayama Mudra Bandha*. Bihar School of Yoga, Munger.
4. Swatmarama. *Hatha Yoga Pradipika*. Kaivalyadhama, Lonavala.
5. Gheranda. *Gheranda Samhita*. Kaivalyadhama, Lonavala.
6. Traditional. *Shiva Samhita*. Kaivalyadhama, Lonavala.
7. Swami Sivananda. *The Science of Pranayama*. Divine Life Society, Rishikesh.
8. Sir John Woodroffe. *The Serpent Power*. Dover Publications.
9. Hiroshi Motoyama. *Theories of the Chakras*. Quest Books.
10. Traditional. *Prashna Upanishad*. Motilal Banarsidass Publishers.

Semester-IV

Integrative Yogic Diagnosis

YOGDSE-05B

Objectives

After completing this course, students will be able to:

1. Understand the philosophical foundations, principles, and significance of holistic yogic diagnosis and management.
2. Explain the concepts of Panchakosha, Ayurvedic diagnostic systems, and classical yogic approaches to health and disease.
3. Develop the ability to assess physical, physiological, mental, and spiritual health using yogic and Ayurvedic diagnostic methods.
4. Analyze the causes of disease and imbalance through Yogic, Ayurvedic, and Indian Knowledge System perspectives.
5. Apply appropriate yogic management techniques for promoting holistic health and preventing disease.

Outcomes

1. After successful completion of this course, students will be able to:
2. Explain the concepts, principles, scope, and limitations of holistic yogic diagnosis, including Panchakosha-based assessment.
3. Demonstrate knowledge of Ayurvedic diagnostic methods such as Trividha, Dashavidha, Ashtavidha, Shadvidha, and Nidana Panchaka for holistic health evaluation.
4. Assess physical, mental, pranic, and spiritual imbalances using diagnostic approaches described in Yoga Vasishtha, Yoga Darshan, Bhagavad Gita, and Ayurveda.
5. Identify the causes of diseases, Panchakleshas, Antarayas, Dosha imbalances, and psychological disturbances through integrated yogic assessment.
6. Recommend appropriate yogic management strategies, including Yukta Ahara-Vihara, Karma Yoga, Abhyasa-Vairagya, and Bhakti Yoga for holistic well-being.

Note- The question paper will be divided into three parts- ABC

Section A

Section shall be of **20 marks** and consist of **10 questions** carrying **2 marks** each to be answered in approximately *20 words* each. All questions shall be compulsory. The examiner shall set the question paper choosing at least 3 questions from each unit.

Section B

Section shall be of **30 marks** and consist of **9 questions** 3 question from each unit carrying **5 marks** each to be answered in approximately *250 words* each. A Candidate shall attempt any six questions at least 1 question from each unit. The examiner shall set the questions ensuring that at least three questions are drawn from each Unit.

Section C

Section shall be of **20 marks** and consist of three questions carrying 10 marks each to be answered in *500 words* each. A Candidate shall attempt any two questions. The examiner shall set one question from each Unit.

Contents-:

Unit-I

Meaning, definition, and historical development of Yogic Diagnosis, Need and significance of Yogic Diagnosis, Relationship between modern medical system and Yoga in diagnosis (as complementary) Scope and limitations of Yogic Diagnosis, Concept of Panchkoshas in Indian Knowledge Tradition: Imbalance in Panchkoshas and its effects, Clinical examination of Panchkosha imbalance : Annamaya Kosha Clinical Examination, Pranamaya Kosha Clinical Examination, Manomaya Kosha Clinical Examination, Vijnanamaya Kosha Clinical Examination, Anandamaya Kosha Clinical Examination.

Unit-II

Disease and Holistic Health according to various Ayurvedic Texts (e.g., Sushruta Samhita, Charaka Samhita, Ashtanga Hridayam)-:

In Sushruta Samhita - Disease Examination Shad-vidha Pariksha - Sixfold Examination Shad-vidha Kriyakala - Six stages of disease development, Specific examination methods, Analysis of the patient's Prakriti and Vikriti. **Yogic Examination according to Charaka Samhita-** Tri-vidha Pariksha - Threefold Examination Nidan Panchak –Five fold Examination, Dashavidha Atura Pariksha – Ten fold Patient Examination, **Disease Examination according to Ashtanga Hridayam** Nidana Panchak - Fivefold Diagnostic Factors Assessment of Doshas and mental qualities Ashta-vidha Pariksha - Eightfold Examination.

Unit -III

Disease and its types according to Yoga Vasishtha and Diagnosis according to Vasishtha Yoga. Evaluation of Manomaya Kosha, Evaluation of Pranamaya Kosha, Examination of Prana flow, Examination of Jatharagni and digestion, Manifestation in Annamaya Kosha, Integrated diagnosis through Yogic methods. **Disease / Sorrow / Kleshas according to Yoga Darshan-** Identification of causes that create obstacles in concentration of Chitta according to Yoga Darshan, Antarayas and Vikshhepa Sahabhuva according to Patanjali, Panchakleshas - Five Afflictions and measures for their removal, Chaturvyuha Pada – Four fold Diagnostic Model according to Patanjali. **Disease according to Bhagavad Gita - Mental disturbance, Intellectual imbalance-** Types: Physical diseases, Mental diseases, Spiritual diseases, Examination of links of mental stress, Triguna Pariksha - Examination of Three Gunas, Physical Observational Examination. **Treatment:** Yuktaahara-Vihara - Balanced diet and lifestyle Karma Yoga Abhyasa-Vairagya - Practice and Detachment Bhakti Yoga.

Reference Books

1. Swami Kuvalayananda. *Yoga Therapy: Its Basic Principles and Methods*. Kaivalyadhama, Lonavala.
2. Swami Satyananda Saraswati. *Yoga and Kriya*. Bihar School of Yoga, Munger.
3. B. K. S. Iyengar. *Light on Yoga*. HarperCollins Publishers.
4. Swami Niranjanananda Saraswati. *Yoga Darshan*. Bihar School of Yoga, Munger.
5. Charaka Samhita. Edited by P. V. Sharma. Chaukhambha Orientalia, Varanasi.
6. Sushruta Samhita. Edited by Kaviraj Kunjalal Bhishagratna. Chaukhambha Sanskrit Series Office, Varanasi.
7. Ashtanga Hridayam. Translated by K. R. Srikantha Murthy. Krishnadas Academy, Varanasi.
8. Yoga Vasistha. Translated by Swami Venkatesananda. State University of New York Press.
9. Patanjali Yoga Sutras. Commentary by Swami Hariharananda Aranya. University of Calcutta.
10. Bhagavad Gita. Commentary by Swami Chinmayananda. Central Chinmaya Mission Trust.

Survey/Social Work /organising Yoga Camp -30 days /Internship In Any Hospital

Submission with Report

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